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Friday, January 22, 2010

Now that's spirit!



École St. Gerard student Adam Maisonneuve grits his teeth and smiles as he does "the airplane," hoisted by classmates, from left, Darian Goldrich, Michael Cepuch and Patrick Weglowski. The school has incorporated Dené sports into its physical education program in celebration of the 2010 Games.

Erika Sherk For Ulu News

École St. Gerard goes all out for AWG

Erika Sherk
For Ulu News

For principal Henri Chauvet, it was a no-brainer. Working the Arctic Winter Games into his school year at

École St. Gerard Catholic school just made sense.

"It's good competitive fun," he says of the Games, "and we obviously want our kids to know what's going on in the community."

With that in mind, the school administrators set out to ensure that the school's 610 students got into the Games spirit.

They wasted no time. On Aug.31, they had AWG representatives come

to the school armed with information, volunteer forms and Games wear for sale.

See SCHOOL SPIRIT Page 2

School Spirit

Continued from front

"We wanted them to be aware what's going on," Chauvet says of the French Immersion school's students, "and get them excited about it."

Phys-ed teacher Jeff Frattini then trained up a small troupe of junior high students in some Dené Games skills, including the one-foot high kick and the arm pull and had the kids demo the events for the entire student body at an assembly Dec. 3.

In Frattini's Grade 9 gym class, Christina Lambrecht and Taryn Donville, both 14, were giggling madly as they practised one of the Dené Games events, the arm pull. It involves locking legs with an opponent's and then striving to pull one's adversary over. Imagine a full-body arm wrestle.

"I think it's a really good idea," says Lambrecht, flushed and smiling after winning her bout, of the way her school has brought the Games to its halls. "It's nice to learn about other cultures," Donville chimes in. Having the Games hosted in Grande Prairie broadens their horizons, Donville says, "I'm used to the normal sports we've been playing since kindergarten so (the Dené Games) are cool skills for us to learn."

As the girls wore themselves out with the arm pull, Adam Maisonneuve was repeatedly launching himself several feet in the air, foot-first, as he worked on his one-foot high kick.

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Photo: Erika Sherk

Taryn Donville (left) and Christina Lambrecht laugh as they try to bring each other to the floor in the arm pull.

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Continued from 2

A few feet over, Maisonneuve's friend, Michael Cepuch, was demonstrating the knuckle hop, an event where the athlete goes into a plank position, on his knuckles, and then literally hops as far as he can go.

"They're difficult," Cepuch says of the Dené Games. "You have to use different muscles than you use for our sports; they're all about strength."

Both Maisonneuve and Cepuch say they plan to attend at least some AWG events. "I'm going to watch as much as I can," says Cepuch.

That was the hope of the teachers involved. "Since it's happening here in the Grande Prairie, it's something they can go watch," says Frattini, "We're trying to get them excited about that." It seems to be working, he says, "I think they're pretty excited now that they have some exposure to what's going to be here."

Teachers will be meeting in February to consider other AWG-related events for the students. Until then, the purple, blue and green colours decorating their school office will remind the students of the big event coming in March. That, and the sore muscles from their newly-acquired skills.

...

Photos: Erika Sherk

Adam Maisonneuve, 14, goes airborne as he practises the one-foot high kick during gym class (far left); Michael Cepuch collapses after a gruelling stretch of knucklehops.

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 participants to Grande Prairie
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It will be something they'll never forget

Ayling fondly recalls Canada Winter Games 1995, as he prepares to take AWG 2010 to next level



Wayne Ayling

The opening and closing ceremonies of the 2010 Arctic Winter Games will be one of the most entertaining and memorable experiences of these Games.

Titled, "A Hero's Journey," these ceremonies link the oral teachings and traditions of the original peoples of the circumpolar world with the modern multicultural realities of today's north.

Focusing on the athletes and their journey as heroes from their families and communities, the ceremonies will take them through an emotional experience led by four characters created from the common teachings of the elders from many different Arctic traditional communities.

Incorporating the proven modern Virtues Project philosophies with traditional medicine wheel teachings including its relationship to the cycle of life and the four seasons, this journey of the Games participants and the audience will be unique, uplifting and embody the true spirit of the Arctic Winter Games.

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aboriginal outfits, original music based on traditional rhythms, eye-catching sets, multi-media, and unique staging will come together to create what the producers believe will be the most memorable Ceremonies ever staged for the Arctic Winter Games.

