

the key

fall 2017





I Believe we can achieve.

Register Your Child Today!

We at the Thunder Bay Catholic District School Board believe that we are all God's children and that we all have the right to a quality education in a safe, caring and supportive environment. Our schools create an enriching, respectful place to learn, where truth is pursued, lived and taught.

Come grow with us!



Visit tbcschools.ca for information about all Elementary Schools, Senior Elementary Schools, Secondary Schools & French Immersion Schools.

ELEMENTARY SCHOOLS

Corpus Christi	110 Marlborough Rd.	345-9782
Holy Cross	420 Brittany Dr.	767-6811
Holy Family	RR#1 Rosslyn Rd.	473-4900
Our Lady of Charity	370 County Blvd.	768-9363
St. Ann	1130 Georgina Ave.	577-7211
St. Bernard	655 River St.	344-8321
St. Elizabeth	735 S. Selkirk St.	622-5250
St. Francis	600 W. Redwood Ave.	577-8565
St. Jude	345 Ogden St.	623-5989
St. Margaret	89 Clayte St.	344-4701
St. Martin	115 W. Mary St.	475-5289
St. Paul	539 Grenville Ave.	683-8941
St. Pius X	140 S. Clarkson St.	767-3061
St. Thomas Aquinas	459 W. Victoria Ave.	577-1835
St. Vincent	150 W. Redwood Ave.	577-3823

SENIOR ELEMENTARY SCHOOLS

Bishop E.Q. Jennings	775 John St.	767-3052
Bishop Gallagher	159 Clayte St.	345-4482
Pope John Paul II	205 S. Franklin St.	623-2324

SECONDARY SCHOOLS

St. Ignatius	285 Gibson Ave.	344-8433
St. Patrick	621 S. Selkirk St.	623-5218

FRENCH IMMERSION SCHOOLS

St. Bernard (SK-6)	655 River St.	344-8321
St. Martin (SK-6)	115 W. Mary St.	475-5289
Bishop Gallagher (7-8)	159 Clayte St.	345-4482
Pope John Paul II (7-8)	205 S. Franklin St.	623-2324
St. Ignatius High School	285 Gibson Ave.	344-8433
St. Patrick High School	621 S. Selkirk St.	623-5218



THUNDER BAY
CATHOLIC SCHOOLS

Catholic Education Centre

459 Victoria Avenue, West. Thunder Bay, ON. P7C 0A4

Phone (807) 625-1555 Fax (807) 623-0431



the key



LAKEHEAD PUBLIC SCHOOLS

www.lakeheadschoools.ca

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**Confederation
COLLEGE**

www.confederationc.on.ca
www.fitnesscentre.com

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**Lakehead
UNIVERSITY**

lakeheadu.ca

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Conseil scolaire
de district catholique des
Aurores boréales.ca

www.csdcab.on.ca

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**THUNDER BAY CATHOLIC
DISTRICT SCHOOL BOARD**

www.tbcdsb.on.ca

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**CITY OF
Thunder Bay**
Superior by Nature

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**WATCH FOR THE WINTER ISSUE OF THE KEY...
 COMING TO YOUR HOME THE WEEKEND
 OF DECEMBER 1, 2017!**

Cover: Photo Credit Patrick Chondon Photography

Visit us on the web at www.thunderbay.ca/thekey



2017/2018 Welcome!

Schools will be open for information and registration beginning on Monday, August 28, 2017 during regular school hours.

JK

Junior Kindergarten
Year One | Kindergarten

Tuesday, September 5, 2017 | Morning Orientation

Parent(s)/Guardian(s) & Child - One (1) Hour School Orientation
Families will receive information directly from the school.

Gentle Entry

Parent(s)/Guardian(s) will receive the Gentle Entry Plan information directly from the school.

The first day of school for students will be:

SK

Senior Kindergarten
Year Two | Kindergarten

All Students Wednesday, September 6, 2017 Full Day

Grades 1-8

All Students Wednesday, September 6, 2017 Full Day

Grade 9

All Students Wednesday, September 6, 2017 Full Day
Orientation
Regular Classes Begin

Grades 10-12

All Students Wednesday, September 6, 2017 Full Day
Locate and Proceed to Home Room
Regular Classes Begin



September 6 (School Start)

Busing will follow regular pick up and drop off schedules.

For Transportation Information, visit the Student Transportation Services Thunder Bay website at www.ststb.ca

Lakehead Adult Education Centre

The Lakehead Adult Education Centre will be open for information and registration Tuesday, Wednesday, and Thursday from 10:00 a.m. to 12:00 p.m. & 1:00 p.m. to 4:00 p.m. beginning on Tuesday, August 29, 2017. Extended hours for information and registration are available on Wednesday from 5:00 p.m. - 7:00 p.m.

Monday, September 11, 2017
Regular Classes Begin

www.lakeheadschoools.ca

General Inquiries (807) 625-5100 Toll Free 1 888 565 1406

Your Children Our Students The Future

Students who miss two days a month in elementary school stand a 60% chance of dropping out in Grade 9.

**Let's get them
Here**



Your Children Our Students The Future

LAKEHEAD PUBLIC SCHOOLS



3

ATTENDANCE
www.lakeheadschoo1s.ca

Watch the *Welcome to Kindergarten & Getting Ready for School* videos at www.lakeheadschoools.ca



It's time to get ready for the learning adventure!

Kindergarten

supplies snacks & lunch

As you prepare your child to begin school, talk about why these school supplies are important.



A medium sized packsack

Not too big that your child can not carry it and not too small that it won't hold your child's snack, lunch, and book bag.



A pair of indoor shoes with VELCRO to leave at school

These shoes will be worn everyday. For reasons of cleanliness, students are not allowed to wear outside shoes in the classroom (please have VELCRO on your child's outdoor shoes as well).



A change of clothes



Please label everything clearly!

Most schools have two (2) nutrition breaks so your child will need a lunch and a snack each day. We encourage healthy eating and we suggest that you prepare your child's snack and lunch with your child to ensure all is child-approved and therefore eaten.

Suggestions (more at www.tbdhu.com !)

Fresh Fruit (apple, a pre-cut orange, banana, raisins, cantaloupe, etc.)

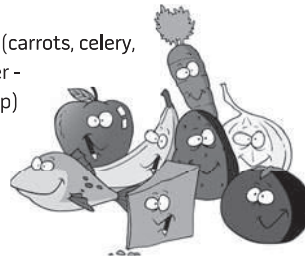
Vegetable Sticks (carrots, celery, broccoli, cucumber - with or without dip)

Crackers

Cheese

Yogurt

Pudding



Register Online | In Person

During School Hours



Lakehead
Public
Schools

register.lakeheadschoools.ca

Access to School Space & Facilities



Community Use of Schools

The Ministry of Education has recognized that our schools are community hubs where all people can gather to learn and participate in a range of activities offered by community organizations.

The Community Use of Schools program supports and promotes healthy, active lifestyles in our communities. It is an effective use of taxpayers' investments in providing citizens with a place to come together, volunteer, access community programs, and build strong and healthy communities.

Permit requests will be accepted for the 2017-2018 school year beginning on Monday, August 28, 2017.

Community Use of Schools permits will no longer be offered during the summer months (July/August).

For more information, please contact us at:

Opening the door to support healthy, active lifestyles!

To Reserve School Space

To book a school facility, applicants must be at least 18 years of age or older and have a valid email address that can receive account information and approved permits.

Applicants must also provide proof of existing liability insurance or purchase it from the school board for a reasonable rate.

Some Examples of Community Uses or Groups in Our Schools

- recreational sports (unorganized/amateur)
- social gatherings (birthdays, showers, etc.)
- committee meetings
- theatre or musical groups (rehearsals, recitals, concerts, etc.)
- exercise (yoga, pilates, zumba, etc.)
- charity fundraising
- union meetings
- youth group meetings

Telephone
(807) 625-5217

Email
cu_officer@lakeheadschoools.ca

Website
www.lakeheadschoools.ca/cus



www.lakeheadschoools.ca/cus

COMMUNITY USE OF SCHOOLS
www.lakeheadschoools.ca

LAKEHEAD PUBLIC SCHOOLS



French Immersion



Le français est la clé...

Penser, comprendre, apprendre

Since 1977

The goal of French Immersion is to develop proficiency in French and English, and to have an understanding and appreciation of French culture. The ability to speak and understand French allows students to communicate with French-speaking people in Canada and around the world, and to benefit from a competitive advantage in the workplace. Learning French not only strengthens students' ability to communicate, but helps to develop appreciation and respect for the diversity of Canadian and global societies.

South Zone - Elementary
Agnew H. Johnston
145 Churchill Drive
(807) 577-6448

North Zone - Elementary
École Gron Morgan
174 Marlborough Road
(807) 345-1468

Claude E. Garton
414 Grenville Avenue
(807) 683-6289

Secondary (Both Zones)
Hammarskjold
80 S. Clarkson Street
(807) 767-1631

Elementary

Lakehead Public Schools offer an Early French Immersion Program designed for students whose first language is not French. The curriculum content in all grades is the same as the English curriculum, except that students receive instruction in French. Students enroll in the French Immersion program in Senior Kindergarten (Year Two | Kindergarten). In SK and Grade One all instruction is given in French. A daily period of English language arts is introduced in Grade Two and increases gradually until Grade Six, where French and English instruction is balanced.

Secondary

Hammarskjold High School offers a French Immersion Diploma to students wishing to continue their study of the French language. To obtain the Diploma, students are required to take ten credits with French as the language of instruction:

* Four credits must be French Immersion Language credits

* Six optional credits, students can choose additional courses, including:

- Grade 9 Geography
- Grade 10 History
- Grade 10 Civics and Careers
- Grade 11 Anthropology, Psychology & Sociology
- Grade 11 Cooperative Education
- Grade 9-12 Health & Physical Education

By the end of the four-year program, students can participate easily in conversations and discussions, and are well-prepared to accept employment or to take college or university courses in which French is the working language.

Lakehead Public Schools is a proud partner in the Centre DELF-DALF du Nord Ouest Ontario (Accredited Testing Centre) providing the opportunity for Grade 12 students to challenge the DELF exam. The DELF (Diplôme d'études en langue française) is an internationally-recognized certificate awarded by the French National Ministry of Education to certify the French-language competency of candidates whose first language is not French.



www.ststb.ca

Busing Information Online for Easy Access!

Parents/Guardians have an online tool to access their child's busing information. The safe and confidential Student Transportation Services Thunder Bay Parent Portal is available for student route and bus status information.

FOUR STEPS

1. Log In

Log in to www.ststb.ca and click "Parent Portal"

2. Enter OEN (Ontario Student #)

Under "Student Busing Information" enter the student's 9 digit OEN which can be found on your son or daughter's report card. The numbers can also be obtained by visiting your school.

3. Enter Birth Date

Enter your child's birth date

4. Submit

Click "Submit" and scroll to the bottom view the current bus route, stop and time information

Kindergarten Year One (JK) Busing Information can be obtained through your school.

First Riders!

Introducing young children and their parents to school bus safety!

Saturday, August 26, 2017
10:00 a.m. - 4:00 p.m.
Confederation College

Reserve your special spot at First Riders by contacting the Iron Range Office Monday, August 21 - Friday, August 25, 2017 at 345-7387.



General Inquires
625-1660

www.ststb.ca

SchoolCashOnline



Pay online for school fees

- 24/7 convenience
- Secure payments
- Easy registration

Take 5 minutes to register and begin using School Cash Online today!

<https://lakeheadschoools.schoolcashonline.com>



Let's Connect!

stay connected with your Lakehead Public Schools

Visit our website www.lakeheadschoools.ca

Tweet Bruce @LakeheadSchools and use the hashtag #LPStb with ideas on how we can improve communication with your family.



Lakehead
Public
Schools

Your Children Our Students The Future



Four Directions began in 2016. The program runs in Hammarskjold HS and Sir Winston Churchill CVI.

Each of the schools has a Graduation Coach.

The role of the Graduation Coach is to:

- ★ Support indigenous learners as they transition from elementary to secondary through to graduation
 - ★ Set goals with students for education, career, and life choices.
 - ★ Support students in planning their life pathway.
 - ★ Support the develop of student leadership skills.
 - ★ Foster parent engagement
- ★ Build relationship with community partners and link students to community resources.
 - ★ Promote school engagement.
 - ★ Advocate on behalf of students
- ★ Organize feasts and cultural activities with students.
- ★ Promote (and work at) summer learning opportunities for students.

If you would like more information about the program, please contact our Student Success office at 625-5104, Hammarskjold at 767-1631 or Churchill at 473-8100.





Academic Integrity | Intellectual Promise

"The International Baccalaureate® (IB) is more than its educational programmes and certificates. At our heart we are motivated by a mission to create a better world through education."

IB World School | Northwestern Ontario

The goal of educating the whole person and fostering a more compassionate citizenry becomes real when students reach beyond themselves.

