

BONNYVILLE & AREA • WINTER 2019

RECREATION **GUIDE**

What's Inside?

No-School Day Camps
Page 14

Muriel Lake Cross
Country Ski Map
Page 20

Family Fun Day
Page 23

Centennial Centre
Outdoor Rink



town of / ville de
Bonnyville



TABLE OF CONTENTS

- 3. Welcome Messages
- 4. Bonnyville & District Centennial Centre

ADULT PROGRAMMING

- 6. Fitness Class Information
- 8. Fitness Class Schedules
- 11. Ice Rinks Schedule
- 11. KidSport Bonnyville information
- 12. Personal Training

CHILD & YOUTH PROGRAMMING

- 14. Day Camps
- 15. Climbing Wall
- 16. Bonnyville Municipal Library
- 17. Youth Programs

SENIOR PROGRAMMING

- 18. Senior Fitness Classes
- 19. Bonnyville Senior Citizen's Society Programs
- 20. Muriel Lake M.D. Park Cross Country Ski Trails
- 21. Town of Bonnyville Swimming Pool Winter Schedule
- 22. Community Clubs Listing
- 23. Upcoming Events

A Joint Publication of the Town of Bonnyville, Municipal District of Bonnyville & Bonnyville & District Centennial Centre

Editors:

Todd Muir General Manager, Bonnyville & District Centennial Centre
Chris McCord Director of Parks, Recreation & Culture, Municipal District of Bonnyville
Bill Rogers Assistant CAO, Town of Bonnyville
Victoria Bird Fitness & Recreation Manager, Bonnyville & District Centennial Centre

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Welcome

Message from the Town of Bonnyville

Recreation opportunities abound in this region and the Town. One of the key strategies which emerged with our new Council was a renewed focus on expanding recreational opportunities within the Town and the Region. It also included supporting regional opportunities within the region, as our recreational opportunities are not confined to within our boundaries.

To that end, and in a joint initiative of the key recreation supporting organizations working together for the benefit of the community as a whole; I am excited that we will now have available to residents, a formal guide which will provide information for every interest and activity.

Come check out the new outdoor rink at the C2 Centre, as well as all the exciting events and programs offered in the Town and in our surrounding region!

Gene Sobolewski

Mayor, Town of Bonnyville



Message from the M.D. of Bonnyville

The promotion of an active, healthy lifestyle for all ages is one of the Municipal District of Bonnyville Council's most important priorities. Council is focused on improving existing recreational facilities, and adding new ones to enhance and expand the variety of experiences all residents can enjoy. As a part owner of the Bonnyville and District Centennial Centre, M.D. Council is committed to creating a recreation hub at the C2. Council is expanding trail systems around Moose Lake to make it easier for everyone to get out and enjoy the outdoors. The cross country ski trails at Muriel Lake M.D. Park are groomed to perfection. If a game of shinny is more your style, the Fort Kent outdoor rink is open to everyone. And don't forget to mark all the regional events on your calendar.

I encourage all residents to check out the Recreation Guide from cover to cover. I know the C2 offers a program for virtually everyone - from seniors to toddlers. You will be surprised by the multitude of programs and activities the Bonnyville region offers.

Greg Sauchuk

Reeve, Municipal District of Bonnyville



Message from the Bonnyville & District Centennial Centre

The options for recreation can be endless. Bonnyville is a hidden gem that has so much to offer to individuals and families alike. The importance of recreation can be described as one's physical well-being and one's psychological well-being, which leads to a community's ability to obtain an overall healthy lifestyle. We encourage this throughout the Bonnyville community by programming for all demographics, and striving to meet the needs of all community members. The mission of the Bonnyville & District Centennial Centre is to provide diverse programming and services for our community with a focus on guest experience and creating an inclusive welcoming environment. Through this guide you will learn about opportunities for you and your family to enjoy, all the while being engaged in community recreation and all of its benefits.

Victoria Bird

Fitness & Recreation Manager
Bonnyville & District Centennial Centre





Endless recreation
OPPORTUNITIES

Bonnyville & District Centennial Centre



- Two Ice Arenas
- Field House
- Running Track
- Fitness Centre
- Climbing Wall
- Indoor Playground
- Community Hall
- Café
- Bounce Houses
- Childminding



The hub for indoor activity

The Bonnyville & District Centennial Centre is the hub for indoor recreation in the Town of Bonnyville. Built in 2007 as an expansion project onto the existing Agriplex and R.J. Lalonde Arena, the Centennial Centre - or C2 as it is commonly referred to - is home to two ice surfaces, a field house, fitness centre, running track and a variety of mixed use spaces to meet the needs of the region. Open seven days a week, the C2 also provides extensive health and wellness programming.

Hours of Operation:

Monday - Friday: 6 am – 10 pm
Saturday: 8 am – 10 pm
Sunday: 8 am – 10 pm

Contact:

Phone: 780-812-3400
Fax: 780-826-7816
www.centennialcentre.ca
Unit 1003, 4313 - 50 Avenue
Bonnyville, Alberta T9N 0B4



Check out our Activity Guide online at www.centennialcentre.ca to find out what is happening today!



CLASSES

Fitness on your schedule



The Bonnyville & District Centennial Centre offers a wide variety of instructor-led fitness classes. With program offerings six days a week, the C2 team caters to all ability levels and busy lifestyles.

DROP-IN CLASSES

EARLY MORNING MUSCLE Are you looking for a quick, fun, strength-focused workout you can squeeze in before work? Join our instructor in the gym to learn how to use the equipment properly and effectively for an all around great start to your day!

ZUMBA® Are you a looking for a fun total body workout? This class offers cardio, muscle conditioning and flexibility, boosted energy and a serious dose of awesome each time you leave the class! So, come see why Zumba fitness classes are often called fitness in disguise!

BODY BLAST This full body workout includes a mix of cardio and resistance training with a focus on muscular endurance. Very adaptable exercises make this class appropriate for diverse fitness levels, including moms with strollers or expectant mothers.

PiYo LIVE! Choreographed Pilates + Yoga movements put together into sequences make this low-impact class unique and fun! The result is lengthening and strengthening all muscle groups in the body. No equipment is used and bare feet are preferred.