The man in charge of staging the ceremonies is no stranger to the responsibility. Wayne Ayling, former mayor of the city, has more than 40 years experience in the entertainment industry, and was integral in similar arrangements for the 1995 Canada Winter Games.

Those ceremonies "wowed" everyone, and Ayling says he trusts they'll go one better this time.

"I'm very excited about the opportunity," says Ayling, who says arrangements and rehearsals of lead characters are already happening.

He says the "celebration of life in the polar regions" is a fantastic opportunity to engage youth, the be together and share commonality and also celebrate differences.

"This is not just about the polar regions, it's about the people who live there and the growing community," he says, pointing out that people move from all parts of the world to the region and they bring a unique cultural aspect to the equation: The Lord's Prayer in

Swahili for instance.

Thinking outside of the box should be no surprise for anyone who knows the production abilities of Ayling, who is quick to downplay his role.

"In an event such as this, no one volunteer nor their task is any more or less important than the next," he says.

"I'm just one person, filling one role, and sharing this magnificent event with the community."

Fair enough, but certainly, that one task is not a small one.

In fact, the painstaking search for unique, independent work by young artists from the world's polar regions will continue right up to staging time, suggests Ayling.

"It will be all right that night, and ready to go, not a minute before," he says.

So expect the expected diverse display of cultural inclusion in word, song, dance, and display, but also the unexpected.

The opening ceremonies officially kick off the 2010 Arctic Winter Games and will be held Sunday, March 7, 7 p.m. at the Canada Games Arena. The closing ceremonies, Saturday, March 13, 6 p.m. also at the CGA, will put the classic cap on the event and wave farewell as the games travel to their 2012 destination, Whitehorse.



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GRANDE PRAIRIE 2010 ARCTIC WINTER GAMES DREAM. ACHIEVE. INSPIRE.

Volunteer spirit drives the games

Co-ordinators urging community people to get involved before it's too late



Erika Sherk

For Ulu News

It's the opportunity of a lifetime, says Linda Craik, having the Arctic Winter Games in Grande Prairie. With less than two months left until the opening ceremonies, the volunteer co-ordinator is reminding people how much they might miss if they don't get involved. And beyond that, how much the Games rely on volunteers. Just under 900 people are still needed.

"That's the biggest thing that the volunteers have to realize," says Craik, "They're critical to our success. We can't do it without them."

Over 1,600 people have already signed up, over half the target 2,500. "It's going really good, we're almost there," Craik says, of the ongoing drive for manpower. The challenge at this point, she says, is that not all their volunteers are fully accredited yet.

It's a multi-stage process. First peo-

Photo: William Vavrek

Community mobilization of volunteers is a true legacy to the spirit of the Arctic Winter Games.

ple sign up, either online or in person at the Grande Prairie AWG office at Ernie's Sports Experts or with Craik in the Sexsmith train station. Then the volunteer must undergo an RCMP check, which is provided free of charge and have their mugshot taken for their accreditation badge.

Though the process is easy, all parts are absolutely essential, says Craik, a person can't just show up at the Games hoping to help. "As much as we'd like to say that, you can't. If you don't have a badge, you will not have access to any of the venues," she says. It's a process set up to ensure security and keep people safe and well-organized, she says.

And when it comes to organization, the co-ordinators are asking that people not dally in becoming fully accredited. "It's a lot of people to move, to train, and to give the tools that they require to do the job," says Debbie Reid, president of the AWG Host Society.

Once the accreditation process is done, however, the action begins. The last step in becoming a full-fledged volunteer is taking the Superstar Service course, a customer service training

program developed specifically for the Games by the Alberta Hotel and Lodging Association. About two hours long, the training will be offered two to three times a week up until Feb. 27.

Depending on the volunteer role, other training may be offered as well. A training session for security volunteers is currently being developed.

It's an excellent opportunity to gain skills, especially for young people, says Reid, "There's nothing like Games experience. It's something you can put on your resume, or into your memory banks."

One skill particularly coveted by the volunteer co-ordinators is advanced driving abilities, according to Craik. "We're going to have a fleet of buses running continually throughout the city, to take people to the different venues," she says, "so we really need those people with Class One, Two or Four driver's licences to come forward."

Craik says their list of volunteers, ages 12 to 78, is extremely inclusive. "If you can smile, you have a skill," she says, "We have people from all walks of life."

Continued on Page 7

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Blais named official AWG 2010 ambassador

Debbie Reid, president of the 2010 Arctic Winter Games, named Ryan Blais, member of the Canadian Freestyle Ski Team and one of the top aerialists in the world, as the 2010 Arctic Winter Games Sports Ambassador.