For information about the International Baccalaureate Programme, please contact Mr. Clarke Loney
IB Coordinator
(807) 624-4523.



Lakehead
Public
Schools



2017

Specialist High Skills Major

INNOVATIVE | FLEXIBLE | SECTOR-SPECIFIC | HANDS ON | CAREER-RELATED

SPECIALIST HIGH SKILLS MAJOR



Ontario.ca/SHSM

Arts & Culture

Westgate CVI

Aviation & Aerospace

Superior CVI

Business

Sir Winston Churchill CVI

Construction

Hammarskjold HS

Hairstyling & Aesthetics

Hammarskjold HS

Health & Wellness

Superior CVI

Justice, Community Safety and Emergency Services

First Response / Legal and Policy Administration
Hammarskjold HS

Manufacturing

Sir Winston Churchill CVI
Superior CVI

Sports & Recreation

Westgate CVI

Transportation

Westgate CVI

Visit Student Services,
talk to your Technology teacher,
or check with your Co-op teacher,
to find out more!

What is a Specialist High Skills Major?

A Specialist High Skills Major program offers senior secondary students (Grade 11 & 12) the opportunity to focus on sector-specific credits. Students learn sector-specific skills and knowledge in a hands-on, career-related learning environment with others who have the same goals and career expectations.



Lakehead
Public
Schools



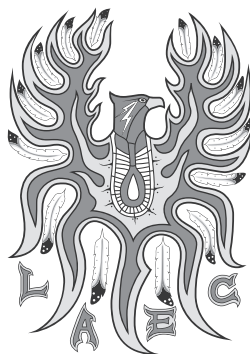
Your Children Our Students The Future

SPECIALIST HIGH SKILLS MAJOR
ontario.ca/SHSM



LAKEHEAD PUBLIC SCHOOLS





Lakehead Adult Education Centre


Fall Programs@LAEC

REGISTRATION

Beginning Tuesday, August 29, 2017
Tuesdays, Wednesdays, & Thursdays
10:00 a.m. - 12 noon & 1:00 p.m. - 4:00 p.m.
+ Wednesdays 5:00 p.m. - 7:00 p.m.



CLASSES BEGIN Monday, September 11, 2017

Find us at Lakehead Adult Education Centre 125 Lillie Street, South Thunder Bay ON P7E 2A3
Telephone (807) 625-5145 Toll Free 1-877-625-5145 Facebook 



Lakehead
Public
Schools

<https://www.lakeheadschoools.ca/adult-education/>

Lakehead Adult Education Centre

High School Credits


**IN CLASS
E-LEARNING
SELF STUDY
COOPERATIVE
EDUCATION**

There is no substitute for your
Ontario Secondary School Diploma
(OSSD)

Student Activity Fee \$30



Bring your transcript
and your
identification to register!

Find us at Lakehead Adult Education Centre
125 Lillie Street, South Thunder Bay ON P7E 2A3
Telephone (807) 625-5145
Toll Free 1-877-625-5145 Facebook 



CLASSES BEGIN Monday, September 11, 2017

<https://www.lakeheadschoools.ca/adult-education/>





Lakehead Adult Education Centre

ESL

English As A Second Language

Monday - Friday

9:15 a.m. - 3:15 p.m.

125 Lillie Street, South

Adults who would like to learn and improve language skills for family, employment, social activities or further education (Ontario Secondary School Diploma) courses are invited to join us for ESL classes at the Lakehead Adult Education Centre.
Including Canadian citizens born outside of Canada

To register, contact
Maggie at the Language
Assessment Centre
1-866-831-1144

Let's talk about it!

Find us at Lakehead Adult Education Centre 125 Lillie Street, South Thunder Bay ON P7E 2A3

Telephone (807) 625-5145 Toll Free 1-877-625-5145 Facebook 



Lakehead
Public
Schools

<https://www.lakeheadschoools.ca/adult-education/>

<http://whyihost.ca/thunderbay/>



Your Invitation to Host
an International Student



Canada Homestay Network

Why Host an International Student?

Your family. Your community. The students.

Being a homestay host is a rewarding experience. When you make the decision to welcome an international student into your home, you make a lasting contribution to your family, your community and the student. Canada Homestay Network provides cultural and first language support to hosts and their students 24x7 and a generous allowance (**\$775/month in Thunder Bay**) to help offset expenses.

Grow their understanding of the world and its peoples

Make life-long friendships

Get to share the beauty of their home and community

Ensure their local economy benefits from the booming international education industry

Receive a generous allowance to offset expenses

International students enhance the classroom and community experience of all Canadians. Their presence also helps support existing programs. International student study and travel attracts \$8 billion to Canada's economy annually. Hosting means a portion of that money is invested in our community.

Learn language and Canadian culture in a healthy, caring environment

Get a positive introduction to Canadian family life, which encourages many to apply for permanent residency after graduation

Become valuable future partners in trade, political relations and global leadership

Bring a broader world-view to their communities back home

Make the decision to welcome an international student and make a lasting contribution to your family, your community, and the student.

The Canada Homestay Network is looking for caring homestay hosts for international students coming to study in Thunder Bay, Ontario. There are year-round hosting opportunities with students of high school age of many nationalities. Hosts can welcome short-term or long-term students throughout Thunder Bay. Since 1995, the Canada Homestay Network (CHN) has helped tens of thousands of students find a home away from home in Canada. Over the years we've earned a unique reputation for client satisfaction, based on common values, successful experiences, and the highest professional standards in the industry.

For more information about being a Canada Homestay Network host, contact:



Ms. My-Tien Nguyen
International Student Coordinator
Lakehead Public Schools International
2135 Sills Street, Thunder Bay Ontario
P7E 5T2 CANADA
international@lakeheadschoools.ca
Office: +1-807-625-5176
Cell & Whatsapp: +1-807-627-1061

<http://international.lakeheadschoools.ca> | www.lakeheadschoools.ca

Your Children Our Students The Future



Additional Qualification (AQ) courses provide opportunities for educators to enhance teaching using current, research-based instructional and assessment strategies and further, allows candidates to explore curriculum, innovative resources and strategies to engage students. Courses are offered in a classroom setting and are enriched through the varying perspectives, ideas and resources that are shared by the participants and instructors.

Fall 2017

ADDITIONAL QUALIFICATIONS

Course List

➊	First Nation, Métis, and Inuit Studies Part I EAQ9261 FA	September 18- December 18 (Mondays) Kingsway Park Public School	4:00 p.m. - 8:00 p.m. Instructor Darren Lentz
➋	First Nation, Métis, and Inuit Studies Part II EAQ9262 FA	September 18 - December 18 (Mondays) Victoria Park Training Centre	4:00 p.m. - 8:00 p.m. Instructor Anika Guthrie
➌	Integration of Information and Computer Technology in Instruction Part I EAQ9651 FA	September 20 - December 20 (Wednesdays) Westmount Public School	4:30 p.m. - 8:30 p.m. Instructor A. J. Keene
➍	Integration of Information and Computer Technology in Instruction Part II EAQ9652 FA	September 20 - December 20 (Wednesdays) Westmount Public School	4:30 p.m. - 8:30 p.m. Instructor TBA
➎	Integration of Information and Computer Technology in Instruction Specialist EAQ9653 FA	September 21 - December 21 (Thursdays) Victoria Park Training Centre	4:30 p.m. - 8:30 p.m. Instructor Gino Russo
➏	Mathematics Primary/Junior Part I EAQ9761 FA	September 19 - December 19 (Tuesdays) Algonquin Avenue Public School	4:00 p.m. - 8:00 p.m. Instructor Tom Boland
➐	Mathematics Primary/Junior Part II EAQ9762 FA	September 19 - December 19 (Tuesdays) Victoria Park Training Centre	4:00 p.m. - 8:00 p.m. Instructor Kelly-Ann Green
➑	Mathematics Primary/Junior Specialist EAQ9763 FA	September 19 - December 19 (Tuesdays) Victoria Park Training Centre	4:00 p.m. - 8:00 p.m. Instructor Corrine Russell Pritoula
➒	Reading Primary/Junior Part I EAQ9061 FA	September 20 - December 20 (Wednesdays) Westmount Public School	4:00 p.m. - 8:00 p.m. Instructor Jaime Murdoch
➓	Reading Intermediate Part I EAQ9061B FA	September 21 - December 21 (Thursdays) Claude E. Garton Public School	4:15 p.m. - 8:15 p.m. Instructor Mark Moorhouse
➔	Reading Part II EAQ9062 FA	September 20 - December 20 (Wednesdays) Algonquin Avenue Public School	4:30 p.m. - 8:30 p.m. Instructor Martine Engel
➕	Reading Specialist EAQ9063 FA	September 18 - December 18 (Mondays) Kingsway Park Public School	4:30 p.m. - 8:30 p.m. Instructor Heather Harris
➖	Writing Part I EAQ9101 FA	September 20 - December 20 (Wednesdays) Hyde Park Public School	4:30 p.m. - 8:30 p.m. Instructor Susan Lieske
➗	Writing Part II EAQ9102 FA	September 20 - December 20 (Wednesdays) Victoria Park Training Centre	4:00 p.m. - 8:00 p.m. Instructor Carol Rasmussen

OPEN TO ALL QUALIFIED TEACHERS

Courses require a minimum enrolment in order to proceed.
Courses are offered in a classroom setting (face-to-face with an online component).

Application Deadline: Wednesday, September 13, 2017

<http://aq.lakeheadschoo.s.ca/>

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^ Indicates a new course.

Interested in part-time teaching?
 -Diabetes Educator (certified)
 -Early Childhood Education
 -French
 -Spanish
 -Communications
 For more information email
ce@confederationcollege.ca

 Find us on Facebook
www.facebook.com/confederation

 Follow us on Twitter
www.twitter.com/confederation

Part-time Seats in Day Courses
 Fall Academy offers courses common to many college programs. Visit:
www.confederationcollege.ca/fallacademy

Continuing Education

Visit our website to register online or to view a full list of available programs and courses.

www.confederationcollege.ca/ce

Every effort was made to ensure the accuracy of this document. For current information, visit: www.confederationcollege.ca/ce





General Information

General Information

For the most current information including admission requirements, office hours & holidays, course fees, parking, prerequisites as well as withdrawal, refund and academic policies visit: www.confederationcollege.ca/ce

Note: For general college inquiries call 475-6110.

How to Register

Thinking of registering? Be sure to register at least three business days in advance of course start date as courses may be cancelled due to insufficient registrations.

Web Register quickly and conveniently via our secure online shopping cart www.confederationcollege.ca/ce

For senior & staff discount rates or for more information contact Continuing Education at (807) 475-6550.

In Person: Register at The Hub, Shuniah Building, Confederation College. Monday-Friday, 8:30 am-4:30pm.

Course Fees

Total fees (including material fees, if applicable) are required at time of registration.

The 65 Advantage (not applicable to online courses) Reduced tuition fees apply to individuals who are 65 years of age or older. Course tuition fees marked with an * are eligible. (i.e. \$177.00*)

Get acquainted with our **refund policy** before you register. Visit: www.confederationcollege.ca/ce/info

Prerequisites

Some courses require prerequisites to be completed before registering. Please make sure that you have successfully completed the applicable prerequisite courses to avoid problems with the course material and/or with your transcript.

Class Locations

Most of our classes are held in the Shuniah Building at Confederation College unless otherwise noted. Please check the monitors at the entrances for room location.

SH	Shuniah Building
MC	McIntyre Building
D	Dorion Building
CN	Contact North, off campus
Confederation Online	Web-based, off campus
OntarioLearn	Web-based, off campus

Parking

You only need a parking permit if you are attending classes between 8 a.m. and 5 p.m. on weekdays.

Entry Requirements

Postsecondary Programs

Ontario Secondary School Diploma or successful completion of the mature student assessment or appropriate credits from Academic and Career Entrance.

Non-postsecondary Programs

Ontario Secondary School Diploma or nineteen years of age or older, unless otherwise stated.

Textbook Information

Most postsecondary courses as well as some general interest courses may require textbooks. Please inquire upon registering. Textbooks can be purchased on campus at the Follett Bookstore. For textbook inquiries please call 475-6225, toll-free 1 (877) 295-3851 or visit: www.confederationcollege.ca/bookstore

Hours of Operation

Summer hours to Labour Day weekend, 8:30 a.m. to 4:30 p.m.

After Labour Day, Monday to Thursday 8:30 a.m. to 6 p.m. and Fridays 8:30 a.m. to 4:30 p.m.

The college will be closed September 4 and October 9.

ACADEMIC UPGRADING



WE CAN HELP YOU SUCCEED!

- ✓ OBTAIN YOUR GRADE 12 EQUIVALENCY
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NEED SCIENCES FOR POST SECONDARY?

CHEMISTRY STARTING FEBRUARY 2018

PERSONAL AND CAREER DEVELOPMENT (PCD)

If you are over 19, out of school and need help deciding on your academic or career goals, the PCD program might be for you! Starting January 2018.

