

gymnastics

kinder gym • 3–4 years

active start

This program emphasizes balance, movement and coordination.

Fee: \$73 9 weeks
 Bairdmore School: 700 Bairdmore Blvd.
 28477 Wed Sep 13–Nov 8 6–6:45 pm
 East End Cultural & Leisure Centre: 575 Larsen Ave.
 31572 Sat Sep 23–Nov 25 10:15–11 am
 École Julie Riel: 316 Ashworth St.
 29924 Tue Sep 19–Nov 21 6:15–7 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 28672 Sun Sep 17–Nov 19 9:15–10 am
 28673 Sun Sep 17–Nov 19 10–10:45 am
 H. S. Paul School: 160 Southglen Blvd.
 30142 Thu Sep 21–Nov 16 6–6:45 pm
 St. James Civic Centre: 2055 Ness Ave.
 29213 Sat Sep 23–Nov 25 10–10:45 am
 29217 Sat Sep 23–Nov 25 12:15–1 pm
 St. John's Leisure Centre: 601 Aikins St.
 28765 Sat Sep 23–Nov 25 9:45–10:30 am
 Van Wallegghem School: 1 Princemere Rd.
 28482 Tue Sep 12–Nov 7 6–6:45 pm
 Whyte Ridge School: 400 Scurfield Blvd.
 28475 Fri Sep 8–Nov 17 6–6:45 pm
 28476 Mon Sep 11–Nov 20 6–6:45 pm

gymnastics • 4–5 years

active start

This program uses games as well as basic gymnastic moves to encourage coordination, balance and flexibility. Emphasis on fun and fitness.

Fee: \$74 9 weeks
 Bairdmore School: 700 Bairdmore Blvd.
 28455 Wed Sep 13–Nov 8 6:45–7:45 pm
 East End Cultural & Leisure Centre: 575 Larsen Ave.
 31573 Sat Sep 23–Nov 25 11:45 am–12:45 pm
 31574 Sat Sep 23–Nov 25 1:15–2:15 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 28665 Sun Sep 17–Nov 19 11 am–Noon
 H. S. Paul School: 160 Southglen Blvd.
 30143 Thu Sep 21–Nov 16 6:45–7:45 pm
 St. James Civic Centre: 2055 Ness Ave.
 29170 Sat Sep 23–Nov 25 11 am–Noon
 29164 Sat Sep 23–Nov 25 1:15–2:15 pm
 St. John's Leisure Centre: 601 Aikins St.
 28762 Thu Sep 21–Nov 16 6–7 pm
 Van Wallegghem School: 1 Princemere Rd.
 28456 Tue Sep 12–Nov 7 7–8 pm
 Whyte Ridge School: 400 Scurfield Blvd.
 28454 Mon Sep 11–Nov 20 6:45–7:45 pm

yoga

yoga kids • 3–6 years

active start

Integrates reading, storytelling, music, art, yoga and creative meditation techniques to educate the whole child. Stretch, breathe and relax in a fun environment.

Fee: \$66 9 weeks
 St. James Assiniboia Centennial: 644 Parkdale St.
 30433 Sat Sep 30–Dec 9 10:45–11:30 am
Fee: \$87 9 weeks
 École Riverbend: 123 Red River Blvd. W
 31738 Wed Sep 20–Nov 15 6–7 pm

sport

little tykes sport camp • 3–5 years

active start

A non-competitive introduction to sports through a variety of games and activities, encouraging coordination, balance and flexibility. Parental involvement welcomed.

Fee: \$63 10 weeks
 St. James Assiniboia Centennial: 644 Parkdale St.
 30397 Tue Oct 3–Dec 5 5:30–6:15 pm

running amok • 4–5 years

active start

Keep your preschooler moving with non-competitive gym games and some sport-related activities.

Fee: \$62 9 weeks
 Whyte Ridge School: 400 Scurfield Blvd.
 28528 Fri Sep 8–Nov 17 6:45–7:45 pm

mini soccer • 4–5 years

active start

Basic soccer skills will be taught along with an emphasis on balance, movement and coordination.

Fee: \$47 9 weeks
 Chalmers Community Centre: 480 Chalmers Ave.
 31216 Sun Sep 17–Nov 19 9:30–10:15 am
 Kent Road School: 361 Kent Rd.
 31229 Fri Sep 22–Nov 17 5:30–6:15 pm
 31849 Sat Sep 23–Nov 25 10–10:45 am
Fee: \$62 9 weeks
 Bairdmore School: 700 Bairdmore Blvd.
 28523 Mon Sep 11–Nov 20 6–7 pm
 Bonnycastle School: 1100 Chancellor Dr.
 28524 Mon Sep 11–Nov 20 5:30–6:30 pm
 École Belmont: 525 Belmont Ave.
 28759 Wed Sep 20–Nov 15 6–7 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 28678 Sun Sep 17–Nov 19 Noon–1 pm
 28679 Sun Sep 17–Nov 19 1–2 pm
 28674 Sat Sep 23–Dec 2 10:35–11:35 am
 28677 Sat Sep 23–Dec 2 11:35 am–12:35 pm
 St. James Civic Centre: 2055 Ness Ave.
 29222 Sun Sep 17–Nov 12 1:30–2:30 pm
 29220 Sun Sep 17–Nov 12 4–5 pm

all sorts of sports • 4–6 years

active start

Come shoot some hoops or score a goal! Our many sporting activities are sure to pique your child's interest. The wide range of activities offered will help to develop new skills, sportsmanship and even make some new friends.