TONE & TORCH A short, sweet, get-it-done-for-the-day work out that pushes you to your fitness limits. This is a quick, full body, demanding and effective class for anyone with limited time who wants to build their cardiovascular endurance.

\$6 per class

(10-class pass available for \$48)

SPIN The diversity of this class makes it perfect for any age, ability or fitness level. Participants control their own level of intensity all while remaining part of the team spirit. The awesome music in this class will keep you energized and pumped!

STRENGTH IN NUMBERS Improve your quality of life by becoming stronger! This is a fun and easy-to-follow class that focuses on flexibility, posture, balance, strength and endurance, plus Strength in Numbers is perfect for increasing range of motion in joints.

BARS & BELLS This strength-based class focusses on the use of two classic pieces of equipment- barbells and kettlebells! Learn how to lift properly while getting in shape with a full body workout that will leave you looking forward to Fri-YAY each week!

SIT TO BE FIT A full body workout that focuses on functional movements, all while staying seated! This entry-level class will engage your core, lower body, and upper body in creative ways that improve physical fitness and reduce strain!

SUN-RIDE SPIN Wake up your Friday with an easy Spin class that gets you primed and ready for the weekend! Participants of all abilities are welcome to join in on the sunrise ride!



PRE-REGISTERED CLASSES (MONTHLY SESSIONS)

SPIN+ Come in for an evening ride - with a little extra! Saddle up for hills, drills, and sprints during the first part of class, then round off your workout with some off-bike exercises. We'll challenge your entire body with a blend of off-bike resistance training PLUS on-bike cardio training. **\$64**

BOOTCAMP Prepare to get a fun full body workout with a mixture of cardio and resistance training. This is an evening twist on our daytime class with an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all fitness levels. **\$64**

STRICTLY STRENGTH Prepare to get some sweat flowing as you learn to use barbells, kettlebells, rowing machines, medicine balls, and much more in this fast-paced class. Perfect your lifting techniques, increase your strength, and condition your cardiovascular system! Suitable for all fitness levels. **\$64**

WONDER WOMAN Lifting weights, it's not just a guy thing! Join us for this all women's class that is designed to inspire women so they feel confident and empowered to come to the gym and lift. **\$64**

SERIOUS SWEAT Small-group training including a wide variety of fitness modalities designed to rev your heart rate and get you sweating! Each day will be a different workout, all with the focus of keeping things fresh and exciting and increasing weight loss. **\$64**

HOCKEY FOR HEALTH Hockey dryland training that mirrors the Jr. A Pontiacs! Train like they do for aesthetics and performance, improving your physical fitness as well as on-ice results! **\$32**

DUMBBELL FIT This is a full-body, 60-minute dumbbell class that will sculpt and strengthen your entire body! Challenge all of your major muscle groups while you squat, press, lift, and curl in this exciting and dynamic fitness experience! **\$64**

CARDIO KICKBOXING Come for a 60-minute total knockout head to toe workout! Learn how to punch, kick, knee, and elbow your way through your cardio. Kick start 2019 right by getting a super sweat on and having fun while doing it! **\$32**

Register early!

All classes require a minimum of 3 participants. The C2 reserves the right to cancel due to lack of participants.

Prices may vary based on number of sessions per month.

Adult Programming

Drop-In Group Fitness Classes (January 7 - January 30, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tone & Torch with Jen 8:45 am - 9:15 am	Early Morning Muscle with Karen 6:30 am - 7:00 am	Tone & Torch with Jen 8:45 am - 9:15 am	Early Morning Muscle with Karen 6:30 am - 7:00 am	Sun-Ride Spin 8:45 am - 9:15 am	
Body Blast with Jen Babies / toddlers welcome 9:30 am - 10:15 am	Spin with Jen 9:30 am - 10:15 am	Body Blast with Jen Babies / toddlers welcome 9:30 am - 10:15 am	Spin with Jen 9:30 am - 10:15 am	Bars & Bells with Jen Babies / toddlers welcome 9:30 am - 10:15 am	
Zumba with Karen 11:00 am - 11:45 am	Strength in Numbers with Karen 11:00 am - 12:00 pm	Zumba with Karen 11:00 am - 11:45 am	Strength in Numbers with Karen 11:00 am - 12:00 pm		
PIYo with Marcelle 12:10 pm - 12:50 pm	Sit to be Fit with Mark 12:15 pm - 1:00 pm	PIYo with Marcelle 12:10 pm - 12:50 pm	Sit to be Fit with Mark 12:15 pm - 1:00 pm		

Pre-Registered Fitness Classes (January 7 - January 30, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strictly Strength with Jen 8:30 am - 9:30 am		Strictly Strength with Jen 8:30 am - 9:30 am		Cardio Kickboxing with Kate 10:00 am - 11:00 am
	Wonder Woman with Natalie 9:15 am - 10:15 am		Wonder Woman with Natalie 9:15 am - 10:15 am		
Bootcamp with Jen Babies / toddlers welcome 6:00 pm - 7:00 pm	Dumbbell Fit with Jesse 6:00 pm - 7:00 pm	Bootcamp with Jen Babies / toddlers welcome 6:00 pm - 7:00 pm	Dumbbell Fit with Jesse 6:00 pm - 7:00 pm		
Spin + with Jen 7:00 pm - 8:00 pm	Hockey for Health with Natalie 7:00 pm - 8:00 pm	Spin + with Jen 7:00 pm - 8:00 pm			

Adult Programming

Drop-In Group Fitness Classes (February 4 - February 28, 2019)

* No classes on February 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tone & Torch with Jen 8:45 am - 9:15 am	Early Morning Muscle with Karen 6:30 am - 7:00 am	Tone & Torch with Jen 8:45 am - 9:15 am	Early Morning Muscle with Karen 6:30 am - 7:00 am	Sun-Ride Spin 8:45 am - 9:15 am	
Body Blast with Jen Babies / toddlers welcome 9:30 am - 10:15 am	Spin with Jen 9:30 am - 10:15 am	Body Blast with Jen Babies / toddlers welcome 9:30 am - 10:15 am	Spin with Jen 9:30 am - 10:15 am	Bars & Bells with Jen Babies / toddlers welcome 9:30 am - 10:15 am	
Zumba with Karen 11:00 am - 11:45 am	Strength in Numbers with Karen 11:00 am - 12:00 pm	Zumba with Karen 11:00 am - 11:45 am	Strength in Numbers with Karen 11:00 am - 12:00 pm		
PiYo with Marcelle 12:10 pm - 12:50 pm	Sit to be Fit with Mark 12:15 pm - 1:00 pm	PiYo with Marcelle 12:10 pm - 12:50 pm	Sit to be Fit with Mark 12:15 pm - 1:00 pm		