Subject to funding approval. Please call the Academic Upgrading office for more information.



Confederation
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For more information, please contact:
(807) 473-3723 | academicupgrading@confederationcollege.ca
www.confederationcollege.ca/academicupgrading



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Change Your Life Through Learning

ACADEMIC UPGRADING
www.confederationcollege.ca

Confederation
COLLEGE

Bookkeeping

Board of Governors Certificate (part-time 5402)

This program provides individuals with a basic foundation for maintaining the accounting records of entities in industry, commerce and government. The program is comprised of courses that include both theory and computer applications. You should have access to a computer, familiarity with the computer and keyboard proficiency. Students completing this program can also apply to the Canadian Institute of Bookkeeping (CIB), a national non-profit organization. CIB recognizes the courses that comprise the Confederation College Bookkeeping certificate as credits in their program, visit: www.cibcb.com for more information.

NEW - Certified Financial Planner

External Certification (part-time 5079)

The Financial Planning Standards Council (FPSC®) is a not-for-profit organization which develops, promotes and enforces professional standards in financial planning through Certified Financial Planner® certification, and raises Canadians' awareness of the importance of financial planning. FPSC's vision is to see Canadians improve their lives by engaging in financial planning.

The CIFP CFP Certification Program is comprised of four core curriculum courses and a final four hour comprehensive exam. Once students have completed their CIFP CFP Core Curriculum Program, they are then eligible to move onto the Level I CFP Examination. Upon successful completion of the Level I CFP Examination, students will then be required to obtain one year of qualified work experience as well as complete a Capstone course. Once that has been completed students will then be eligible to sit for the final CFP Examination. Upon completion, two more years of work experience will be required to obtain the CFP Designation from Financial Planning Standards Council. Upon completion of the four CIFP CFP Core Curriculum courses, students should contact CIFP at 1-866-635-5526 to register for the Program Review and Evaluation Examination. CIFP final exams are written at testing centres in Mississauga, Toronto and Oshawa as well as many other major cities across Canada.

For further information about the Certified Financial

Planner® designation, please contact Financial Planning Standards Council at www.fpsc.ca
 For further information about the Capstone course, please contact the Canadian Institute of Financial Planners (CIFP) at www.cifps.ca

Fundraising Management

Recognition of Achievement (part-time 5076)

This program equips students with the skills necessary to enhance their marketable skills to successfully pursue a career in fundraising in the non-profit sector. Employment opportunities may include fundraising management and consulting for non-profit organizations, social welfare agencies, hospitals and health charities, university and college foundations, international development agencies and community organizations.

Human Resources Management

Ontario College Graduate Certificate
 (full-time 0272, part-time 0269)

Are you a "people person"?

Already have a college diploma or university degree, but want to switch gears to HR? Confederation College's Human Resources Management one-year graduate certificate program is designed to help college and university graduates make the jump to Human Resources. This intensive program upgrades your education with a series of courses to develop your skill set for this in-demand field. Courses cover basic and advanced topics such as human resources, labour relations law, occupational health and safety and human resources planning. For full program information visit:

www.confederationcollege.ca/de

This program is available part-time or full-time, apply at www.ontariocolleges.ca.

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:

www.confederationcollege.ca/ce/ptprograms

Law Clerk (ILCO)

Institute of Law Clerks of Ontario (part-time 5045)

This online program is offered in co-operation with the Institute of Law Clerks of Ontario. It is strongly recommended that students have a minimum of three years experience in a legal environment due to the intensity of the courses. Individuals wishing to pursue a career in the legal department of a trust company, local, provincial and federal governments, and larger commercial firms may find this program of interest.

Leadership Development Series

Board of Governors Certificate (part-time 5200)

This program will enhance leadership skills and develop new skills to help meet career and organizational objectives. The program will provide a solid foundation for those looking to enter leadership positions, and for those currently in front line or mid-level management positions. The program will build on existing skills and experiences and apply those skills to workplace situations. Content includes communications, ethics, performance management, change management, team building, planning, and project management.

Legal Office Assistant

Recognition of Achievement (part-time 5025)

The focus of this online program is to develop strong office support skills with emphasis on interpersonal, organizational and communication skills. Graduates of this program will be prepared for standard operational procedures that are required for the smooth operation of a legal office. This program is offered entirely online and has been designed for students with little or no previous business or legal office experience.

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:

www.confederationcollege.ca/ce/ptprograms

Library and Information Technician

Ontario College Diploma
(full-time and part-time 0235)

This online program has been designed to prepare students for employment in schools, libraries and other information service settings. Through a carefully designed program of study that combines theory and hands-on practice, students learn to acquire, organize, produce, retrieve and disseminate information in all formats. For full program information visit:

www.confederationcollege.ca/de

This program is available part-time or full-time, apply at www.ontariocolleges.ca.

Office Administration-General

Ontario College Certificate
(full-time 0230, part-time 0233)

Launch Your Office Administration Career in Just One Year!

Are you organized, have an eye for detail and like the idea of being an essential part of a busy office environment? With today's changing and diverse workplace, office assistants are taking on more and more complex tasks. That's why office assistants need excellent communication, human relations and technology skills.

Confederation College's Office Administration - General One-Year Ontario College Certificate program gives you those skills in an intensive program so that you can get on with your career faster. Courses cover areas such as office procedures, persuasive writing, presentations and spreadsheets, bookkeeping and advanced documents and desktop publishing. For full program information visit:

www.confederationcollege.ca/de

This program is available part-time or full-time, apply at www.ontariocolleges.ca.

Financial Assistance

Financial aid options may be available to students who are considering enrolling in postsecondary OSAP approved programs.

Call 475-6637 for more information.



NEW - Qualified Administrative Assistant (QAA)



Recognition of Achievement
(part-time 5085)

The Association of Administrative Assistants (AAA) is a chartered, Canadian, non-profit professional organization founded in 1951 with a three-fold purpose:

- to establish a national standard of qualifications for administrative assistants and senior office personnel
- to reach this standard by providing advanced education
- to make management aware of the fully qualified administrative assistant's value

The Qualified Administrative Assistant Program consists of three compulsory courses and four elective courses. Seven courses must be completed successfully within seven years to qualify for the Qualified Administrative Assistant (QAA) designation and certificate.

For more information visit:

www.confederationcollege.ca/ce or the Association of Administrative Assistants website www.aaa.ca

Small Business Development

Recognition of Achievement (part-time 5075)

Owning and operating your own small business may be one of the most rewarding although demanding of career options. Help develop the skills and knowledge you need for successful small business ownership or management.

NEW - Web Development

Recognition of Achievement (part-time 5115)

You will learn some of the most important topics of HTML, from the basics of creating web pages with graphics and links and using tables, to more advanced topics including cascading style sheets and more. Upon successful completion of this certificate program, you will have had the opportunity to create and publish a website that is dynamic, visually appealing, accessible, useable and flexible.

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:

www.confederationcollege.ca/ce/ptprograms

Workplace Health & Safety

Recognition of Achievement (part-time 5074)

There is a growing concern for the safety of people in their work environment and the related hazards that may be found there. Prompted by governments and their agencies, labour and management have identified the need for greater experience, knowledge and expertise in the field of occupational health and safety for the protection of people in the workplace. Graduates of this program will benefit from a preparatory foundation of study that may help them in pursuit of opportunities in this field. Upon successful completion of all courses, students must provide proof of a valid Standard First Aid and Basic Rescuer CPR to obtain Workplace Health and Safety Recognition of Achievement.

Confederation Online and OntarioLearn

The online learning environment provides students with access to their courses 24/7. Students work independently but **must adhere** to the schedule for submission of assignments, discussions and exams. Instructors are accessible via a number of electronic communication tools, such as email, course chats, and discussion boards. Before the course begins, students will receive an email with start-up instructions including information on course materials.

Courses delivered through OntarioLearn may be delivered using Blackboard, Moodle, D2L, Angel or other learning management systems. Confederation College's online learning courses are completed using a learning management system (LMS) called Blackboard.

Over 100 online learning (OntarioLearn) courses have been approved as equivalent to Confederation College credit courses. General education and post-secondary courses are available throughout the year.

Visit: www.confederationcollege.ca/ce/ontariolearn for more information and to view a full listing of over 450 online learning courses!

Register Early!

Courses fill fast - if you wait until the last minute to register it may be too late.

Don't miss out or be disappointed! Plan your schedule, choose your courses of interest and register three business days prior to course start unless otherwise noted. Visit: www.confederationcollege.ca/ce



OntarioLearn Textbook List Fall 2017

If you are taking an OntarioLearn course visit: www.confederationcollege.ca/ce/ontariolearn for textbook information.



Entrepreneurship OL104

This course will cover a wide variety of topics for those interested in starting, or seeking employment in, a small business. The course will capture the entrepreneurial spirit, and students will get first-hand exposure to the benefits and drawbacks of starting a new business and being your own boss. Issues pervasive in small businesses such as spotting trends or taking advantage of niche business opportunities will be discussed and factored into class exercises. Students will have the opportunity to practice start-up skills through feasibility analysis, the idea pitch, defining markets, targeting customers, operations, and deciding on which type of business to start. The ability to maintain and sustain operations of a small business will be experienced with particular attention to budgeting, forecasting, and cash management. In this course, students will have an authentic opportunity to test their entrepreneurial skills through a real business venture. NOTE: Students will be required to invest approximately \$50 into a personal business venture which will be used to complete the course assessments. This money will be invested directly by the student and will not be collected by the instructor or educational institution

Sept. 12-Dec. 19 10242-41
 Online-Web \$415.34

Excel - Core OL702

Learn to use Microsoft Excel to create and format spreadsheets in order to analyze data and make more informed business decisions. You will discover how to; create, edit, format and print workbooks; use mathematical formulas and functions; create and format charts and shapes; insert images; cut, copy and paste data. The course is designed to help prepare students to write the MOS Certification exam for Excel 2013 (MOS Exam 77-420) or Excel 2016 (MOS Exam 77-727). Students will also have the opportunity to earn MyITLab Microsoft Office Badges, which demonstrate achievement of skills in Excel. Computer Software Requirements: Microsoft Excel version 2013 or 2016 OR Microsoft Office 365 version 2016. MAC users are not supported in this course.

Sept. 12-Dec. 19 10250-41
 Online-Web \$415.34

Income Tax Planning OL979

Taxes in Canada can account for a large portion of an individual's expenditures; as such Income Tax Planning plays an important role in providing individuals with methods to reduce and or eliminate taxes whenever possible. The Income Tax Planning Course will lead learners through completing basic income tax returns, a range of business structures, as well as federal and provincial tax legislation. Learners will also gain knowledge on how to make effective use numerous tax deductions and credits; various types of tax advantages and the trade-offs between different benefits. Please note: Students are required to purchase membership and text from the Canadian Institute of Financial Planning (CIFP). The fee is approximately \$130.00 and includes text, exams and web page extras such as additional materials, tools, and calculator.

Sept. 12 -Dec. 19 12395-41
 Online-Web \$415.34

Leading Responsibly OL994

Sustainability in business is often related to profitability. Organizations now need to incorporate practices that include a more holistic approach to the responsibility corporations have to their communities and the environment. Leaders need to assess the impact of the business in an ethical and globally sustainable way using measures such as Corporate Social Responsibility and triple-bottom line accounting.

Sept. 12-Dec. 19 11919-41
 Online-Web \$333.10

Microsoft Office 2016 OL008

This course will familiarize students with the applications contained in the Microsoft Office Professional or Academic or University Edition of Microsoft Office 2016 covering Word, Excel, PowerPoint and Access. Computer Software Requirements: MS Office 2016 or Office 365 versions that include Word, Excel, PowerPoint and Access. MAC users are not supported in this course.

Sept. 12-Dec. 19 13765-41
 Online-Web \$415.34

Payroll Administration OL076

This course covers the following topics: maintaining payroll records; salaried, hourly, commission and contract workers; taxable benefits, statutory and other deductions; preparation of payroll journal entries; preparation of Records of Employment; preparation of T4s and T4 Summary; Workers' Compensation; Employment Standards; and Computerized Payroll. This course is equivalent to CIB accredited courses.

Sept. 12-Dec. 19 10378-41
 Online-Web \$415.34

Sage 300 ERP (AccPac) G/L OL829

Focus on the creation of a company and a chart of accounts, entering transactions and producing financial reports. Computer Software Requirements: Students must be working in Sage 300 ERP. PRE-REQUISITE: computer basics or an Introductory computer course with Windows 7, Word and Excel.

Sept. 12-Dec. 19 12950-41
 Online-Web \$240.86

Speechcraft - Toastmasters ZB553

Challenge yourself to present more comfortably in public! The Toastmasters International Speechcraft program provides the opportunity to learn, practice, share and have fun. This is a "hands-on" improve-by-doing program, run in conjunction with a regular Toastmasters meeting. People come to our classes because they are afraid to speak and stay because they discover it's fun! **Material fee (which includes a manual) of \$10 cash only will be collected on first night of the course.**

Visit : <http://2090.toastmastersclubs.org/>
 Tu Sep.19-Nov.21 7-9pm 10232-99
 SH C240 \$56.50

OntarioLearn Textbook List Fall 2017

If you are taking an OntarioLearn course visit:
www.confederationcollege.ca/ce/ontariolearn
 for textbook information.



