



WINNIPEG RIVER RECREATION

55B McArthur Avenue

A non-profit organization serving the Town of Lac du Bonnet

www.wrrd.ca

204-345-8816

wrrdassist@gmail.com

Fall 2020 Programs & Activities Guide

Your Guide to MAXIMUM Fun this Fall!

How do I register?

Drop by our office at 55B McArthur Avenue

Email your registration to: wrrdassist@gmail.com

Phone your registration to: (204) 345-8816

Mail your registration to:

Box 852

Lac du Bonnet, MB R0E 1A0

Registration (including payment) must be submitted before the program start date.

Payment Methods:

- * Cash
- * Cheques made out to Winnipeg River Recreation (WRRD)
- * e-transfers sent to wrrdassist@gmail.com

PROGRAMS ARE SUBJECT TO CANCELLATION IF MINIMUM NUMBERS ARE NOT MET

Refund Policy: For ongoing programs, a refund may be requested after the first class. A full refund minus a \$15 registration fee will be returned. Refunds will not be available after the second class. For single day programs, refunds will be available if requested in writing 5 days prior to the program start date.

Registration Form

Name of Participant: _____

Phone #: _____

Email: _____

Physical Address: _____

Selected program(s):

In consideration of the acceptance of this entry in the name of The Winnipeg River Recreation District program, I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release The Winnipeg River Recreation District and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in this event from any claims for damages or injury suffered by me as a result of my participation in, or traveling to or from, notwithstanding that any such loss, injury or damage may have arisen by reason of negligence of any one or more of the afore-said parties, their servants, agents, or employees. I further state that I am in proper physical condition to participate in this program and am aware that participation could, in some circumstances, result in physical injury.

Signature: _____

Sign up for our e-news www.wrrd.ca



Mature Adult Exercise Classes

These classes are one hour long and consist of 25 minutes of low impact aerobics followed by resistance training with light weights for muscular endurance, strength, and power. Exercises to maintain balance and stretches to increase flexibility follow, for a class with a total body emphasis. Modifications will be made for those with mobility issues or physical limitations. An added benefit is social interaction with class participants and meeting new people.

12 weeks

Instructor: Kathy Picard

Dates: Mondays, September 14–December 7 (No class Oct 12)

Location: Lac du Bonnet Community Centre

Time: 1:00-2:00pm

Cost: \$30.00/per 6 week block or \$6.00/class drop in



Hatha Yoga

Hatha Yoga refers to a set of physical poses (asanas) designed to align the muscles and bones and open the many energy channels of the body, especially the spine, so that energy can flow freely. Hatha yoga is intended to create a balance of strength and flexibility in the body as well as a balance of effort and surrender in each pose. A Powerful tool for self-transformation, Hatha yoga requires that one pay special attention to the breath, which helps calm the fluctuations of the mind. This allows the practitioner to become more present in the unfolding of each moment, resulting in more awareness and relaxation. This style of yoga provides a great stretch and strengthens the body.

The use of props and modifications will be used if necessary so that even those with health restrictions or decreased range of motion can enjoy the benefits of a traditional practice. Bring your own yoga mat & props.

6 Weeks

Instructor: Fran Mir-Robertson

Session 1 Dates: Mondays, September 14-28, October 19-26, November 2

Location: Lac du Bonnet Community Centre

Time: 6:30-7:30 pm

Cost: \$60/6 week session or \$12/class drop in



Chair Yoga

Have you never tried yoga because you felt you were not flexible enough, not strong enough, weren't good at balance....don't have enough time? Is your body suffering from chronic stress and tension that you've placed on it from sitting at your desk job all day? Have you always wanted to try yoga but never had the confidence? If this sounds like you....this class is for you! We will be using a mat, props and chairs so that those with limited mobility will be able to benefit from yoga poses with adaptations. Even office workers can take advantage of chair yoga's adaptations to sneak in some stretches at work. Take an hour from your day and join us for a relaxing yoga class where our intention is to cultivate mental clarity and calmness; relieve chronic stress patterns in the body along with building physical strength and flexibility. Please bring your own yoga mat and props.