Blais, 29, was born and raised in Grande Prairie and his family still resides here.

He was introduced at a press conference wearing 2010 Games merchandise that will be available for purchase online.

"Ryan really embodies the theme of our games - DREAM ACHIEVE INSPIRE, and his journey from a young Grande Prairie athlete to a world-class aerialist will truly be an inspiration to all of our participants," said Reid.

"What is especially remarkable about Ryan, however, is that he is an excellent mentor and role model for young people who each day demonstrates that through perseverance and belief in oneself, you really can live the dream."

Blais put on skis in Grade 6, started freestyle at 16, joining the freestyle skiing club when he was 18.

He is a current member of the Canadian Freestyle Ski Team - Aerials, has seven World Cup Podiums with two World Cup wins and is bidding for a spot in the 2010 Olympic Winter Games.

Blais also contributes to the local community as a spokesman/ambassador for Kid-Sport Grande Prairie and is founder of the "Come Fly With Me Foundation."



Photo: Mike Ridewood

"The thought of young kids participating in the 2010 AWG in Grande Prairie fills me with excitement because I know that for many of them it will likely be the pinnacle of their young sporting career, while for others it will be the catalyst that inspires them to follow their dreams for the rest of their lives," said Blais.

"These Games will teach the kids so much about themselves and will foster a self confidence that is priceless."

Added Blais: "I'm excited to be the 2010 Arctic Winter Games Ambassador because I know how transformative an experience this can be for young kids and I'm looking forward to re-living the spark I felt 10 years



Ryan Blais

ago."

As Sports Ambassador, Blais will participate in Arctic Winter Games events, visit schools and make public speaking appearances to promote the 2010 Games theme and to encourage young people to be champions wherever their pursuits lie.

Dressed in 2010 Arctic Winter Games attire, Blais earlier introduced the first line of merchandise available to the public for purchase online.

The 2010 Arctic Winter Games merchandise consists of 12 items available at www.awg2010.org.

These range from long- and short-sleeved shirts, hoodies, jackets, touques, stainless water bottles, vests, mugs, and baby wear.

Games wear is also available at the Games shop in the Ernie's Sports Experts plaza.

Blais' first public appearance as Sports Ambassador was, when he greeted members of the Arctic Winter Games International Committee who provide leadership to the biennial Games, as well as the Chefs de Mission - the people responsible for the overall selection, preparation and supervision of their team.

The 20 international delegates were visiting our city from as far away as Greenland and Russia.

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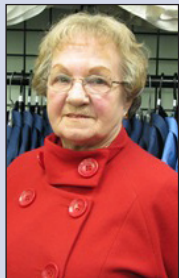
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Volunteer Profile

ELSIE GORDEY: Elsie Gordey was the 113th volunteer to sign up for the 2010 Arctic Winter Games in Grande Prairie. She volunteered for the Grand Opening of the Games Office and Store, and even staffed our first ever promotional booth at Prairie Mall.



She states the difference that make the Arctic Winter Games is the culture and sports events, (Arctic/Dené) and the youth orientation.

Elsie has volunteered for many sets of games, both summer and winter. She finds the chance to meet new people and make a difference very fulfilling, as well as being enjoyable.

The mixture of cultural and sporting events, and the focus on youth, is what make the Arctic Winter Games so unique to Elsie. She says the most challenging part of her involvement so far has been trying to be available as much as possible, due to many volunteer commitments throughout the community.

Elsie is very excited for the Games to begin so she can meet people from difference cultures and places. She can't wait to take in the Arctic and Dené Sports. The greatest benefit to volunteering for Elsie is the enjoyment she gets from helping where she can.

Elsie and her husband are retired; they have five children and four grandchildren. She loves looking after her flower beds in the summer and decorating their home for each season. Elsie enjoys making the crafts that she displays around her home, and baking sweet treats for the Games Crew!

Volunteers

Continued from 5

There are volunteers coming from all over Canada, and as far away as Russia. "I think it's fantastic that people would commit from their own pocket to travel to Grande Prairie to become a volunteer," says Reid, "It really speaks to how rewarding the experience is."

"It's going to be a great party is what it's going to be," says Craik, summing up the experience succinctly.

Volunteers will meet people from all over the circumpolar North."

Craik says she encourages people from around the Peace Country, not only from Grande Prairie, to get involved. The next and final volunteer rally will be held Jan. 23 at the Montrose Cultural Centre from 10 a.m. to 3 p.m.