Autism and Behavioural Sciences

Ontario College Graduate Certificate
(full-time or part-time 0632)

This Ministry of Training, Colleges and Universities online certificate program, has been designed to build on the student's previous training with a specialization in the area of autism or behavioural challenges. Students will be introduced to a variety of procedures used to assess and treat challenging behaviours. The program features two placements which will provide students with hands-on experience and the opportunity to put the knowledge obtained in their theory courses into practice. For full program information visit: www.confederationcollege.ca/de

To apply visit: www.ontariocolleges.ca.

Concurrent Disorders

Ontario College Graduate Certificate
(full-time 0190)

Extend Your Skill Set

Those working in social services understand that people experiencing difficulty in their lives often face multiple issues. As a social worker, what's the best way to approach these complex problems? That's the focus of the Concurrent Disorders program. This one-year certificate program covers many areas including epistemology of concurrent disorders, mental health issues and interventions, addictions issues and interventions, counselling, treatment and relapse prevention, and safety and crisis intervention. This program will provide you with an understanding of concurrent disorders; the impact they have on individuals, families and communities; and, most importantly, how to support individuals with concurrent disorders. For full program information visit: www.confederationcollege.ca/de

To apply visit: www.ontariocolleges.ca.

Food Service Worker

Board of Governors Certificate (part-time 5600)

The Food Service Worker (FSW) assists with food preparation and safe food handling for many avenues of the food industry. Graduates may find employment in most institutional food preparation settings such as homes for the aged, community based facilities, supportive housing, hospitals and restaurants. This online program will also enhance the skills of people currently employed in an institutional food preparation setting, whether it is a commercial or long-term care facility.

For full program information visit:
www.confederationcollege.ca/ce/ptprograms

Leadership in E.C.E.

Recognition of Achievement (part-time 5250)

This program is intended for childcare program supervisors, front line Registered Early Childhood Educators designated to leadership positions and/or responsibilities and to Registered Early Childhood Educators aspiring to become supervisors in the field of Early Childhood Education.

Financial support may be available to eligible applicants in the form of Leadership Education Grants and Leadership Travel Grants from the Early Childhood Educators Qualifications Upgrade Program. Please visit www.ecegrants.on.ca for more information. For full program information visit:
www.confederationcollege.ca/ce/ptprograms

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:
www.confederationcollege.ca/ce/ptprograms

OntarioLearn Online Learning Courses

Fall semester courses begin September 12, monthly intakes may also be available. Visit:
www.confederationcollege.ca/ce/ontariolearn

Financial Assistance

Financial aid options may be available to students who are considering enrolling in postsecondary OSAP approved programs.
Call 475-6637 for more information.

Distance Education



It's not too late!

Apply today for these Fall programs available by Distance Education

Business Programs

- Business
- Business-Accounting
- Business – Human Resources
- Business – Marketing
- Business – Fundamentals
- Human Resources Management-Post Diploma (online)*
- Library and Information Technician (online)*
- Office Administration (online)*

Preparatory Programs

- College Access
- Pre-Health pathway to Diplomas and Degrees
- Pre-Health pathway to Certificates and Diplomas

Community Services

- Autism and Behavioural Sciences-Post Diploma (online)*
- Concurrent Disorders

Health Programs

- Diabetes Education-Post Diploma-Part-time only (online)
- Personal Support Worker*

Indigenous Studies

- Aboriginal Canadian Relations* (online)
- Native Child and Family Services*

*these programs are available full-time or part-time

Visit: www.ontariocolleges.ca and apply today!

For more information about these programs, contact, Distance Education at (807) 473-3846 or email us at: de@confederationcollege.ca

DISTANCE EDUCATION
www.confederationcollege.ca/de



Confederation
COLLEGE



STRAIGHTFORWARD EDUCATION
Designed to bring your dreams to life



New!



SUCCI Wellness
Centre, "Minowaadiziiwin"

Opening Fall 2017

9 week sessions beginning
Mon. Oct. 9 to Sat. Dec. 9, 2017

Registration begins Monday, Sept. 11th at 9 a.m in person.

Day Programs

Lunch Fitness	M-W	12:00-1:00 p.m.	\$125 Ellie
Group Circuit Training	T	12:00-1:00 p.m.	\$90
Gentle Yoga	TH	12:00-1:00 p.m.	\$90 Shannon
Group Circuit Training	F	12:00-1:00 p.m.	\$90

Evening Programs

Happy Hour	T-TH	5:00-6:00 p.m.	\$125 Anne
Total Fitness	M-W	7:30-8:30 p.m.	Anne Parr*
Cycle and Circuit	T OR TH	6:00-7:00 p.m.	\$80 Ellie
Group Circuit Training	M	4:45-5:45 p.m.	\$90
	W	6:15-7:15 p.m.	\$90
Zumba	F	5:00-6:00 p.m.	\$80
All Levels Yoga	W	5:00-6:00 p.m.	\$90 Shannon

Pick-up Basketball	T & F	6:00-9:00 p.m.
Volleyball Club	SUN	1:00-3:00 p.m.
Badminton Club	SAT	10:00 a.m.-12:00 p.m.

*Contact Anne Parr 577-9620 | Prices do not include Tax

General Education



Change your life through learning

Building Skills for Success

GE113

This transformative course will provide you with the practical skills, knowledge and attitudes you need for success in college, your career and your life. In order to maximize your post-secondary experience, you will learn about your personal learning style, how to study effectively, how to take notes, how to manage your time, the importance of effective communication and much more. You will also discover specific abilities and characteristics that will provide you with the opportunity for personal growth and increased well-being. Learn how to maximize your potential with this course!

Sept.6 - Dec.15 13711-41
S. Walker Confederation Online-Web \$397.15

History/Indigenous Can. Relations OL843

This course provides an overview of the historic stages of the relationship between Aboriginal peoples in Canada from contact to present day. It will explore the different world views at contact, the years of cooperation and negotiation through the fur trade and treaty making era and the impact of government colonial policy on Aboriginal communities, cultures and peoples. The course will also explore the progress towards a renewed relationship since the Constitutional recognition of Aboriginal rights. It provides an important context for understanding contemporary issues between Aboriginal and Canadian societies including land claims, treaties and self-government.

Sept.12 - Dec.19 13383-41
E. Bishop Online-Web \$437.15

Indigenous Identity in Relation to Land

OL848

The purpose of this course is to encourage students to experience and explore Indigenous cosmology, knowledge and world view and its relationship to the land. The influence and importance of land on Indigenous world view will provide a way of understanding the contemporary perspectives on identity and self determination. In addition, students will be encouraged to examine and locate their own identity and world view in relation to these concepts.

Sept.12- Dec.19 11954-41
C. Pace Online-Web \$437.15

The Ontario Metis

OL868

This course introduces the historical, sociological, and political perspectives on the origins of the Ontario Metis people. The course analyzes, in broad terms, the emergence of the Metis peoples and their relationship with the provincial government. We will also explore trends and issues affecting the Ontario Metis in contemporary society.

Sept.12- Dec.19 12953-41
E. Bishop Online-Web \$437.15

Wellness for Life

AS220

The physical, emotional, social, intellectual, and spiritual dimensions of health are the focus of this course. Students will be provided with current factual information about a broad range of health-related issues including stress, substance abuse, sexuality, fitness, weight management, environmental concerns, and death and dying.

Sept.6 - Dec.15 13710-41
R. McGill Confederation Online-Web \$397.15

Confederation Online and OntarioLearn

The online learning environment provides students with access to their courses 24/7. Students work independently but **must adhere** to the schedule for submission of assignments, discussions and exams. Instructors are accessible via a number of electronic communication tools, such as email, course chats, and discussion boards. Before the course begins, students will receive an email with start-up instructions including information on course materials.

Courses delivered through OntarioLearn may be delivered using Blackboard, Moodle, D2L, Angel or other learning management systems. Confederation College's online learning courses are completed using a learning management system (LMS) called Blackboard.

Over 100 online learning (OntarioLearn) courses have been approved as equivalent to Confederation College credit courses. General education and post-secondary courses are available throughout the year.

Visit: www.confederationcollege.ca/ce/ontariolearn for more information and to view a full listing of over 450 online learning courses!

Part-time Courses - Days, Evenings & Online

Fall Academy offers courses common to many college programs. Visit:

www.confederationcollege.ca/fallacademy

CONTINUING EDUCATION
www.confederationcollege.ca/ce

Confederation
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For a complete list of available programs offered through Continuing Education visit:
www.confederationcollege.ca/ce/ptprograms

Diabetes Education

Ontario College Graduate Certificate (part-time 0474)

The Diabetes Education post-graduate program is designed for regulated health care professionals seeking knowledge and skills in diabetes treatment and management. The program offers a firm foundation in diabetes education including evidence-based knowledge and skills in assessment, self-management and treatment strategies in diabetes care. The curriculum incorporates a variety of health teachings including those related to Indigenous culture to enhance the health and wellbeing of diverse populations living with diabetes.

The field placement component provides an opportunity to gain direct experience supporting clients and families through assessment, planning and promoting self-management within an inter-professional team environment. *New* to the program is an online practicum component which focuses on collaboration, community partnerships, prevention and health promotion in diabetes.

For full program information visit:
www.confederationcollege.ca/de

This program is available part-time, apply at
www.ontariocolleges.ca.

NOTE: This program is not affiliated with The Canadian Diabetes Educator Certification Board (CDECB) but may assist in preparing students to write the CDE exam.

Foot Care Nurse Program

Part 2 of the Foot Care Nurse Program may be offered Spring 2018. **However, it will not run without a minimum number of participants.** This program may be delivered through online learning, lectures and clinicals. Nurses will be expected to complete mentorship and a clinical held at Confederation College in Thunder Bay with an onsite Foot Care Nurse Educator. Nurses who are interested in taking this program and previous Foot Care Kingston Nurse graduates (Part 1 through Foot Care Kinston is a pre-requisite) who are practicing in the Thunder Bay area and would like to take part in this program as a refresher are encouraged to visit:
www.confederationcollege.ca/footcare

Health Records Clerk

Recognition of Achievement (part-time 5073)

This online program provides students with the skills and medical background knowledge to obtain work in the health records departments of clinics, hospitals or insurance companies. Graduates of this program will benefit from a preparatory foundation of study that may help them in their pursuit of opportunities in this field.

Hospital Ward Clerk/Secretary

Recognition of Achievement (part-time 5055)

This online program is designed to provide the theoretical training necessary to obtain employment as a Hospital Ward Clerk/Secretary. Students are expected to have the equivalent of an introductory computer-typing course.

Medical Office Assistant

Recognition of Achievement (part-time 5030)

The focus of this online program is to develop strong office support skills with emphasis on interpersonal, organizational and communication skills. Graduates of this program will be prepared for standard operational procedures that are required for the smooth operation of a business office. This program has been designed for students with little or no previous business or medical office experience.

Medical Transcriptionist

Recognition of Achievement (part-time 5035)

This online program will provide students with the theoretical and practical knowledge using simulated case studies to meet the needs of the medical community for skilled medical transcriptionists.

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:
www.confederationcollege.ca/ce/ptprograms

NEW - Palliative Care

Recognition of Achievement (part-time 5105)

This online program is designed to enhance the knowledge, skills and attitudes of individuals (RPNs, Orderlies, PSWs, Volunteers, Support Workers, Clergy etc.) who deal with the terminally ill and their families. Students will learn to provide compassionate care in which the quality of remaining life is the objective.

NEW - RPN Oncology

Recognition of Achievement (part-time 5106)

This online program consists of four theory courses designed to provide the RPN with a theoretical knowledge base in Oncology Nursing. Upon completion, the RPN will function with increased competence within the RPN scope of practice.

Working with Dementia

Recognition of Achievement (part-time 5077)

This online program is for those interested in building on knowledge, skills and competencies to care for and enhance the quality of life for those with dementia, their caregivers, and families.

Potential applicants include paraprofessionals and volunteers with varying educational backgrounds.

NEW

Foot Care Nurse Program Part II WR050

Prerequisite: Part I offered by Foot Care Kingston. Visit: www.confederationcollege.ca/footcare for a complete list of required supplies and for more information or call 475-6550.

May-June 2018 Dates TBA 8:30am-4:30pm

P.Sky \$1850 + HST

Foot Care Nurse Program



Confederation College is excited to introduce a NEW two-part Foot Care Nurse program, designed for nurses new to foot care and for experienced foot care nurses who are ready for a refresher.

The program is designed to provide students with the knowledge and clinical experience necessary to function as a foot care nurse within a health care

For more information and to register visit:

www.confederationcollege.ca/footcare



dreamdo.ca
PUT YOUR DREAMS TO WORK NOW!