6 Weeks

Instructor: Fran Mir-Robertson

Dates: Wednesdays, September 16-October 21

Location: Lac du Bonnet Community Centre

Time: 10:00-11:00 am

Cost: \$60/6 weeks

Please note that pre-registration and payment will be required to hold a spot in this class.



40/30/20

The Exercise Class With a Total Body Focus!

This three part class consists of **40 minutes of low impact aerobics**, with a long gentle warm-up leading up to more vigorous low impact movement to music, followed by a cool down to bring heart rates down gradually. Next is **30 minutes of resistance training** to build strength and improve muscular endurance, using weights and a variety of resistance equipment. Finally, **20 minutes of stretching and relaxation** help to improve flexibility and joint mobility, with emphasis on breathing to relax and release tension.

Instructor: Kathy Picard

Dates: Thursdays, September 17-December 3

Location: Lac du Bonnet Community Centre

Time: 10:00-11:30am

Cost: \$100.00/12 weeks or \$10.00/class drop in



Beginner Line Dancing

Line Dancing is the perfect form of exercise for people of all ages and skill levels because it provides the benefits of an aerobic workout, which helps maintain a healthy heart, and also provides a platform for you to get involved in a social environment which is great for mental wellness.

Instructor: Lois Byron

Dates: Tuesdays, September 22-November 3 (no class October 20)

Location: Lac du Bonnet Community Centre

Morning Class: 10:45-11:45 am

Evening Class: 7:45-8:45 pm

Cost: \$65/6 weeks

Please note that pre-registration and payment will be required to hold a spot in this class.



Emergency First Aid & CPR Level C with AED

Basic one-day course offering an overview of first aid and CPR skills for the workplace or home. Includes the latest first aid and CPR guidelines. Meets OHS regulations for Basic First Aid. Exceeds competitors' standards by including injury prevention content, CPR and automated external defibrillator (AED). Duration: 6.5-8 hours.

Instructor: Dynamic First Aid- Katrina

Date: Saturday, October 24

Time: 9:00am-4:00pm

Cost: \$100

Location: Lac du Bonnet

Please note that pre-registration and payment will be required to hold a spot in this class.



Hatha Yoga

Fran is back to teach a second 6 week session of her wildly popular yoga classes! Please bring your own yoga mat & props.

6 Weeks

Instructor: Fran Mir-Robertson

Dates: Mondays, November 9-December 14

Location: Lac du Bonnet Community Centre

Time: 6:30-7:30 pm

Cost: \$60/6 weeks or \$12/class drop in



Beginner Stained Glass

Join our amazing stained glass instructors Len and Ann for a fun filled day learning the basics of stained glass. This is a complete course including instruction, tools, and materials which will enable anyone to learn the basics of foil stained glass. This class will take students through the entire process from planning, preparing a pattern, choosing the glass, cutting, grinding, filing, soldering, and finishing their products. **All supplies are included, but please bring a mask and a lunch! (We are respectfully requesting that people do not leave for lunch).**

Instructor: Len & Ann Hordijk

Dates: Saturday, November 14

Location: St. Johns Heritage Church & Arts Centre

Time: 9:00am-5:00pm

Cost: \$75

Please note that pre-registration and payment will be required to hold a spot in this class. Masks must be worn at all times during this class.



Fermented Foods Series

Join health coach and Traditional Wisdom, Modern Kitchen certified teacher Ashley Pharazyn to learn ways that you can create fermented drinks and foods in your own home. During this hands-on workshop, you will be making a litre of water kefir, a jar of fermented carrots and a gallon of kombucha.

Adding fermented foods to your daily diet helps get digestion moving and boosts the immune system. Diversity is key to a happy and healthy digestive tract.

Please bring a box to take all of your ferments home. This workshop contains all of the supplies to make, but if you have any litre/quart jars or 500 ml jars at home, please bring one of each to the session as well as a cutting board and sharp knife.

Date: Saturday, December 5

Location: St. Johns Heritage Church & Arts Centre

Time: 1:00-4:00pm

Cost: \$95

Please note that pre-registration and payment will be required to hold a spot in this class.

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for FREE

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