Pre-Registered Fitness Classes (February 4 - February 28, 2019)

* No classes on February 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strictly Strength with Jen 8:30 am - 9:30 am		Strictly Strength with Jen 8:30 am - 9:30 am		Cardio Kickboxing with Kate 10:00 am - 11:00 am
	Serious Sweat with Natalie 9:15 am - 10:15 am		Serious Sweat with Natalie 9:15 am - 10:15 am		
Bootcamp with Jen Babies / toddlers welcome 6:00 pm - 7:00 pm	Dumbbell Fit with Jesse 6:00 pm - 7:00 pm	Bootcamp with Jen Babies / toddlers welcome 6:00 pm - 7:00 pm	Dumbbell Fit with Jesse 6:00 pm - 7:00 pm		
Spin + with Jen 7:00 pm - 8:00 pm		Spin + with Jen 7:00 pm - 8:00 pm			

Adult Programming

Drop-In Group Fitness Classes (March 4 - March 28, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tone & Torch with Jen 8:45 am - 9:15 am	Early Morning Muscle with Karen 6:30 am - 7:00 am	Tone & Torch with Jen 8:45 am - 9:15 am	Early Morning Muscle with Karen 6:30 am - 7:00 am	Sun-Ride Spin 8:45 am - 9:15 am	
Body Blast with Jen Babies / toddlers welcome 9:30 am - 10:15 am	Spin with Jen 9:30 am - 10:15 am	Body Blast with Jen Babies / toddlers welcome 9:30 am - 10:15 am	Spin with Jen 9:30 am - 10:15 am	Bars & Bells with Jen Babies / toddlers welcome 9:30 am - 10:15 am	
Zumba with Karen 11:00 am - 11:45 am	Strength in Numbers with Karen 11:00 am - 12:00 pm	Zumba with Karen 11:00 am - 11:45 am	Strength in Numbers with Karen 11:00 am - 12:00 pm		
PiYo with Marcelle 12:10 pm - 12:50 pm	Sit to be Fit with Mark 12:15 pm - 1:00 pm	PiYo with Marcelle 12:10 pm - 12:50 pm	Sit to be Fit with Mark 12:15 pm - 1:00 pm		

Pre-Registered Fitness Classes (March 4 - March 28, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strictly Strength with Jen 8:30 am - 9:30 am		Strictly Strength with Jen 8:30 am - 9:30 am		Cardio Kickboxing with Kate 10:00 am - 11:00 am
	Wonder Woman with Natalie 9:15 am - 10:15 am		Wonder Woman with Natalie 9:15 am - 10:15 am		
Bootcamp with Jen Babies / toddlers welcome 6:00 pm - 7:00 pm		Bootcamp with Jen Babies / toddlers welcome 6:00 pm - 7:00 pm			
Spin + with Jen 7:00 pm - 8:00 pm		Spin + with Jen 7:00 pm - 8:00 pm			



Ice Rinks

SCHEDULE

Guidelines for arena

Shinny Hockey - gloves & sticks are mandatory.

Public Skating - Children 8 years of age and under require a helmet. No sticks or pucks allowed on ice.

Activity Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Free Public Skate Sponsored by Tim Hortons							6 p.m. to 7:20 p.m.
Public Skate		10 a.m. to 3 p.m.		10 a.m. to 3 p.m.			
15+ Shinny	11 a.m. to 1 p.m.		11 a.m. to 1 p.m.		11 a.m. to 1 p.m.		





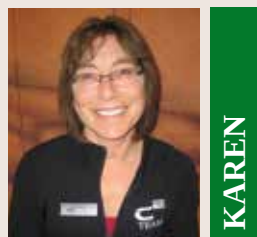
Did you know that Bonnyville KidSport will provide grants for sport registration fees up to \$300 for low income families? Visit the link below to apply today! If you are interested in donating or volunteering at our next event please e-mail us at: bonnyville@kidsport.ab.ca

www.kidsportcanada.ca/alberta/bonnyville/



FITNESS TEAM

Meet your C2 Personal Trainers



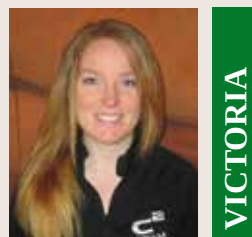
KAREN

Karen specializes in older adult training, strength training and overall weight loss training. Karen will design the most suitable workout to ensure you will attain your fitness goals.



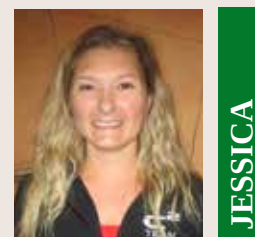
HEATHER

Heather enjoys training clients in both cardio and resistance for weight loss. Whether you are looking to power through plateaus or just getting started, Heather will give you the push needed to help you achieve results.



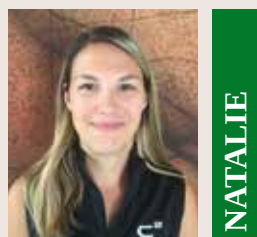
VICTORIA

Victoria has a unique approach to fitness by combining exercise and fun. Victoria is an energetic, outgoing person who enjoys helping others achieve their fitness goals, and is looking forward to working with you!



JESSICA

Jessica has 6 years of experience in the fitness industry; her passion is creating strength and confidence in her clients. She works with clients to build programs that they love to do, focusing on movement that they enjoy, while also getting them towards their goals-whether they are to build strength, lose weight or improve their everyday function. She aims to empower her clients to learn to love exercise and discovers ways to make health and wellness a priority in their lives.



NATALIE

Natalie loves and is passionate about fitness and helping clients reach their goals. Whether you're stuck in a rut and want to spice things up or starting out as a beginner, her focus will be making you, a better you! With some hard work and determination, Natalie believes anything is possible. Her passion for working out, can workout for you!