 **Confederation**
COLLEGE



Aboriginal Canadian Relations

Board of Governors Certificate
(full-time and part-time 9611)

Will your work intersect with Aboriginal peoples, which are First Nations, Metis or Inuit communities? If your answer is yes, you should consider adding the Aboriginal Canadian Relations Certificate to your diploma. For full program information visit: www.confederationcollege.ca/de

NEW - Indigenous Governance and Public Administration

Ontario College Graduate Certificate
(full-time 0520 part-time 0521)

Are you ready to lead the way?

Are you a diploma or degree holder and want to expand your knowledge of Indigenous governance? Is your goal to help enhance public policy for government, Indigenous communities, and businesses? Do you have a passion for improving the socio-economic well-being of Indigenous people?

Confederation College's Indigenous Governance and Public Administration is a one-year Ontario College Graduate Certificate program for post-diploma students who want to expand their skill set in this highly specialized area. The program will prepare you for future leadership and policy-making roles teaching you how to build, manage, and sustain effective partnerships involving Indigenous communities and organizations, public-sector organizations, business and industry, and educational institutions.

For full program information visit:
www.confederationcollege.ca/programs

This program is available part-time or full-time, to apply visit: www.ontariocolleges.ca.

Native Child and Family Services

Ontario College Diploma
(full-time 0170)

Bridging Cultures

Pijashig! Kwe Kwe! Tunngahugit! She:kon! Aanii! Boozhoo! Tansi! Taanishe! Hello! Bienvenue!

Are you committed to social justice for Indigenous families and communities? Do you have a passion for working towards the healthy development and welfare of Indigenous children and youth?

Indigenous communities throughout northwestern Ontario often experience cultural, geographical and other barriers to service. Confederation College's Native Child and Family Services program focuses on how to effectively overcome these barriers. You'll learn how to help connect people with the services they need in their everyday lives in Thunder Bay and throughout the region. Most importantly, you'll learn how to work with Indigenous children and families and advocate for a better future for Indigenous peoples. Topics covered include social services, Indigenous culture and history, professional communications, child welfare, contemporary Indigenous society, Indigenous interventions and healing practices and child development.

Learn how to help Indigenous families and communities make a change for the better!
For full program information visit:
www.confederationcollege.ca/de

To apply visit: www.ontariocolleges.ca

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:
www.confederationcollege.ca/ce/ptprograms



Community Sustainable Development IL116

In this course students will examine sustainable development initiatives related to Indigenous and non-Indigenous communities and how these initiatives support healthy and sustainable communities through poverty reduction, education, gender equity, and economic growth. This course will also examine the concepts of systems thinking, sustainable development through an analytical lens that involves shared value creation, economic diversification, strategic partnerships, and enhanced business ecosystems. This course is part of Confederation College's Indigenous Governance and Public Administration program and is a one year Ontario College Graduate Certificate program for post diploma students who want to expand their skill set in this highly specialized area. However, students can take these courses without working toward the credential. Students must have access to an iOS device (preferably iPad) as each course will have a multi-touch eBook

Tu Sept.12 - Dec.19	7-10pm	13899-83
	CN	\$347.15

Corporate Governance IL211

In this course, students will gain an understanding of effective corporate governance structures and processes for Indigenous corporations that respect best practices of western governance while incorporating Indigenous values and world views. This course will provide students with a unique perspective on governance within the public sector, corporations, not-for-profits, and boards relating to procurement, transparency, contracts, agreements, regulations, and corporate social responsibility. This course is part of Confederation College's Indigenous Governance and Public Administration program. However, students can take these courses without working toward the credential. Students must have access to an iOS device (preferably iPad) as each course will have a multi-touch eBook

Th Sept.7- Dec.14	7-10pm	13898-83
	CN	\$347.15

Diversity and First Nations OL244

This course provides students with introductory knowledge about diverse populations, faiths and cultures. In the context of law enforcement, students will be provided tips on dealing with various victimized persons and the mentally ill. Basic concepts such as culture, ethnicity, race, and discrimination are explored with a view to preventing racial profiling. Students are exposed to societal factors that contribute to crime or stereotypes among various populations. Students will reinforce concepts surrounding community policing in the context of diversity. Laws which influence the protection or discrimination of various communities are also explored. Students will be provided introductory knowledge about First Nations, Metis and Inuit peoples. Topics include history, socio-economic issues, beliefs, treaties, residential schools and the criminal justice system.

Sept.12- Dec.19		10804-41
	Online-Web	\$415.34

History/Indigenous Can. Relations OL843

This course provides an overview of the historic stages of the relationship between Aboriginal peoples in Canada from contact to present day. It will explore the different world views at contact, the years of cooperation and negotiation through the fur trade and treaty making era and the impact of government colonial policy on Aboriginal communities, cultures and peoples. The course will also explore the progress towards a renewed relationship since the Constitutional recognition of Aboriginal rights. It provides an important context for understanding contemporary issues between Aboriginal and Canadian societies including land claims, treaties and self-government.

Sept.12 - Dec.19		13383-41
E. Bishop	Online-Web	\$437.15

Indigenous Identity in Relation to Land OL848

The purpose of this course is to encourage students to experience and explore Indigenous cosmology, knowledge and world view and its relationship to the land. The influence and importance of land on Indigenous world view will provide a way of understanding the contemporary perspectives on identity and self determination. In addition, students will be encouraged to examine and locate their own identity and world view in relation to these concepts.

Sept.12- Dec.19		11954-41
C. Pace	Online-Web	\$437.15

Let's Start Ojibwe Maajtaadaa Anishinaabemowin OL355

This course is designed to introduce students to Anishinaabemowin (Ojibwe language). It will provide the learner with a basic framework of Anishinaabemowin orthography. The focus of the course will be on the reading and writing of the language. The learning is reinforced through the use of on-line tutorials as well as practice in order to enhance the learners understanding of the structure and pronunciation of the language

Sept.12- Dec.19		11151-41
	Online-Web	\$458.96

The Ontario Metis OL868

This course introduces the historical, sociological, and political perspectives on the origins of the Ontario Metis people. The course analyzes, in broad terms, the emergence of the Metis peoples and their relationship with the provincial government. We will also explore trends and issues affecting the Ontario Metis in contemporary society.

Sept.12- Dec.19		12953-41
E. Bishop	Online-Web	\$437.15

Part-time Courses - Days, Evenings & Online

Fall Academy offers courses common to many college programs. Visit:

www.confederationcollege.ca/fallacademy



Want to show off your
Canadian hospitality?



Become a Homestay Host!

Who are our homestay hosts?

Hosts are friendly and open-minded people from all walks of life, who are interested in sharing their home with someone from another culture. Hosts vary from young families with children & pets, to couples and single individuals.

What do our hosts provide?

- A private room and access to household amenities
- Two options (with or without meals)
- Support, friendship and involvement with individual/family activities
- Introduction to Canadian life & culture

What's in it for you?

- Exposure to another culture & language
- New perspective on Thunder Bay & the world
- Lifelong friendships with students & fellow hosts
- Compensation in more ways than one!

We are currently seeking Homestay Hosts in the South Ward and close to Thunder Bay International Airport.

Participation is subject to a satisfactory home visit and criminal record checks for all adults in the home.



For more information please contact:

Judi Nelson Childs

(807) 475-6564 | homestay@confederationc.on.ca

 www.facebook.com/ConfederationCollegeInternational

ART

NEW Intergenerational 14+ Painting with Biljana - Watercolour AR003

Come to an open forum, watercolour workshop and enjoy painting original paintings. Try your hand at painting in layers, painting with the use of salt, wax paper, saran wrap and wet-in-wet. By the end of the workshop you should have several completed paintings to show off to your friends and family. Registration deadline is Sept. 7 (registration after this deadline may be available by calling 475-6550). Beginner watercolour painting experience required.

Materials are required and are not included in registration fee.

- 3 primary watercolours (red, yellow and blue)
- 4 brushes (2 round #8 & #12, 1 flat 1" and 1 lg. 2" hog hair brush)
- paint pallet
- paper towel and water containers (ie. large ice cream pail)
- 140lb d'arches watercolour paper (can be purchased in class cash only for \$10 per large sheet)

Tu Sept.12	6:30-9:30pm	
W Sept.20	6:30-9:30pm	
W Sept.27	6:30-9:30pm	
W Oct. 4	6:30-9:30pm	
W Oct. 11	6:30-9:30pm	
W Oct. 18	6:30-9:30pm	13897-99
B. Baker	SH 264	\$130.86

NEW Intergenerational 14+ Perspective Drawing with Biljana ZC027

Learn the basics of one and two-point perspective through step by step demonstrations and individual practice. Learning this skill will help you with your future paintings in any medium. Please bring along a pencil, a ruler and an eraser. All other materials are included.

Sa Nov. 18	10am-1pm	13896-99
B. Baker	SH 264	\$31.64

Culinary

NEW Hands-on Cooking With Jodi ZC026

We are happy to welcome Chef Jodi Strizic back this fall. Jodi will be offering a series of classes. If space permits we will allow participants to register for individual classes after Sept. 25. Registration deadline is Oct.5. Let's take the suffering out of supper, misery out of mains and melancholy out of meal planning. In this three-part series, Chef Jodi will help you plan better meals, simplify suppers and give inside tips and tricks to help you while preparing meals. We will concentrate on making one main meal and then learn how to use components for other meals. This series will help make your meal planning faster and easier without putting a strain on your food budget.

ZC105 Part 1: Tuesday Oct. 10 Learn the basics of planning a meal through a Chef's eye. You will make your own heart healthy tomato sauce and learn about its versatility in other recipes. Create no-knead bread, a watermelon and feta salad and a dessert to complete the meal.

ZC106 Part 2: Tuesday Oct.17 See how a chef plans to use left over's. You will make your own chicken stock from scratch and chicken pot pie. Chef Jodi will also teach you about the many creative ways to use leftover chicken from this recipe. You will make a biscuit mix, a salad made entirely from leftovers and sweet biscuits filled with cookie dough cheesecake bits for dessert.

ZC107 Part 3: Tuesday Oct. 24 Chef Jodi will teach the basics of entertaining for your friends and family as well as how to personalize recipes without the stress. You will make a brunch casserole, spicy chicken dip with bread dippers and sweet biscuits. The last half hour of this class will be a question period to give you the opportunity to ask the Chef any questions that you may have about planning meals, events, cooking etc.

Choose to attend all three parts or just one part, space permitting.

ZC026 Hands on Cooking With Jodi - Parts 1-3:

Tu Oct.10-24	7-10pm	13877-99
J. Strizic	SH B211	\$154.02
ZC105 Part 1 only:	Tu Oct.10	7-10pm
J. Strizic	SH B211	\$59.89
ZC106 Part 2 only:	Tu Oct.17	7-10pm
J. Strizic	SH B211	\$59.89
ZC107 Part 3 only:	Tu Oct. 24	7-10pm
J. Strizic	SH B211	\$59.89



Sausage Making ZB086

Join Dave from Maltese Grocery for this very informative evening of hands-on training and demonstrations. Learn about different recipes and styles of sausages, various seasonings, and the equipment needed to make your own sausages. Students will enjoy samples and take their own sausage home at the end of class. Please bring an apron and take home containers.

M Sep.25	7-10pm	12331-99
D.Maltese	SH B211	\$99.95

Or choose:

M Oct.16	7-10pm	13028-98
D.Maltese	SH B211	\$99.95

General

Sign Language Level I Part I LA750

This is the first part of Level I American Sign Language (ASL) course using a conversational method following the Signing Naturally Curriculum. Through model dialogues with the instructor and other students, games, exercises and home study, students learn to ask and answer questions, talk about surroundings, tell where they live, talk about their family and tell about activities.

Contact bookstore to purchase required textbook for both Part I & II at 475-6225.

Tu Sept.12-Dec.12	7-9pm	13011-99
G. Eyben	SH 234	\$218.56

Sign Language Level I Part II LA751

If you've completed Level I, why not continue on? This is the second part of Level I the American Sign Language (ASL) course using a conversational method following the Signing Naturally Curriculum. Participants must be able to use their arms and hands for communicating. **Prerequisite LA750 Level I Part I. This course will be offered in the Winter 2018 semester.**

Spanish for Travellers LA753

This course will provide beginner level learners planning to travel to Spanish-speaking countries with words, expressions, questions, sentences, and tips needed for specific situations such as greeting and addressing people, checking into a hotel, getting around town, eating out, shopping, and obtaining information. **Contact the bookstore at 475-6225 to purchase the required textbook.**

W Sep.20-Nov.8	7-9pm	11830-99
A. Tolvanen	SH 234	\$116.32

Part-time Day Courses

Fall Academy offers courses common to many college programs. Visit:

www.confederationcollege.ca/fallacademy

Speechcraft - Toastmasters ZB553

Challenge yourself to present more comfortably in public! The Toastmasters International Speechcraft program provides the opportunity to learn, practice, share and have fun. This is a "hands-on" improve-by-doing program, run in conjunction with a regular Toastmasters meeting. People come to our classes because they are afraid to speak and stay because they discover it's fun! **Material fee (which includes a manual) of \$10 cash only will be collected on first night of the course.**

Visit : <http://2090.toastmastersclubs.org/>

Tu Sep.19-Nov.21	7-9pm	10232-99
	SH C240	\$56.50

Woodworking - Carpenter's Choice ZC159

Have you always wanted to try your hand at woodworking and can't commit to a lengthy course? Do you have an idea for a small project that you need help with? Try this 5 week workshop! We will supply the expert, shop, tools and the plans (upon approval and consultation with the instructor), you supply the materials to create your own project. Safety, project review and materials list will be discussed at first class. Come out and learn a new skill in a safe and encouraging environment while creating a one-of-a-kind piece. Some experience an asset. Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus. (Please note the September start course is scheduled for 6 classes but the course is only 5 classes. There will be one Thursday that class will be cancelled due to instructor unavailability, that date is TBA.)