With close to 100 different areas in which to volunteer, from DJ to VIP host to ticket taker, the opportunities run the gamut and volunteer coordinators from every division will be at the rally to help find the best job for each person, says Craik. And though some people have volunteered to work every day of the Games, every bit makes a difference, Craik says. They're just happy to have you, "whether three hours or 30 hours," she says.

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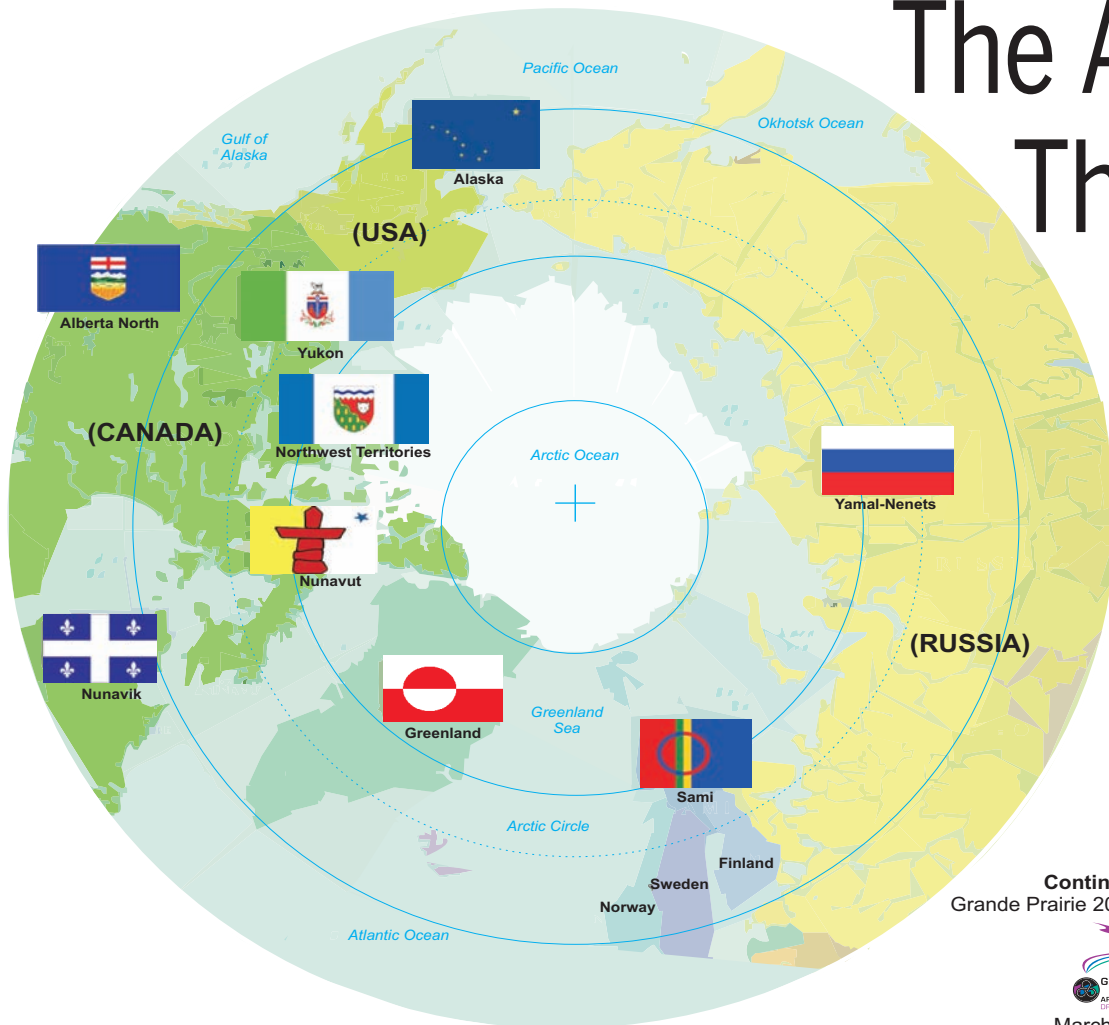
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The Arctic Winter Games: The history; the legacy



In 1967, Cal Miller, Financial Advisor to the Yukon Team, is in Quebec City for the first Canada Winter Games and watches the more experienced southern athletes outplay his athletes from the North.

At the same time, Stuart Hodgson, the commissioner of the Northwest Territories, is witnessing something similar with his team. It was then that Miller suggested creating their own games for the North – to provide a forum where athletes from the “circumpolar North” could compete on their own terms, on their own turf.