JESSE

Jesse is a health-focused trainer, with a background in compassionate care and mental health. This CSEP-certified Personal Trainer believes that exercise is for everyone and will teach you a lifelong skill. He values empathy, education and promotes efficiency in the gym.



JENNIFER

Jen aims to help clients from all walks of life meet their goals. Whether you're just starting out, or a regular looking for a change in routine, Jennifer can help with designing a program that is just right for you. Jennifer has the energy to help push you through that last set or give you the confidence to start the first workout.



INDIVIDUAL PERSONAL TRAINING	
Number of Sessions	Cost per Session
1 to 5	\$60
6 to 10	\$55
11 to 15	\$50

3 Month & 1 Year C2 membership holders receive a 15% discount on their first FIVE (5) individual personal training sessions!

GROUP PERSONAL TRAINING	
Number of People in Group	Cost per Person per Session
2	\$40
3	\$35
4	\$30
5	\$25
6	\$20

Smart Start Gym Orientation Clinics

Smart Start Gym Orientation clinics are great opportunities for anyone 13 years of age and older to get educated on utilizing the Centennial Centre Fitness Centre. Led by the C2's knowledgeable fitness class instructors and personal trainers, Smart Start teaches the basics of how to safely use the centre's cardio equipment, circuit machines and free weights. Orientation sessions are two hours long and cost \$30. Contact the C2 Welcome Desk today to find out when the next clinic is being offered.

Child & Youth Programming



HAPPY CAMPERS

YOUR YOUNGSTER (ages 6-12) can join the C2's skilled day camp leaders for fun and adventure in a variety of themed day camps scheduled on many no-school days during the school year. Day camps run from 9:00 am to 4:00 pm with camper drop-off available starting at 8:00 am and pickup available until 5:00 pm. C2 day camps are perfect for parents who need to work during no-school days.

HEALTHY HEARTS

Thursday, February 14, 2019
Valentine's day is upon us! This camp focuses on art, crafts, and activities that make our hearts happy. Let's get that blood pumping!
Cost: \$45



MAKE FITNESS FUN!

Friday, February 15, 2019
Come spend two days burning off energy at the C2! Campers will break a sweat with activities like messy relay races, Drumfit and DIY Yoga. We are going to learn how to pack our own healthy lunches and easy ways to incorporate physical activity into our daily lives.
Cost: \$45

SHIPWRECKED

Friday, March 8, 2019
Oh no! A tremendous storm has left you and your shipmates stranded. Discover clues all over Centennial Centre Island, reach new heights on the rock mountain, and work together to find a new way home!
Cost: \$45

C2 CLIMBING WALL

CLIMBING CLUB

Fun and challenging for youngsters ages 6 to 12. They'll join well-qualified C2 staff at the 32-foot indoor climbing wall to enjoy a very unique form of exercise, build confidence, learn new skills, and meet new friends! Registration for the next session of the Kid's Climbing Club is available now by stopping in or calling the Welcome Desk at 780-812-3400.

Sessions cost \$35

SESSION 1 (January 8 - February 5)	
Level	Day & Time
Beginner	Tuesdays (5:00 pm - 6:00 pm)
Intermediate	Tuesdays (6:00 pm - 7:00 pm)
Advanced	Tuesdays (7:00 pm - 8:00 pm)

SESSION 2 (February 12 - March 12)	
Level	Day & Time
Beginner	Tuesdays (5:00 pm - 6:00 pm)
Intermediate	Tuesdays (6:00 pm - 7:00 pm)
Advanced	Tuesdays (7:00 pm - 8:00 pm)

SESSION 3 (March 19 - April 16)	
Level	Day & Time
Beginner	Tuesdays (5:00 pm - 6:00 pm)
Intermediate	Tuesdays (6:00 pm - 7:00 pm)
Advanced	Tuesdays (7:00 pm - 8:00 pm)

OPEN CLIMB TIMES

Open climb time offers the opportunity to challenge yourself while learning basic climbing and safety skills under the supervision of a trained supervisor. Suitable for ages 4 and up.

Ages 12 & under: \$3, 13-17: \$4, Adult: \$5 (taxes apply)

OPEN CLIMB TIMES (January - March)	
January 2, 6:00 pm - 9:00 pm	February 23, 12:00 pm - 4:00 pm
January 9, 12:00 pm - 4:00 pm	February 27, 12:00 pm - 4:00 pm
January 12, 12:00 pm - 4:00 pm	March 6, 6:00 pm - 9:00 pm
January 23, 12:00 pm - 4:00 pm	March 9, 12:00 pm - 4:00 pm
January 26, 12:00 pm - 4:00 pm	March 13, 12:00 pm - 4:00 pm
February 6, 6:00 pm - 9:00 pm	March 23, 12:00 pm - 4:00 pm
February 9, 12:00 pm - 4:00 pm	March 27, 12:00 pm - 4:00 pm
February 13, 12:00 pm - 4:00 pm	

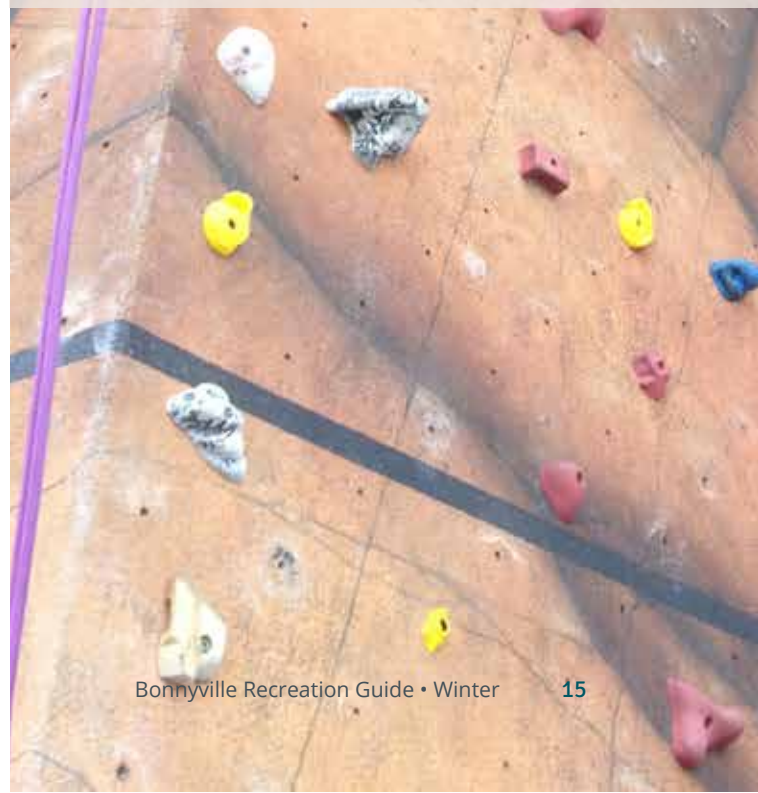


WALL WARRIORS

A more challenging climbing program that builds on fundamental skills previously learned. Hone your wall skills in no time and be crowned an official C2 Wall Warrior!