Th Sep.21-Oct.26	6:30-10:30pm	12307-99
T. Charlton	D 169	\$174.02

Or

Th Nov. 2-Nov.30	6:30-10:30pm	12308-98
T. Charlton	D 169	\$174.02

Woodworking CA115

This is an at-your-own-pace workshop in a fully equipped woodworking shop with a patient, fun, knowledgeable woodworking instructor to answer ALL your questions. You are required to bring your own project idea and materials to class. Safety and project review will be discussed at first class. Some experience an asset. Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus. Please note this course is scheduled for 12 classes but the course is only 11 classes. There will be one Thursday that class will be cancelled due to instructor unavailability, that date is TBA.

Th Sep.21-Dec.7	6:30-10:30pm	12309-99
T. Charlton	D 169	\$349.62

Classroom Legend

SH	Shuniah Building at Confederation College
MC	McIntyre Building at Confederation College
D	Dorion Building at Confederation College
CN	Contact North, off campus
Confederation Online	Web-based, off campus
OntarioLearn Online	Web-based, off campus

Photography

Please note all photography courses are Intergenerational 14+. Required equipment: camera and tripod unless otherwise noted.

Photography as a Hobby Now includes digital!

AR007

Learn how to use your own camera (conventional SLR or Digital SLR) to the best of its ability. You will learn and review proper photo techniques in a classroom setting and by going on field trips (students must provide own transportation). A fun and educational experience! (Amateurs only) Participants will be asked to sign a waiver prior to fieldtrip. **Materials required: conventional 35mm camera and film or digital single lens reflex camera.**

Th Sept.14	7-10pm	
Th Sept.21	7-10pm	
Sa Sept.30 (Fieldtrip)	9am-12pm	
Th Oct.5	7-10pm	
Th Oct.19	7-10pm	
Sa Oct.28 (Fieldtrip)	9am-12pm	13881-99
B. Wojciechowski	SH C233	\$130.86

Welding - Introduction To

WZ110

This co-ed course is for the student who has little or no experience in welding and will provide you with the opportunity to learn the proper technique of Arc Welding along with shop safety procedures. It is perfect for the part-time home shop welder, preparing you for a future in welding as well as providing you with the confidence to enter into a career in welding.

Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus.

M/W Sep.25-Dec.6	7-10pm	13397-99
	D 165	\$720.32

See page 39 for more welding courses:

Aircraft D.17 Standard

WE110

CWB Test Procedure Instruction

WE006

Basic Tig Welding

WC300

CONTINUING EDUCATION
www.confederationcollege.ca/ce

Foot Care Nurse Program



Confederation College is excited to introduce a NEW two-part Foot Care Nurse program, designed for nurses new to foot care and for experienced foot care nurses who are ready for a refresher.

The program is designed to provide students with the knowledge and clinical experience necessary to function as a foot care nurse within a health care

For more information and to register visit:

www.confederationcollege.ca/footcare



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COLLEGE

Languages and Communications



Persuasive Writing CS007

With a thematic focus on current issues, this course will help learners to express themselves clearly, correctly and persuasively in written form. Learners will also engage in analytical reading and critical thinking through assigned readings and discussions on a variety of topics. The course will also help learners to effectively compile and present research in essay form according to the APA style of documentation. **Contact the bookstore at 475-6225 to purchase the required textbook.**

W Sept. 6-Dec. 13	6:30-9:30pm	11126-99
A. North	SH 362/326	\$327.15
Sept. 6-Dec. 15		13061-41
C. Jason	Confederation Online - Web	\$397.15
Oct.30-Feb.2		13395-42
C. Cooke	Confederation Online - Web	\$397.15

Sign Language Level I Part I LA750

This is the first part of Level I American Sign Language (ASL) course using a conversational method following the Signing Naturally Curriculum. Through model dialogues with the instructor and other students, games, exercises and home study, students learn to ask and answer questions, talk about surroundings, tell where they live, talk about their family and tell about activities. **Contact bookstore to purchase required textbook for both Part I & II at 475-6225.**

Tu Sept. 12-Dec. 12	7-9pm	13011-99
G. Eyben	SH 234	\$218.56

Sign Language Level I Part II LA751

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Spanish for Travellers LA753

This course will provide beginner level learners planning to travel to Spanish-speaking countries with words, expressions, questions, sentences, and tips needed for specific situations such as greeting and addressing people, checking into a hotel, getting around town, eating out, shopping, and obtaining information. **Contact the bookstore at 475-6225 to purchase the required textbook.**

W Sep.20-Nov.8	7-9pm	11830-99
A. Tolvanen	SH 234	\$116.32

Introduction To Intercultural Communication OL351

Students taking this course will learn the definition of culture and will be introduced to inter-cultural communication theories such as differences in gestures, personal spaces, and customs. By identifying intercultural issues in North American society, students will learn how they can apply intercultural communication theories to their daily lives and how they can respect and understand persons from other cultures. The main objective of this course is to create an environment in which students will feel comfortable communicating with people from different cultures and backgrounds. As part of the course, students will communicate with people from other cultures electronically and in person. This course will be of interest to workers in health services, education, human resources, and business as well as those people who want to enhance their communication skills particularly as they apply to communicating with people from other cultures

Sept. 12-Dec. 19		11167-41
	Online - Web	\$415.34

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit: www.confederationcollege.ca/ce/ptprograms

OntarioLearn Textbook List Fall 2017

If you are taking an OntarioLearn course visit: www.confederationcollege.ca/ce/ontariolearn/textbook for textbook information

Textbooks Required

Textbooks may be required for most postsecondary courses and some non-postsecondary courses. Visit: www.confederationcollege.ca/bookstore

Please note that most of the languages and communication courses require a textbook. Visit: www.confederationcollege.ca/bookstore for textbook information.

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Anyone seeking employment and/or training can access our walk-in service.



Programs & Services

- **Employment Service** program to assist all job seekers in achieving their employment goals
- **Youth Programs** to assist youth & students in building job readiness skills & help finding a job
- **Apprenticeship** incentives & training opportunities to help young people earn income on the job while training for a career in the skilled trades
- **Second Career:** re-training opportunities for laid off workers that qualify
- **ODSP: Employment Supports** program to assist persons with a disability along their path to employment

Individuals can learn more about:

- Skills and interest assessments
- Jobs/Careers
- Training opportunities, including Apprenticeship and Second Career information
- Planning and conducting your own job search based on your individual goals
- The local labour market
- Interview and employment preparation
- Our workshops & how to register to attend

Call [473-3829](tel:473-3829) or visit our Community Employment Resource Centre today to find out more about how NEW can help!



www.northwestworks.ca

 Find us on Facebook

Tel: (807) 473-3829
Confederation College
1450 Nakina Dr.
Located in Shuniah Bldg.

NORTHWEST EMPLOYMENT WORKS
www.northwestworks.ca



 **Confederation**
COLLEGE

NEW-Construction Estimator

Recognition of Achievement (part-time 5110)

The Construction Estimator Program is designed to improve the knowledge and skill levels of persons working or wishing to work as estimators in the Commercial Construction Industry. Individuals who previously learned estimating skills on the job or individuals wishing to enter the construction industry would benefit from this program. Areas to be covered include the role and responsibility of the estimator, use of tendering documents, cost planning/control, surveying, material quantities and unit costs, review specifications and take-off quantities, and preparation of bid forms. The final phase of the program is designed for students to gain the knowledge necessary to run a complete project on site.

Required courses visit:

www.confederationcollege.ca/ce/ptprograms

Home Inspection

Recognition of Achievement (part-time 5060)

Learn how to help homebuyers make informed decisions about their prospective new home. Successful completion of this program fulfills the academic entrance requirements of the Ontario Association of Home Inspectors (OAHI) provided that a 70% average is maintained in each of the subjects being submitted to OAHI for consideration. Students must still complete the Defect Recognition and Reporting subject, which must be taken through the OAHI directly, as well as the two Ontario Building Code subjects: Part Nine – Building Envelope; Part Nine – Health and Safety. After successful completion of the mandatory educational requirements, the individual can apply for association membership with the OAHI. Please visit: www.oahi.com for a full overview of the OAHI profession and membership. Required courses visit:

www.confederationcollege.ca/ce/ptprograms

Required Courses and Program Information

For current part-time program information including required courses, admission requirements, and online application visit:

www.confederationcollege.ca/ce/ptprograms

Geographic Information Systems (GIS)

Recognition of Achievement (part-time 5022)

This online program provides an introduction to Geographic Information Systems (GIS) for people who are or will be end users of GIS and those who wish to increase their knowledge of this emerging technology. Individuals working in Urban Planning, Civil Engineering, Transportation Engineering, Resources and Business may find this program of interest.

Required courses visit:

www.confederationcollege.ca/ce/ptprograms

Ozone Depletion Prevention IB802 Canada's Ozone Layer Protection Awareness Training Program

is based on Environment Canada's "Code of Practice for Elimination of Fluorocarbon Emissions in Refrigeration and Air Conditioning Systems". This course will deal with environmentally-correct equipment design, proper handling of refrigerants, and will prepare participants for complying with provincial regulations covering refrigeration and air conditioning systems. Each attendee will receive the Participant Manual to refer to in class and take home. Participants who achieve a mark of 75% or better on the exam will receive an Ozone Depletion Prevention (ODP) card. This card must be renewed every five years for those who purchase or handle refrigerants across Canada. Note: this course is strictly theory and does not incorporate hands-on training. Anyone in residential, commercial, industrial, domestic, automotive and mobile cooling applications would benefit from taking this course. This course is offered via distance education where the students and instructor in Thunder Bay are joined by students from across Northern Ontario at a Contact North site. Thunder Bay students attend class at Contact North, 104-1139 Alloy Drive Thunder Bay. Attention Employers or Sponsors: If you wish to sponsor one or more employees or clients for a specific course we can simplify the process for you. Call us for details (807) 475-6550.

Th Oct.5 & 12	6-8:50pm	11564-99
R. Ongaro	CN	\$230.75

Woodworking - Carpenter's Choice ZC159

Have you always wanted to try your hand at woodworking and can't commit to a lengthy course? Do you have an idea for a small project that you need help with? Try this 5 week workshop! We will supply the expert, shop, tools and the plans (upon approval and consultation with the instructor), you supply the materials to create your own project. Safety, project review and materials list will be discussed at first class. Come out and learn a new skill in a safe and encouraging environment while creating a one-of-a-kind piece. Some experience an asset. Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus. (Please note the September start course is scheduled for 6 classes but the course is only 5 classes. There will be one Thursday that class will be cancelled due to instructor unavailability, that date is TBA.)

Th Sep.21-Oct.26	6:30-10:30pm	12307-99
T. Charlton	D 169	\$174.02

Or

Th Nov. 2-Nov.30	6:30-10:30pm	12308-98
T. Charlton	D 169	\$174.02

Woodworking CA115

This is an at-your-own-pace workshop in a fully equipped woodworking shop with a patient, fun, knowledgeable woodworking instructor to answer ALL your questions. You are required to bring your own project idea and materials to class. Safety and project review will be discussed at first class. Some experience an asset. Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus. Please note this course is scheduled for 12 classes but the course is only 11 classes. There will be one Thursday that class will be cancelled due to instructor unavailability, that date is TBA.

Th Sep.21-Dec.7	6:30-10:30pm	12309-99
T. Charlton	D 169	\$349.62

Welding

Are you interested in a career in welding or the Welding Techniques program at Confederation College? Are you looking for a new hobby? Why not try our part-time welding courses to find out if it's right for you?

Please note: fees for welding courses delivered through Continuing Education may fluctuate from semester to semester based on current rate of consumables and materials. Students are required to wear proper shop clothing including CSA-approved safety shoes/boots and clear safety glasses with side shields.