After some discussion, Commissioner James Smith (Yukon), as well as Canadian Minister of Indian Affairs and Northern Development Arthur Laing, loved the idea. A phone call later and the Governor of Alaska Walter Hickel was also on board.

Commissioner James Smith (Yukon), Commissioner Hodgson (Northwest Territories) and Governor Hickel (Alaska) began the Arctic Winter Games in 1969. All three men were concerned about the lack of competition that northern athletes and coaches had access to, and the lopsided scores that resulted when they participated in national events in the south.

Recognizing the differences of each government and the various goals that the Arctic Winter Games may have within each jurisdiction, the Arctic Winter Games Corporation was formed with a mandate to act as the guardian of the Games in order to ensure they continued into the future.

The formation of the corporation also provided a mechanism for the member jurisdictions to provide political input but keep politics away from the day-to-day operations of the Arctic Winter Games.

The first Arctic Winter Games was held in Yellowknife, NWT, in 1970 with three contingents coming from Yukon, Northwest Territories and Alaska.

Continued on Page 9

Contingent Regions
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Photo: Randy Vanderveen

The Arctic Winter Games uses sports such as soccer to unite youth in a celebration of togetherness, culture and sharing. The first Games were held in 1970 in Yellowknife, and they returned to that city in 2008. Grande Prairie has the honour of hosting the event this March.

Northern Alberta first sent an 'observer team' of 40 athletes to the 1986 games in Whitehorse, Yukon. That number almost doubled by the next games in Fairbanks, Alaska. A few months later Northern Alberta was accepted as a full partner, and it was agreed that an invitation to participate would also be extended to Greenland, Northern Quebec, and potential trade partner, Russia.

It was also decided there would be an increased focus on the Cultural Events & Arctic Sports indigenous to the north - as well as the addition of Dene Games. These changes brought immediate and positive results to the Games, including an increase in team competition, as well as the benefits of international volunteer recruitment, fundraising, sponsorship and television coverage.

In 1993, the name of the Arctic Winter Games Corporation was changed to the Arctic Winter Games International Committee, and three years later the Games shifted their focus to youth. By the 2000 Games in Wood Buffalo Northern Alberta, the only adults included were in Culture, Arctic Sports, and Dene Games. These Games also featured two new guest units, the Sami People from Northern Scandinavia and the Province of Yamal, Russia.

The Arctic Winter Games International Committee supervises the overall development and implementation of the Games, based on the values of fairplay, access and equity, integrity, respect for self and others, partnerships, personal development, and community development.

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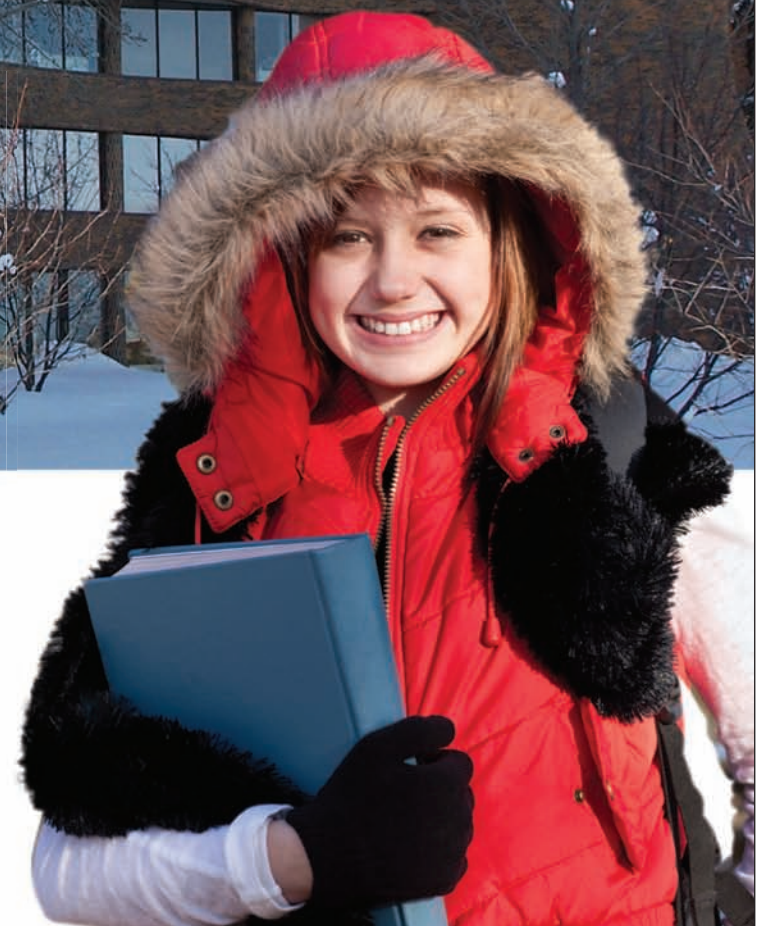
A Comprehensive Community College with campuses in Grande Prairie and Fairview