Session cost \$35

WINTER SESSIONS	
Session	Day & Time
1 (Jan. 10 - Feb. 7)	Thursdays (6 pm - 7 pm)
2 (Feb. 14 - March 14)	Thursdays (6 pm - 7 pm)
3 (March 21 - April 18)	Thursdays (6 pm - 7 pm)





LIBRARY

Programs & Services



Follow us!



LIBRARY SERVICES (fees may apply)

- Free WiFi & computer access
- Exam invigilation
- Printing, faxing & scanning
- Photocopying & lamination

USE YOUR LIBRARY CARD FOR FREE ACCESS TO A WEALTH OF E-RESOURCES:

- Overdrive
- Cloud Library
- Read Alberta e-books
- RBDigital
- Tumblebooks
- EBSCO Newspaper Source Plus
- Press Reader
- Hoopla
- Canadian Newsstream

- Pronunciator
- Explora
- Ancestry Library
- Solaro
- Duolingo
- Consumer Reports
- Gale
- Cyprus Resume
- Canadian Encyclopedia

STORY TIME

Free weekly drop-in (ages 3-5)

Wednesday mornings

9:15 am - 10:00 am or 10:30 am - 11:15 am

Share in stories, songs and a craft. This fun program helps young children get ready for reading. (Parents must stay with their child).

RHYME TIME

Free weekly drop-in (ages 0-3)

Thursday mornings

9:30 am - 10:00 am OR

10:30 am - 11:00 am

Spend quality time with your child by interacting together using rhymes, songs and stories. (Parents will be interacting with their child).



ADULT BOOK CLUB

First Tuesday of the month

6:30 pm - 8:00 pm

Join us for good conversation and friendly debate about a pre-selected book. If you are interested in joining the book club, please contact the library.

January 8 - *Skipping Christmas* by John Grisham

February 5 - *The Seven Sisters* by Lucinda Riley

March 5 - *The Bean Trees* by Barbara Kingsolver

April 2 - *Dead Wake* by Erik Larsen

LEGO @ THE LIBRARY

Free drop-in (ages 6-12)

Select Wednesdays: 3:30 pm - 4:30 pm

Join us for some LEGO fun! Do challenges, build your own LEGO creations and put everything on display for a few days. LEGO is provided.



4804 - 49 Avenue, Bonnyville • 780.826.3071 • www.bonnyvillelibrary.ab.ca

C2 SPORTS NIGHT

An organized, high-spirited sports night for youth aged 13-17! Try new sports, meet new people, and have an all-around fun time!

Cost: \$10 (drop in)

SPORTS NIGHT UPCOMING DATES

Saturday, January 5 (6:00 pm - 8:00 pm)

Saturday, February 2 (6:00 pm - 8:00 pm)

Saturday, March 2 (6:00 pm - 8:00 pm)

KID'S NIGHT OUT

Kid's Night Out at the C2 is just like a day camp - in the evening! Register your kids ages 6 to 12 for an evening of fun activity, games, arts and crafts, and exploring the Centennial Centre during the next Kid's Night Out. In return, you'll enjoy some free time - an evening to yourself! Registration includes a coupon from our sponsor, Mr. Mike's Steakhouse Casual Bonnyville, for a discounted appetizer or dessert! Don't miss out on this fun opportunity!

Cost: \$10 per child (registration required)

KID'S NIGHT OUT UPCOMING DATES

Friday, January 18 (5:30 pm - 8:00 pm)

Friday, February 15 (5:30 pm - 8:00 pm)

Friday, March 15 (5:30 pm - 8:00 pm)

TIP TOP TOTS

Sensory stimulation, co-operative play, and age-appropriate activities for little ones aged 2-4 year! **Cost: \$4 (drop in)**

TIP TOP TOTS UPCOMING DATES

Monday, January 14 (6:00 pm - 7:00 pm)

Monday, February 11 (6:00 pm - 7:00 pm)

Monday, March 11 (6:00 pm - 7:00 pm)

MOM & ME BOUNCE HOUSE MORNINGS

Enjoy access to several of the C2's bounce houses every Tuesday between 9:00 am and 12 Noon in the VIP suite. **Cost: \$2 (drop in)**

NEW! KID'S HOCKEY FITNESS

Thursdays • 3:45 pm - 4:45 pm
January 10 - January 31 (4 Classes)

Cost: \$32

An introduction to hockey dryland training for kids of all ages and ability levels! Work on endurance, coordination, and other fundamentals that develop skills and performance!



ACTIVE AT ANY AGE

Fitness classes for
seniors at the C2



SIT TO BE FIT

*Every Tuesday & Thursday
12:15 pm - 1:00 pm*

A full body workout that focuses on functional movements, all while staying seated! This entry-level class will engage your core, lower body, and upper body in creative ways that improve physical fitness and reduce strain!

**Cost: \$6 (drop in) or
1 swipe of Fitness Class Pass**

STRENGTH IN NUMBERS

*Every Tuesday & Thursday
11:00 am - 12:00 pm*

Improve your quality of life by becoming stronger! This is a fun and easy-to-follow class that focuses on flexibility, posture, balance, strength and endurance, plus Strength in Numbers is perfect for increasing range of motion in joints.