Fee: \$62 9 weeks
 Kent Road School: 361 Kent Rd.
 31850 Sat Sep 23–Nov 25 11 am–Noon



SPRINGERS GYMNASTICS

Birthday Parties Available Sept–June

Springers state-of-the-art facility offers equipment such as the *Tumble Trak*, in-ground trampoline, foam pit & the *Just For Kids* line of equipment.

Our qualified instructors provide an environment that teaches and nurtures your child in a safe and fun atmosphere.

Competitive Programs

- KIPS (Kids In Progress)
- Regional Stream 7 years & up
- Provincial & National

Recreational Programs

- Parent & Me 18 months–3 years
- Preschool 3–5 years
- Active expressions 3–5 years
- Introductory boys & girls 6–12 years
- Trampoline & Tumbling 7 years +
- Intermediate & Advanced Recreational
- Adult Classes

204-832-1954
4246 Ridgewood Ave.

info@springers.ca
www.springers.ca

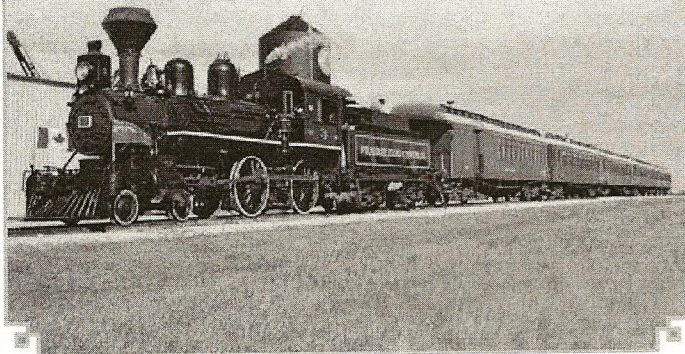


**PRAIRIE DOG CENTRAL
RAILWAY**

More than just a train ride!

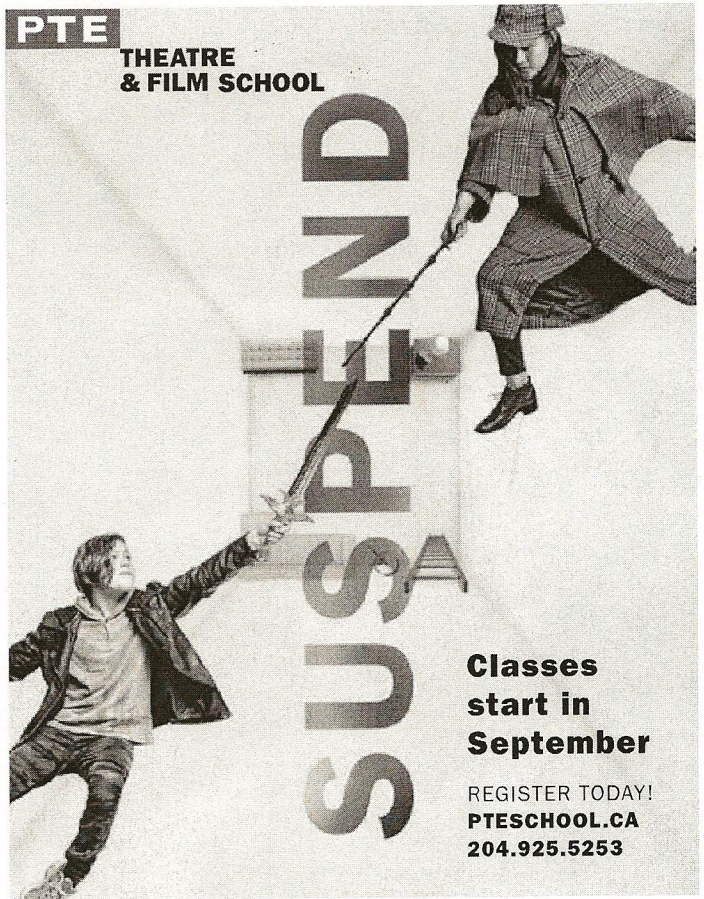
The Prairie Dog Central Railway is on track with fun and exciting events throughout August, September and October.

For tickets and more information go to pdcrailway.com or call 204-832-5259



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UNIVERSITY OF MANITOBA



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**SUNDAYS:
OCTOBER 1–NOVEMBER 19
3:00pm–4:30pm**

**Girls Grades 2–6
\$125 per player**

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juniorbisonbvolleyballclub.com



UNIVERSITY
OF MANITOBA



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