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Businesses encouraged to get into spirit of the Games

The Grande Prairie 2010 Arctic Winter Games Host Society invites businesses in the Grande Prairie region to partner with the Games and foster a sense of involvement and community pride leading up to this International Celebration of Sport and Culture.

There are many opportunities for businesses to get involved, here are a few suggestions:

Invite the Games Crew to Your Business

- Presentations by the Games Management Team
- On-site volunteer registration and accreditation
- On-site sales of 2010 Arctic Winter Games Gear to employees, or the public
- Visits by the Games Mascot, Aluk the Pachyrhinosaurus

Participate in Gameswear Fridays

- Encourage your employees to show their pride by wearing Gameswear every Friday
 - Receive discounts on bulk Gameswear purchases that can be passed on to employees
- Employer Participation Program
- Encourage employees to be a part of the Games through volunteerism
 - Invite the Games Crew to conduct volunteer registration at your place of business

- All registered volunteers participate in customer service training by the Alberta Hotel and Lodging Association
- Volunteer time does not need to be paid, or during work hours

Sponsorship Opportunities

- 2010 Campaign for Small Businesses
- Donation of supplies, goods and services as Gifts in Kind
- An outline of the rewards & recognition awarded to sponsors is on the Games website

Help Spread the Word

- Include mention of your Games initiatives in company newsletters and on your website
- Decorate your shop, office, or storefront with Games colours.

For more information on how your business can get involved, go to www.awg2010.org.

...

Area businesses, such as Platinum Sponsor Atco, are getting into the spirit of the Arctic Winter Games by decorating their places of business in event motif.



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Program invites municipalities to share in Games

The Arctic Winter Games Town Program invites municipalities in the Grande Prairie region to partner with the Games and foster a sense of involvement and community pride leading up to this International Celebration of Sport and Culture.

There are many opportunities for municipalities to get involved. Here are a few suggestions:

• Community Involvement

Invite the Games Crew to community events, businesses, facilities and service clubs for:

- Presentations by the Games Management Team
- Visits by the Games Mascot, Aluk the Pachyrhinosaurus
- On-site volunteer registration and accreditation

- Sale of 2010 Arctic Winter Games Gear
- Games displays of various sizes available for businesses and community facilities

- Games mixers, meetings or fundraisers held in, and co-hosted by your community

• Gameswear Fridays

- Encourage municipal officials and employees (as well as other businesses in your community) to show their pride by wearing Arctic Winter Gameswear every Friday

- Supporting organizations receive discounts on bulk Gameswear purchases that can be passed on to their employees

• Adopt a Contingent

- Host events to involve your community in supporting participants from your adopted contingent

- Generate excitement for those attending the Games from your community by encouraging residents to 'Cheer On' your adopted contingent, or show their support by wearing the contingent's colours or pins throughout the Games.

Contingents Include:

- Alaska • Nunavut
- Greenland • Sami (Norway/Sweden/Finland/Russia)
- Northern Alberta • Yamal-Nenets (Russia)
- Northwest Territories • Yukon
- Nunavik (Northern Quebec)

• Adopt a Facility

- Provide ALL the volunteers required at your adopted venue during the Games (ie. ticket takers, security, ushers, guest services, medical etc.)

- Promote your community's involvement in the Games by maintaining a constant presence at the venue of your choice

Facilities Include:

- Canada Games Arena / Crystal Centre • Maude Clifford Public School

- Centre 2000 • Montrose Cultural Centre
- Coca Cola Centre • Montrose Junior High School
- Composite High School • Mother Teresa Catholic School
- Evergreen Park • Muskoseepi Park
- Grande Prairie Curling Club • Nitehawk Ski Area
- Grande Prairie Gymnastics Centre • Peace Wapiti Academy
- Grande Prairie Regional College • Prairie Mall
- Grande Prairie Soccer Centre • St. Joseph's

Catholic High School

- Harry Balfour School • Wapiti Nordic Ski Centre
- Leisure Centre

• Employer Participation Program

- Invite the Games Crew to conduct volunteer registration at your place of business
- All registered volunteers participate in customer service training by the Alberta Hotel and Lodging Association
- Volunteer time does not need to be paid, or during work hours



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ULU · NEWS

Cultural mentorship programs a great, unique opportunity

The Arctic Winter Games are as much about culture as they are about sports.