**Cost: \$6 (drop in) or
1 swipe of Fitness Class Pass**

WALK AND TALK (50+)

*Every Monday, Wednesday & Friday
10:00 am - 11:30 am*

A mid-morning walk to get active and socialize! Everybody 50 or over may purchase a track drop-in pass for this time and get a free hot beverage courtesy of the C2!

**Cost: \$2
(free hot beverage included)**

Senior Programming



PICKLEBALL!

Visit the C2 website or call the C2 Welcome Desk to see drop-in times for this fast growing sport!

Bonnyville Senior Citizens Society

4813 47 Avenue, Bonnyville AB T9N 1M4
www.bonnyvilleseniors.ca • Ph: 780.826.3619
E: bonnyvilleseniors50@gmail.com

Doors are open Monday to Friday
12:30 pm - 4:00 pm for library & socialization

Annual
Society
Membership is
\$30 / person

MONDAY 1:00 pm • Floor Curling 7:00 pm • Tuneagers (Choir)

TUESDAY 1:00 pm • Whist

WEDNESDAY 1:00 pm • Contract Bridge 7:00 pm • Floor Curling

THURSDAY 1:00 pm • Floor Curling 7:00 pm • Cribbage 7:00 pm • Duplicate Bridge

FRIDAY 1:00 pm • Crafts

Activities
cost \$2 each for
non-members

Adult Wellness (different topic each month): January 16, February 20 & March 20

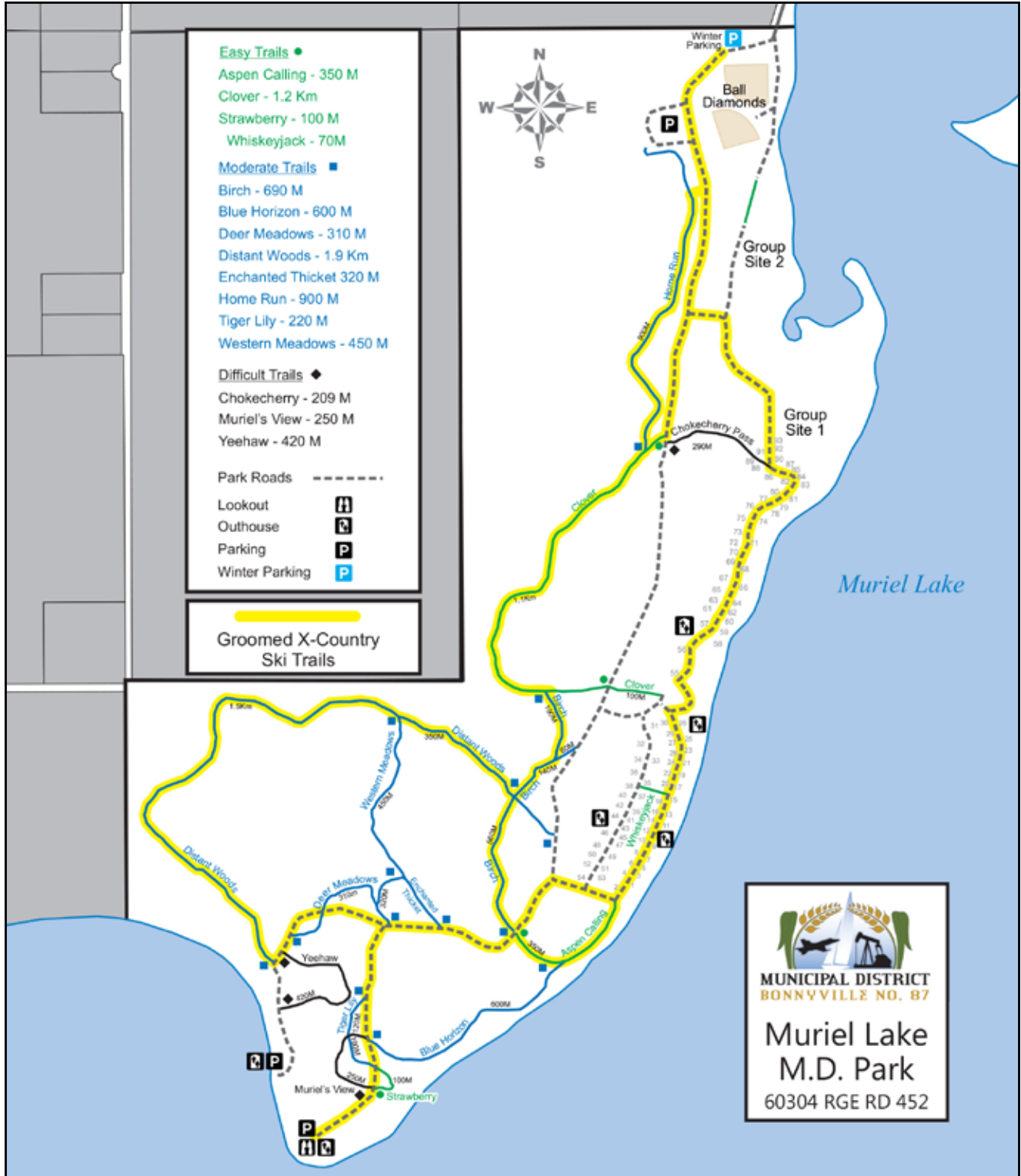
Pancake Breakfasts (open to the community): January 6, February 3 & March 3
Adults: \$10 | Ages 7-12: \$5 | 6 & under: free

Mixed Open Floor Curling Tournament: February 23



Hit the Trail!

The M.D. of Bonnyville's Muriel Lake Park is a cross-country skier's paradise. Groomed trails, with varying levels of difficulty, make this picturesque gem a true winter destination - right in our backyard.