Aircraft D.17 Standard

This course is designed to train the advanced T.I.G. welder to achieve qualifying status in accordance with AWS standard D17 (Fusion welding for aerospace applications). Each welder will be trained on aluminum and 4130 mild steel as well as theory of the AWS D17 standards latest revision. Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus. Wednesday night classes will be 7-10pm and Saturday classes will be 8:30am-1:30pm.

W/Sa Sep.20-Nov.18	13016-99
M. Fowler	D 165 \$808.40

NEW Need welding practice?

CWB Test Procedure Instruction WE006

Experienced welders may prepare for their CWB Practical Testing by attending practice sessions. The college will provide welding facilities, equipment, materials and instructors to help you prepare and test for up to four welding positions. These sessions consist of a total of eight hours of technical instruction to demonstrate correct test procedures. Consultation with the Welding Coordinator, Jim Dyson, at 475-6251, is required prior to registration. Please call 475-6550 to have your name added to an interest list.

Welding - Introduction To WZ110

This co-ed course is for the student who has little or no experience in welding and will provide you with the opportunity to learn the proper technique of Arc Welding along with shop safety procedures. It is perfect for the part-time home shop welder, preparing you for a future in welding as well as providing you with the confidence to enter into a career in welding. Note: participants will be asked to sign a Shop Safety Waiver. Classes held in the Dorion building on campus.

M/W Sep.25-Dec.6	7-10pm	13397-99
	D 165	\$720.32

Welding -TIG-Basic (Mild Steel & Aluminum) WC300

An introductory course that begins to develop the student's proficiency in producing basic TIG (Tungsten Inert Gas) weld joints. This course will include appropriate equipment set up when utilizing various gases, filler wires and electrodes for welding mild steel and aluminum. Consultation with Welding Coordinator, Jim Dyson, at 475-6251, is required prior to registration.

Tu/Th Oct.17-Nov.16	7-10pm	13863-99
	D 165	\$453.13

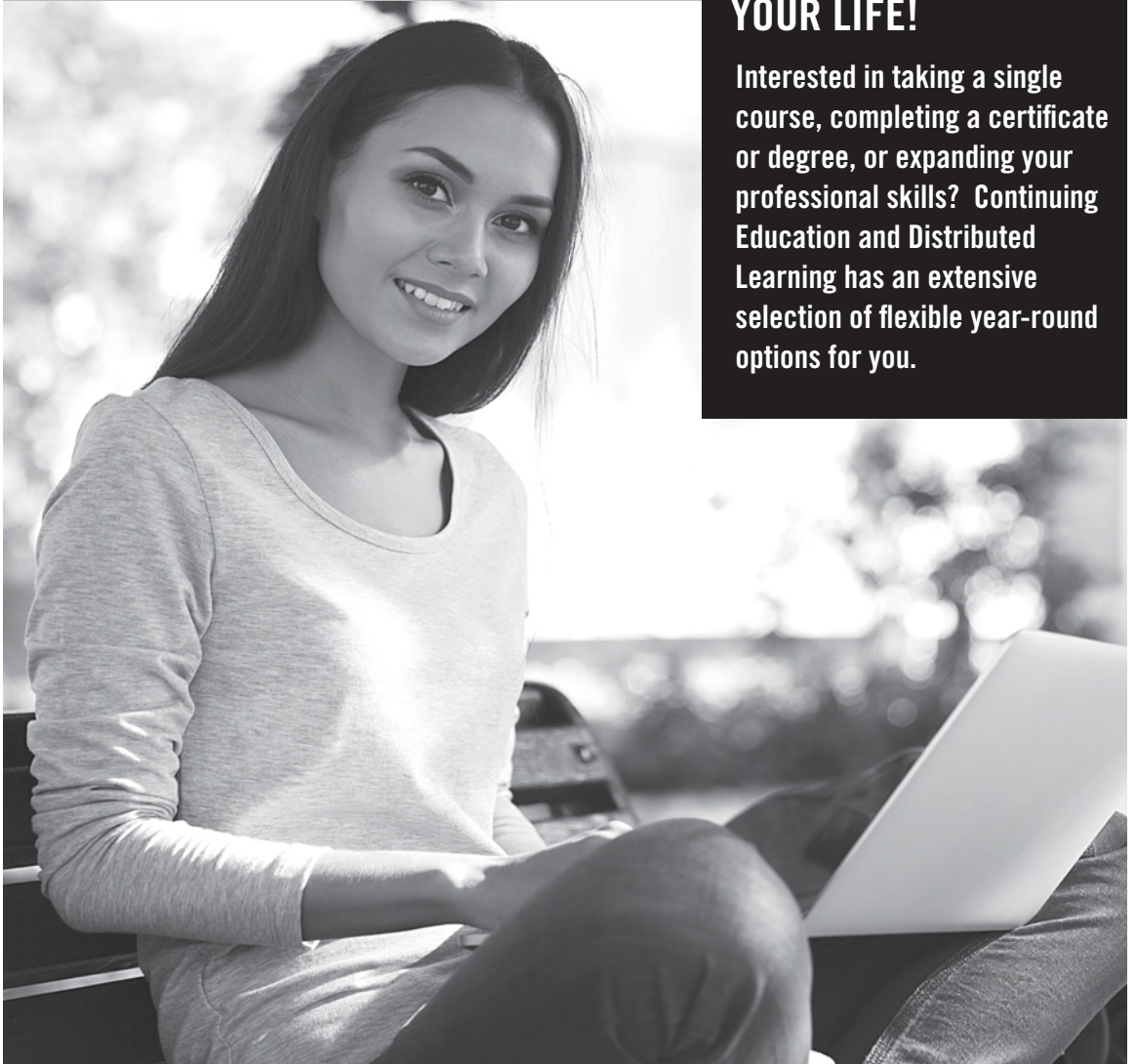


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and Distributed Learning



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FALL and WINTER 2017/2018
lakeheadu.ca/cedl

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Whether you want to expand your professional skills, complete a certificate or degree, or take a single course, we have a wide variety of online & on-campus options. We offer flexible, year-round continuing education & distributed learning programming that fits your life!

■ GETTING STARTED WITH LAKEHEAD

Lakehead University welcomes applications from all students, whether they intend to study full-time or part-time, wish to complete a degree or certificate, or just take a course for interest.

For more information on how to apply, visit: ▶ lakeheadu.ca/future-students/admissions

■ REGISTERING FOR CLASSES

Following admission to Lakehead University, you will receive an email with registration information. You will then be able to register online through myInfo. ▶ myinfo.lakeheadu.ca

REGISTER BY

Fall Term.....September 18

Fall/Winter Term.....September 18

Winter Term..... January 19

Register now to secure your spot in one or more of the many courses offered.

If it is necessary to cancel a course, due to enrolment considerations or other factors, registered students will be notified via their Lakehead University email account and all applicable fees will be fully refunded.

■ UNDERGRADUATE TUITION (2017/2018)

For information, including academic fees & payment due dates, visit: ▶ lakeheadu.ca/current-students/tuition-fees

CANADIAN CITIZENS AND LANDED IMMIGRANTS

0.5 Credit (starting from) \$652.00

1.0 Credit (starting from) \$1,303.99

Tuition fees vary modestly depending on the program and year level.

The Board of Governors reserves the right to make changes to the published fees.

■ STUDENT RESOURCES & SERVICES

Lakehead offers convenient resources & services that help support your academic success including academic advising, financial assistance & student accessibility services.

▶ lakeheadu.ca/current-students

Please let us know if you have any questions and we will be happy to help. Good luck in your studies!

Every effort was made to ensure the accuracy of this document. For current information, please visit:

▶ lakeheadu.ca



Lakehead
UNIVERSITY

Continuing Education
and Distributed Learning

Thunder Bay Campus | 807-346-7730 | cedl@lakeheadu.ca | lakeheadu.ca/cedl
Orillia Campus | 705-330-4008 | orillia@lakeheadu.ca | lakeheadu.ca



We offer an extensive selection of flexible, year-round programming. Through our online degree and certificate programs, you can further your education in a way that fits your life!



■ **INTERDISCIPLINARY CERTIFICATE IN DEMENTIA STUDIES**

The goal of the Interdisciplinary Certificate Program in Dementia Studies is to provide education about functional performances mainly (but not exclusively) in an older population. The courses are sequenced to move students from an understanding of normal aging changes, through the study of different dementias and on to an integration of knowledge through the use of a case study approach. Courses are designed to promote beliefs and attitudes that enhance the quality of life for people with dementia and for their care partners. The program consists of four, university undergraduate degree-level, half credit courses (two full course equivalents). This program can be completed entirely online over three terms: fall, winter and spring.

■ **INTERDISCIPLINARY CERTIFICATE IN PALLIATIVE CARE**

The goal of this Interdisciplinary Certificate in Palliative Care is to promote, through education, the provision of excellent care to persons living with, or at risk of developing, a life-threatening illness due to any diagnosis. Courses are designed to increase students' understanding of palliative care's history, theories, and best practices. Using a biopsychosocial perspective, the certificate includes courses in gerontology, social work and nursing along with complimentary electives chosen from a variety of disciplines. The program consists of four, university undergraduate degree-level, half credit courses (two full course equivalents). This program can be completed entirely online over three terms: fall, winter and spring.

■ **BACHELOR OF ARTS (GENERAL PROGRAM)**

Through this three-year program, you can earn a Bachelor of Arts by taking any fifteen full course equivalents with few restrictions. As such, you will have ample freedom to tailor your courses to match your present interest and future aims.

■ **BACHELOR OF ARTS (HISTORY MAJOR)**

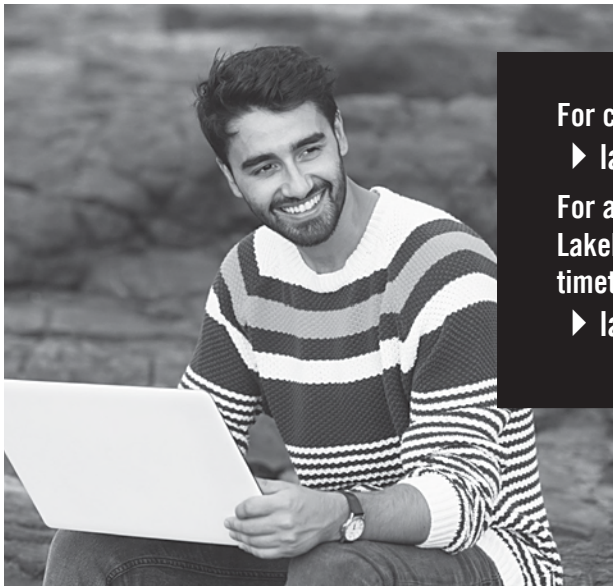
The Bachelor of Arts in History program exposes you to a wide range of historical knowledge, acquaints you with the various approaches to the study of History, and provides you with the research skills which will enable you to analyze any issue within its historical context. As part of your degree, you will have the opportunity to take courses encompassing a wide range of thematic fields and focusing on North America, Europe, Latin America, North Africa, and Asia.

For more information about these and other online undergraduate, graduate & professional programs, visit:

▶ lakeheadu.ca/academics/other-programs/online/programs

For a complete list of all courses offered by Lakehead University, refer to the course timetables:

▶ lakeheadu.ca/academics/timetables



For course descriptions:

▶ lakeheadu.ca/cedl

For a complete list of all courses offered by Lakehead University, refer to the course timetables:

▶ lakeheadu.ca/academics/timetables

FALL ONLINE COURSES (0.5 CREDIT) – SEPTEMBER 5 - DECEMBER 4

ANTH 3811 FDE	Anthropology of Sexuality
CRIM 1030 FDE	Introduction to Criminalistics
CRIM/WOME 2030/2031 FDE	Gender and Crime
ECON 2014 FDE	Basic Economics - Theory
ENGL 1115 FDE	Foundations of Literature
ENGL 2817 FDE	Writing Across Genres: Nonfiction Prose
GERO 2010 FDE/FDF	Introduction to Palliative Care
GSCI 0350 FDE	Introduction to Digital Photography
GSCI 2010 FDE	Meteorology I
HIST 3315 FDE	Canadian Military History Since 1919
INTD 1010 FDE	Foundations of Inquiry
NORT 2411 FDE	Northern Development
NURS/GERO 2139 FDE/FDF	Gerontology
PHIL/ENST 2013 FDE	Environmental Philosophy
PSYC 2511 FDE	Conditioning and Learning
SOCI 2755 FDE	Technology, Society and Indigenous Peoples in Canada
SOCI 2755 FDF	Technology, Society and Indigenous Peoples in Canada
SOCI 2755 FDG	Technology, Society and Indigenous Peoples in Canada
VISU 2410 FDE	Computer Art
WOME 3030 FDE	Theorizing Equality

REGISTER by September 18, 2017 ~ Final Exam Period December 7-17, 2017

FALL/WINTER ONLINE COURSES (1.0 CREDIT) – SEPTEMBER 5 - APRIL 10

ECON 1100 YDE	Principles of Economics
HIST 1100 YDE	The Making of the Modern World
LING/ANTH 0300 YDE	Introduction to Language
POLI 1301 YDE	Introduction to Law
PSYC 3401 YDE	Behaviour and Drugs
RELI 2501 YDE	Introduction to the Bible
WOME 1100 YDE	Madonna to Madonna: Women's and Gender Studies
REGISTER by September 18, 2017 ~ Final Exam Period April 13-24, 2018	