As such, engaging youth in mentoring opportunities is a big facet of the upcoming event.

Two cultural mentorship programs are in place: They give local youth an opportunity to get involved with the Games in ways other than sport.

FOOD MENTORSHIP PROGRAM

"We've asked for recipes from all over the circumpolar world, and although we can hardly wait to sample it all, we'll have to! Dishes will be included in the daily lunch buffet at Jake's Down South during the week of the Games.

"Jake's will be serving bannock with every meal, a buffet item from one of the participating regions, and more will be available on the menu," says Chantale Doucette Chalifoux, chairwoman of culture for the Games.

"We're also looking for youth interested in the culinary arts to take part in this great program.

"It's a great opportunity for anyone thinking of going into culinary arts," she adds, putting emphasis on "experiencing" the Games and culture in a "once-in-a-lifetime"

motif.

PHOTO MENTORSHIP PROGRAM

"Four local youths will be chosen to be the stars of this program. We've recruited four of our best local photographers (Randy Vanderveen, Rob Ganzeveld, Tanya Sedore and Paul Pivert) to spend the week of the Games showing them the ropes of the business. They'll learn everything from how to use the equipment to lighting, photo-editing, printing and more.

"The expertise and state-of-the-art equipment will be available to these youths in a one-on-one environment - it's a fantastic opportunity," says Doucette Chalifoux.

Applications are only being accepted until the end of January. Application forms - in PDF format - are available on the Arctic Winter Games website, awg2010.org.

Doucette Chalifoux says her 2008 trip to Yellowknife to experience those Games in preparation for these ones, was an experience of a lifetime.

"I really encourage everyone to get involved and soak up the fantastic atmosphere. It's really quite something."

The programs are open to youths 15-21.

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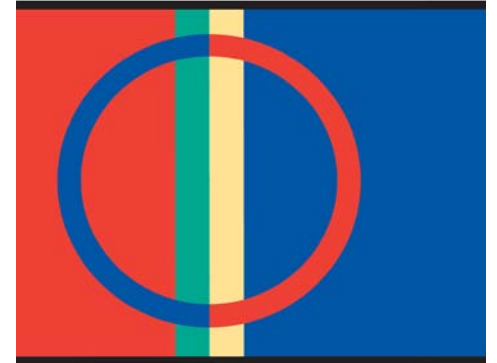
Alaska



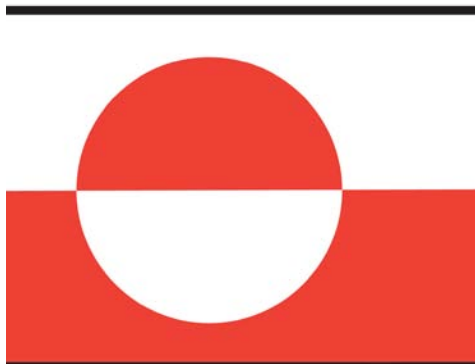
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Why Should You Attend Grande Prairie Regional Safety Committee Meetings?

Meeting Location
 Grande Prairie
 Construction Association
 9614A 105 St.
 Grande Prairie, AB

Meeting Dates:
 February 8, 11:30am
 April 26, 6:00pm
 June 7, 11:30am
 September 13, 6:00pm
 November 8, 11:30am

For guidance and assistance to enable your company to develop and maintain a Health & Safety program that is capable of providing adequate due diligence defense and above average audit results, including:

- Personal contact with an ACSA representative
- Information regarding scheduled safety training (may request additional/local safety training)
- Become aware of and have input into current health & safety issues
- You can ask questions and get answers from qualified safety practitioners
- There will be an educational/training component at most meetings
- There will be review/information regarding any new regulations/codes
- You can help the committee - the committee can help you



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Extracurricular Games Activities

The Heritage Discovery Centre – Kin Gallery

11330 – 106 Street, (Located in Centre 2000)
2010 Arctic Winter Games Exhibit - Open till March 31, 2010

This exhibit is representative of the diverse cultures which portrays the origins of the Arctic Winter Games and the spirit of the athletes. The Heritage Discovery Centre will house many artefacts from the circumpolar world, including:

- The History of the Games Display
- The Arctic Winter Games Pin Collection
- Stained Glass Drums representing each contingent

If you are interested in a group tour, please phone (780)532-5790.