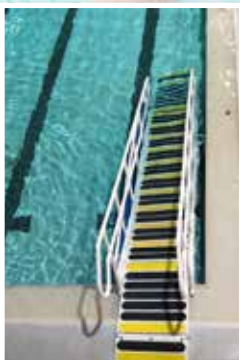


Bonnyville Swimming Pool



2019 WINTER SCHEDULE • January 6 - March 30, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANE SWIM 6:30 am - 8:30 am		LANE SWIM 6:30 am - 8:30 am		LANE SWIM 6:30 am - 8:30 am	
	Pool Maintenance 8:30 am - 9:00 am					
	SCHOOL LESSONS 9 am - 9:55 am	SCHOOL LESSONS 9 am - 9:55 am	SCHOOL LESSONS 9 am - 9:55 am	SCHOOL LESSONS 9 am - 9:55 am	SCHOOL LESSONS 9 am - 9:55 am	Swim Lessons 9:30 am - 12 pm
	Aquafit 10 am - 10:45 am	Pre-school Lessons 10 am - 10:45 am	Aquafit 10 am - 10:45 am	Pre-school Lessons 10 am - 10:45 am	Twinges Aquafit 10 am - 10:45 am	
	SCHOOL LESSONS 11 am - 11:55 am	SCHOOL LESSONS 11 am - 11:55 am	SCHOOL LESSONS 11 am - 11:55 am	SCHOOL LESSONS 11 am - 11:55 am	SCHOOL LESSONS 11 am - 11:55 am	
Family Swim 12 pm - 1 pm	Lane Swim 12 pm - 1 pm	Shallow Tabata 12:15 pm - 12:45 pm	Lane/Family Swim 12 pm - 1 pm	Shallow Tabata 12:15 pm - 12:45 pm	Lane/Family Swim 12 pm - 1 pm	Family Swim 12 pm - 1 pm
Rental Opportunity 1 pm - 2 pm	SCHOOL LESSONS 1 pm - 1:55 pm	SCHOOL LESSONS 1 pm - 1:55 pm	SCHOOL LESSONS 1 pm - 1:55 pm	SCHOOL LESSONS 1 pm - 1:55 pm	SCHOOL LESSONS 1 pm - 1:55 pm	Rental Opportunity 1 pm - 2 pm
PUBLIC SWIM 2 pm - 3:30 pm	PUBLIC SWIM 2 pm - 3:30 pm	PUBLIC SWIM 2 pm - 3:30 pm	PUBLIC SWIM 2 pm - 3:30 pm	PUBLIC SWIM 2 pm - 3:30 pm	PUBLIC SWIM 2 pm - 3:30 pm	PUBLIC SWIM 2 pm - 3:30 pm
Pool Maintenance 3:30 pm - 4 pm						FAMILY DAY MONDAY FEBRUARY 18 PUBLIC SWIM 1 PM - 5 PM
Women & Children Swim 3:45 pm - 4:30 pm	Requins 4:30 pm - 5:30 pm	Lessons 4 pm - 5:30 pm	Requins 4:30 pm - 5:30 pm	Lessons 4 pm - 5:30 pm	Requins 4:30 pm - 5:30 pm	
Aquafit 4:40 pm - 5:25 pm						
Lifesaving Sport 5:30 pm - 7:30 pm	Lane Swim 5:30 pm - 6:30 pm	Aquafit 5:30 pm - 6:30 pm	Synchrodettes 5:30 pm - 6:30 pm	Lane Swim 5:30 pm - 6:30 pm	Aquafit 5:30 pm - 6:30 pm	
	PUBLIC SWIM 6:30 pm - 8 pm	TOONIE SWIM 6:30 pm - 8 pm	PUBLIC SWIM 6:30 pm - 8 pm	PUBLIC SWIM 6:30 pm - 8 pm	PUBLIC SWIM 6:30 pm - 8 pm	



For programming information visit the Town of Bonnyville website at www.bonnyville.ca

For information on monthly or yearly passes, pool rentals, leadership training or swimming lessons, phone **780.826.4065** or email: pooladmin@town.bonnyville.ab.ca

PUBLIC SWIM RATES	
ADULT (18 - 54 Years)	\$5.50
SENIOR (55 Years +)	\$3.75
YOUTH (6 - 17 Years)	\$3.75
CHILD (3 - 5 Years)	\$2.50
INFANT (0 - 2 Years)	\$2.00
FAMILY	\$13.75

AQUAFIT DROP-IN RATES	
ADULT (18 - 54 Years)	\$7.00
SENIOR (55 Years +)	\$5.75
YOUTH (6 - 17 Years)	\$5.75

RENTAL OPTIONS	
One Hour Pool Rental	\$65.00
Party Pack	\$115.00

Community Clubs

Club Name	Contact Person	Contact Information
Adult Volleyball	Kim Hargrove	780.207.5670
Ashlin Gymnastics	Coralee Poltorak	780.826.5634
Badminton Club	n/a	bonnyvillebirdiesmashers@gmail.com
Bonnyville Beef 4H Club	Sandi Tellier	780.826.4596
Bonnyville Curling Club	n/a	780.826.2468
Bonnyville Friendship Centre	Lauri Fitzpatrick	780.826.3374
Bonnyville Longriders 4H Club	Tracy Bercier	306.238.3250
Bonnyville Minor Ball Association	Travis Farrer	780.812.9156
Bonnyville Minor Hockey Association	Wanda Davis	780.815.4433
Bonnyville Minor Soccer Association	Jose Teixeira	780.573.4922
Bonnyville Renegades Football	Josh Jubinville	780.812.0239
Bonnyville Sports Shooting Association	n/a	780.201.0939
Bonnyville Swimming Pool	n/a	780.826.4065
Bonnyville Synchroettes	Denise Kissel	780.826.7051
Bonnyville Voyageurs Football	Larry Godziuk	780.812.8925
Boys & Girls Club	Patty Cowden	780.826.3037
Brazilian Jiu Jitsu	Linda Boser	780.812.0247
Fame Dance Studio	Sarah Makins	780.871.1494
Girl Guides	Pam Nicholson	780.826.3290
Karate-Do	Carry Grant	780.639.3334
Kryla Ukrainian Dance	Linda Boser	780.812.0247
Lakeland Lacrosse Association	Mike Groves	780.201.7042
Lakeland Lightning Hockey	Darcy Skarsen	780.201.3478
Lakeland Yellow Jackets Track Club	Larry Godziuk	780.826.3714
Navy League / Royal Canadian Sea Cadet Corps	Stephanie Atkison	780.826.2667
Pottery Club	Joy Clarke	780.826.1680
Premier Academy Cheerleading	Melissa Kirkendall	780.826.4508
Rhinos Volleyball Club	Scott Cameron	780.812.8068
Scouts	Melissa Styba	780.826.6433
Skipperroos	Skye Christians	780.207.1140
Special Olympics	Joy Clarke	780.826.1680
Studio 43 Dance	Miss Maria	780.812.6235

If your organization is not represented on this page and wishes to be, please contact Victoria at 780.812.3400



DID YOU KNOW that we now have **TWO** outdoor skating rinks in the area? One is situated in the hamlet of Fort Kent and the other (newly constructed for this winter) in the Town of Bonnyville just east of the Centennial Centre! Game on!

Upcoming Events



The 2nd Annual RMHCA Winterland Invitational will take place February 15 - 17, 2019 in Bonnyville, Glendon and Elk Point. This hockey tournament hosts 36 novice, atom and peewee teams all in support of the Ronald McDonald Houses in Alberta. In addition to the hockey games there will be raffles, 50/50 and a silent auction. So come out and cheer on the kids while supporting a great cause!



SNOW FEVER

Kinosoo Ridge Snow Resort
February 16 - 18, 2019



Lineup includes snowboarder Craig McMorris, music by DJ Shub, The Moon Tricks and kids performer Jeremy Fisher as well as kids performance Tropical Breeze based on the Disney movie Moana.

Family Fun Day • Sunday, Feb. 17 @ Vezeau Beach Park

Sleigh rides, ice fishing, curling, skating, bonfire, hot chocolate & snacks. Fun and games for the whole family - all entirely free! 10 am - 4 pm. Parking at Vezeau Beach Park Campground. Presented by Bonnyville Oilmen and Oil Ladies Societies & LICA Environmental Stewards.



Kinosoo Ridge

Hours of Operation

(Subject to Change)

Monday - Tuesday:	Closed
Wednesday - Friday:	10 a.m. to 5 p.m.
Saturday:	10 a.m. to 8 p.m.
Sunday:	10 a.m. to 5 p.m.

Note: Chalet opens at 9:30 a.m., lifts open at 10 a.m.

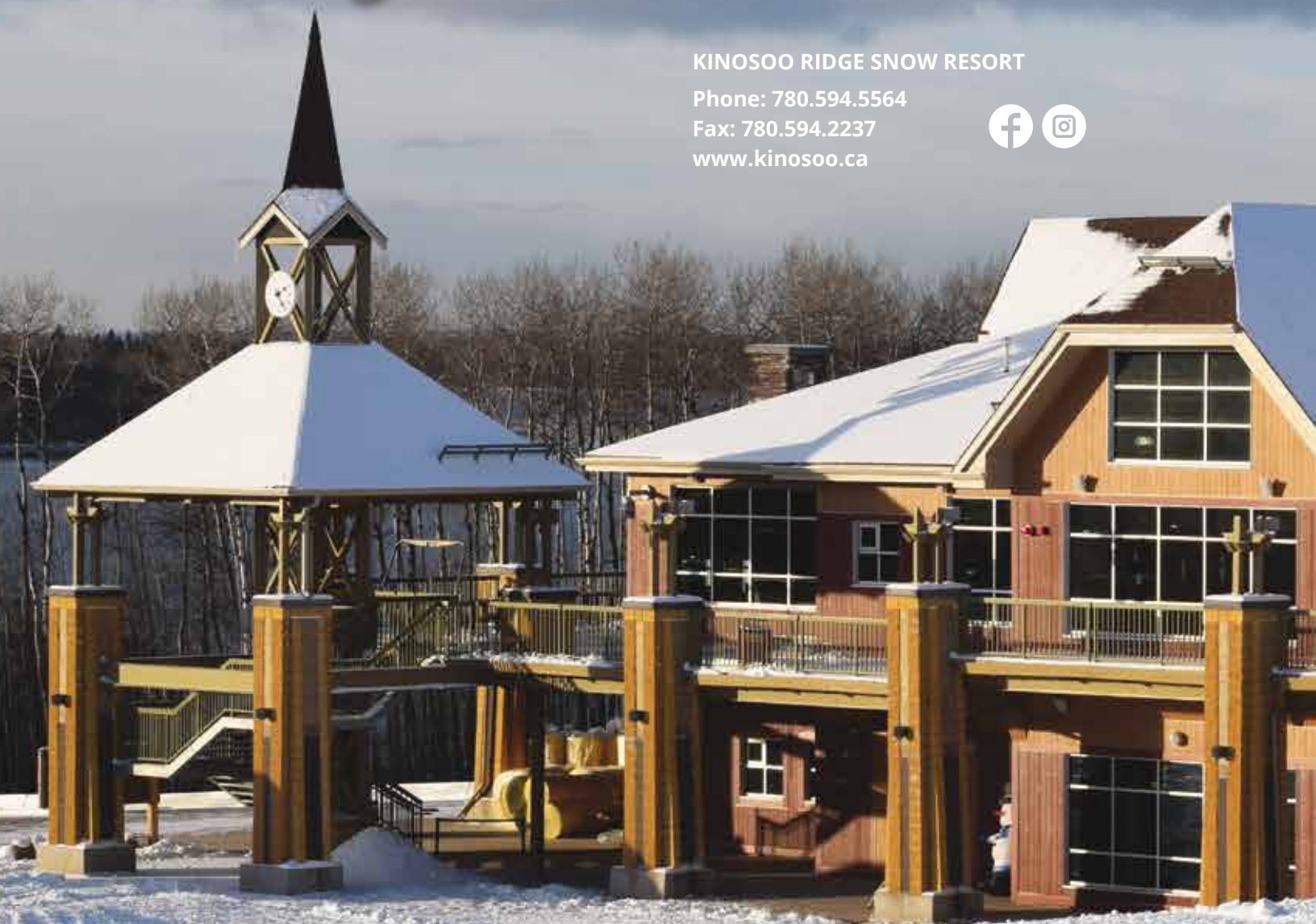
Full Day:	10 a.m. to 5 p.m.
Half Day:	1:30 p.m. to 5 p.m.
Last 2 Hours:	3 to 5 p.m. (Sun, Wed - Fri) 6 to 8 p.m. (Saturday)

KINOSOO RIDGE SNOW RESORT

Phone: 780.594.5564

Fax: 780.594.2237

www.kinosoo.ca



**Stay tuned for the M.D. of Bonnyville
Adventure Guide coming in January!
Check our Facebook page for updates**