Grande Prairie Museum's Polar Challenge

10329 – 101 Avenue (Across the bridge from Muskoseepi Park)
Monday, March 8 – Friday, March 12, 2010

Program Times: 9:30 – 11:30 a.m. or 1:00 – 3:00 p.m. Age of group: Suitable for ages 6 and up.

In the spirit of the 2010 Arctic Winter Games, children's groups are invited to participate in the Grande Prairie Museum's Polar Challenge. Learn to play traditional Inuit Games and how these games relate to life in the Polar region. After the games, students can explore the properties of water and ice by making their own ice cream! Special group rates are available for this program. Please call the program coordinator at (780) 830-7086 for more information or to schedule your program.

1's a Purchase, 2's a Pair, 3's a Congerie!

Grande Prairie Museum Rodacker/ Campbell Gallery

Why do people collect? The fascination of objects is the foundation of any individual or museum collection. Community members were invited to participate in this exhibit to showcase their treasures and private collections. Explore the diverse collections of local and regional private collectors. Intriguing collections abound!

Fitness Place Schedule - Drop in Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN with Laurie 6:15 am	SPIN with Richard 6:15 am		SPIN with Laurie 6:15 am	SPIN with Richard 6:15 am	
MIX IT UP MONDAY with Sari 9:15 am	CARDIO BLAST with Colleen 9:15 am	SPIN with Colleen 9:15 am	CARDIO BLAST with Colleen 9:15 am	CARDIO BLAST with Sari 9:15 am	CYCLE CIRCUIT with Jessica 9:30 am
	CHISEL & SCULPT with Colleen 10:30 am		CHISEL & SCULPT with Colleen 10:30 am		
STEP STRENGTH with Sari 5:25 pm	TOTAL BODY WORKOUT with Sari 5:25 pm	CYCLE CIRCUIT with Lisa 5:25 pm	SPIN with Lisa 5:25 pm		

Call in (even the day before) to book a SPINS bike 780-538-0455! Spring Schedule in effect until June 27, 2010*

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MONDAY - FRIDAY	SATURDAY & SUNDAY
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Childcare Services - Monday - Friday 9-11:30am

Our Childcare service is available for children 8 months to 6 years.

Participate in fitness, weight training, or swimming while your child enjoys a supervised playtime. Please send your child with small, nutritious snack time. No food containing nuts please

All snacks must be labeled with child's name

The Leisure Centre Pool Arctic Winter Games Schedule March 6-14, 2010

During the Arctic Winter games why not warm up at The Leisure Centre
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	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6am							
6-6:30am							
6:30-7am	user		user groups sharing	user groups sharing	user groups sharing	user groups sharing	user groups sharing
7-7:30am	group		with lane swim	with lane swim	with lane swim	with lane swim	with lane swim
7:30-8am	rental						
8-8:30am							
8:30-9am							
9-9:30am		lane swim &					
9:30-10am		Limited edition					
10-10:30am		family swim					Facility
10:30-11am	lane swim &	lane swim &	lane swim &	lane swim &			Maintenance
11-11:30am		public swim	Ltd. Edition family	Ltd. Edition family	Ltd. Edition family	Ltd. Edition family	
11:30-12 pm							
12-12:30pm	lane swim						lane swim &
12:30-1pm		user group rental					Ltd. Edition family
1-1:30pm							
1:30-2pm							
2-2:30pm	public swim		Public swim	Public swim	Public swim	Public swim	Public swim
2:30-3pm	swim						
3-3:30pm	public swim		Sr. lane swim	Sr. lane swim	Sr. lane swim	Sr. lane swim	Sr. lane swim
3:30-4pm							
4-4:30pm	rental						
4:30-5pm	space	user group rental					user group rental &
5-5:30pm		Birthday Party	swim lessons &	swim lessons &	swim lessons &	swim lessons &	Birthday Party
5:30-6pm	lessons	space	user group rentals	user group rentals	user group rentals	user group rentals	rental space
6-6:30pm	Birthday	Rental					
6:30-7pm	space	Space					
7-7:30pm					user group rentals		family swim
7:30-8pm	public	family	user group rentals	public swim		public swim	(stay for public)
8-8:30pm	swim	swim			family swim		
8:30-9pm							public swim
9-9:30pm			lane swim				
9:30-10pm	rental	rental		lane swim	lane swim	lane swim	
10-10:30pm	space	space					rental space
10:30-11pm							



The City of Grande Prairie welcomes all visitors & participants!

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