WINTER ONLINE COURSES (0.5 CREDIT) – JANUARY 8 - APRIL 10

ANTH 3317 WDE	Medical Anthropology II
ANTH 3719 WDE	Anthropology of Violence & War
ANTH 4811 WDE	Tourism & Globalization - An Anthropological Perspective
BIOL/ENST 3610 WDE	Environmental Biology
CRIM 1010 WDE	Introduction to Criminology
CRIM 3030 WDE	Death Investigation
ECON/ENST 2212 WDE	Environmental Economics
ENGL 1116 WDE	Native and Newcomer Literatures in Canada: Contact Zones
ENGL 3917 WDE	Modernism
GEOG 2511 WDE	Economic Geography
GEOG/ENST 3471 WDE	Environmental Assessment & Management
GERO 2110 WDE/WDF	Overview of Dementia Studies
HIST 2350 WDE	Modern Canada
KINE/GERO/NURS/SOWK 4055/WDE KINE/GERO 5055/5090 WDE	Interprofessional Education and Wellness
NORT 1112 WDE	Introduction to the Canadian North
NURS 3250 WDE	Community Cancer Care
NURS/SOWK/GERO 3450 WDE/WDF	Introduction to Case Management
PHIL 2517 WDE	Social and Political Philosophy
POLI 2313 WDE	Human Rights and Civil Liberties
POLI 3519 WDE	Indigenous - Settler Political Relations in Canada
PSYC 3210 WDE	Cultural Psychology
SOWK/INDI 4411 WDE	Social Work Practice and Aboriginal People

SOWK/GERO 4770 WDE/WDF	Psychosocial Palliative Care
SOCI 2755 WDE	Technology, Society and Indigenous Peoples
SOCI 2755 WDF	Technology, Society and Indigenous Peoples
SOCI 2755 WDG	Technology, Society and Indigenous Peoples
SOCI 3818 WDE	Women in the North
REGISTER by January 19, 2018~ Final Exam Period April 13-24, 2018	



ON-CAMPUS EVENING COURSES

The following is a selection of Lakehead University courses offered after 4:00 pm EST. Courses are also available during the day for both full-time and part-time students. Please refer to the online University Timetables for course descriptions, prerequisites and a full list of courses offered at Lakehead University:

▶ lakeheadu.ca/academics/timetables

FALL ON-CAMPUS EVENING COURSES (0.5 CREDIT) – SEPTEMBER 5 – DECEMBER 4

Anthropology 1032 FA	Introduction to Biological Anthropology and Archaeology	Tuesday and Thursday	4:00 - 5:30 pm
Anthropology 2110 FA	Biology of Human Variation	Tuesday	7:00 - 10:00 pm
Anthropology 2112 FA	Human Evolution	Wednesday	7:00 - 10:00 pm
Anthropology 3332 FA	Peoples and Cultures of Africa	Monday and Wednesday	5:30 - 7:00 pm
Biology 2011 FA	Human Musculoskeletal Anatomy	Monday & Wednesday (LEC) Tuesday or Wednesday (LAB)	5:30 - 7:00 pm 7:00 - 10:00 pm
Biology 2110 FA	Forest Soils and Water I	Monday and Wednesday	4:00 - 5:30 pm
Business 1011 FA	Introduction to Management	Monday and Wednesday	5:30 - 7:00 pm
Business 1011 FB	Introduction to Management	Tuesday	7:00 - 10:00 pm
Business 1512 FA	Basics of Accounting	Tuesday and Thursday	4:00 - 5:30 pm
Business 2014 FC	Marketing Management I	Monday	7:00 - 10:00 pm
Business 2016 FA	Operations Management I	Tuesday and Thursday	4:00 - 5:30 pm



Business 2017 FA	Managerial Economics	Monday and Wednesday	4:00 - 5:30 pm
Business 2019 FC	Finance I	Tuesday	7:00 - 10:00 pm
Business 2031 FB	Business Writing II	Monday and Wednesday	5:30 - 7:00 pm
Business 2031 FC	Business Writing II	Monday and Wednesday	4:00 - 5:30 pm
Computer Science 0411 FA	Elementary Computing	Monday & Wednesday (LEC) Tuesday (LAB)	4:00 - 5:30 pm 4:30 - 5:30 pm
Economics 2017 FA	Microeconomics I	Monday and Wednesday	4:00 - 5:30 pm
English 1015 FH	Introduction to Academic Writing	Monday and Wednesday	5:30 - 7:00 pm
English 1015 FK	Introduction to Academic Writing	Tuesday and Thursday	4:00 - 5:30 pm
English 1016 FB	Introduction to Professional Writing	Tuesday and Thursday	4:00 - 5:30 pm
English 1016 FC	Introduction to Professional Writing	Monday and Wednesday	7:00 - 8:30 pm
English 3017 FA	Advanced Creative Writing	Tuesday and Thursday	4:00 - 5:30 pm
English 3611 FA	Imagining America	Tuesday	7:00 - 10:00 pm
Geography/Environmental Studies 1150 FA	The Environment	Tuesday and Thursday	4:00 - 5:30 pm
Geography/Environmental Studies 2351 FA	Geomorphology	Tuesday and Thursday	4:00 - 5:30 pm
Geography 3253 FA	Cartography	Tuesday and Thursday	4:00 - 5:30 pm
Geography 3331 FA/ ENST 3331	Environmental Climatology	Tuesday and Thursday	5:30 - 7:00 pm
Geology 1110 FA/Environmental Studies 1111 FA	Planet Earth	Monday and Wednesday	7:00 - 8:30 pm
Geology 3110 FA	Earth & Life Through Time	Thursday	7:00 - 10:00 pm
Gerontology 1110 FA	Introduction to Gerontology	Monday	7:00 - 10:00 pm
Music 1310 FA	Rudiments of Music	Monday and Wednesday	5:30 - 7:00 pm
Ojibwe 1013/Indigenous Learning 1014 FA	Introduction to Severn Ojibwe I	Monday and Wednesday	5:30 - 7:00 pm
Ojibwe 1014 FA/Indigenous Learning 1015 FA	Introduction to Western Ojibwe I	Tuesday and Thursday	5:30 - 7:00 pm
Philosophy 1110 FB	Introduction to Philosophy: Origins	Monday	7:00 - 10:00 pm
Philosophy 1119 FA	Philosophy Through Popular Culture	Wednesday	7:00 - 10:00 pm
Philosophy 1573 FA	Philosophy and the Human Condition	Tuesday	7:00 - 10:00 pm
Philosophy 2913 FA	Philosophy & Science Fiction	Thursday	7:00 - 10:00 pm
Philosophy 3813 FA	Philosophy of Religion	Monday	7:00 - 10:00 pm
Political Science 3113 FA	Law and Politics of the Family	Monday	7:00 - 10:00 pm
REGISTER by September 18, 2017 ~ Final Exam Period December 7-17, 2017			

FALL/WINTER ON-CAMPUS EVENING COURSES (1.0 CREDIT) – SEPTEMBER 5 – APRIL 10

Economics 1100 YB	Principles of Economics	Monday & Wednesday	4:00 - 5:30 pm
Economics 2203 YA	Macroeconomics	Tuesday & Thursday	4:00 - 5:30 pm
Finnish 1000 YA	Elementary Finnish	Monday & Wednesday (LEC) Monday & Wednesday (LAB)	5:30 - 7:00 pm 7:00 - 8:00 pm
French 0500 YA	French for Beginners	Monday & Wednesday (LEC) Monday & Wednesday (LAB - Y1) Monday & Wednesday (LAB - Y2)	5:30 - 7:00 pm 7:00 - 8:00 pm 4:30 - 5:30 pm
French 1000 YA	Elementary French	Tuesday & Thursday (LEC) Tuesday (LAB - 1) Thursday (LAB - Y2)	5:30 - 7:00 pm 4:30 - 5:30 pm 7:00 - 8:00 pm
German 1000YA	Elementary German	Monday & Wednesday (LEC) Monday & Wednesday (LAB)	4:30 - 6:00 pm 6:00 - 7:00 pm
History 3160 YA	The Holocaust	Tuesday & Thursday	4:00 - 5:30 pm
Indigenous Learning 2805 YA	Indigenous Canadian World Views	Tuesday	7:00 - 10:00 pm
Indigenous Learning 3100 YA	Research Methodology	Thursday	7:00 - 10:00 pm
Italian 1000 YA	Introductory Italian	Monday & Wednesday (LEC) Monday & Wednesday (LAB)	4:00 - 5:30 pm 5:30 - 6:30 pm
Mandarin 1000 YA	Introductory Mandarin	Tuesday & Thursday (LEC) Tuesday & Thursday (LAB)	5:30 - 7:00 pm 7:00 - 8:00 pm
Music 1300 YA	Introduction to Music	Monday	5:30 - 8:30 pm
Ojibwe 2001 YA	Intermediate Ojibwe	Monday & Wednesday	7:00 - 8:30 pm
Ojibwe 3001 YA	Advanced Ojibwe	Monday & Wednesday	7:00 - 8:30 pm
Psychology 1100 YB	Introductory Psychology	Wednesday	7:00 - 10:00 pm
Psychology 2401 YA	Found Behavioural Neuroscience	Tuesday	7:00 - 10:00 pm
Psychology 2801 YA	Social Psychology	Tuesday & Thursday	4:00 - 5:30 pm
Sociology 1100YA	Introduction of Sociology	Thursday	7:00 - 10:00 pm
Spanish 1000 YA	Introductory Spanish	Tuesday & Thursday (LEC) Tuesday & Thursday (LAB)	5:30 - 7:00 pm 7:00 - 10:00 pm
Women Studies 1100 YA	Women's and Gender Studies	Tuesday & Thursday	4:00 - 5:30 pm
Women Studies 1100 YB	Women's and Gender Studies	Tuesday & Thursday	5:30 - 7:00 pm

REGISTER by September 18, 2017 ~ Final Exam Period April 13-24, 2018

ON-CAMPUS EVENING COURSES
lakeheadu.ca



Lakehead
UNIVERSITY



**EXCEPTIONAL.
UNCONVENTIONAL.**



Lakehead
UNIVERSITY

Continuing Education
and Distributed Learning

WINTER ON-CAMPUS EVENING COURSES (0.5 CREDIT) – JANUARY 8 – APRIL 10

Anthropology 1034 WA	World Cultures	Tuesday & Thursday	4:00 - 5:30 pm
Anthropology 3234 WA	Issues Consulting Archaeology	Monday & Wednesday	4:00 - 5:30 pm
Biology 2012 WA	Human Internal Anatomy	Monday & Wednesday (LEC) Tuesday (LAB - W1) Wednesday (LAB - W2)	5:30 - 7:00 pm 7:00 - 10:00 pm 7:00 - 10:00 pm
Biology 2230 WA	Cell Biology	Monday & Wednesday	5:30 - 7:00 pm
Biology 3011 WA	Physiology of Exercise II	Monday & Wednesday	5:30 - 7:00 pm
Biology 3151-WA	Biogeography	Tuesday & Thursday	5:30 - 7:00 pm
Biology 4630 WA	Non-Vascular Plants	Tuesday	6:30 - 8:30 pm
Biology 4630L-W1	Lab for Biol 4630	Thursday	6:30 - 9:30 pm
Business 1012 WB	Financial Accounting	Monday & Wednesday	5:30 - 7:00 pm
Business 1012 WC	Financial Accounting	Tuesday	7:00 - 10:00 pm
Business 1031 WC	Business Writing I	Tuesday & Thursday	4:00 - 5:30 pm
Business 1513 WA	Basics of Business Computing	Thursday	7:00 - 10:00 pm
Business 2033 WA	Management Information Systems	Monday & Wednesday	4:00 - 5:30 pm
Business 2034 WC	Marketing Management II	Tuesday & Thursday	5:30 - 7:00 pm
Business 2038 WB	Introduction to Organizational Behaviour	Thursday	7:00 - 10:00 pm
Business 2038 WC	Introduction to Organizational Behaviour	Tuesday	7:00 - 10:00 pm
Business 2039 WC	Finance II	Monday	7:00 - 10:00 pm
Business 2052 WA	Intermediate Financial Accounting I	Monday & Wednesday	5:30 - 7:00 pm
Business 2538 WB	Basic Organizational Behaviour	Thursday	7:00 - 10:00 pm
Business 2538 WC	Basic Organizational Behaviour	Tuesday	7:00 - 10:00 pm
Business 3273 WA	Website Design and Administration	Tuesday	7:00 - 10:00 pm
Economics 2014 WA	Basic Economics - Theory	Monday & Wednesday	4:00 - 5:30 pm
English 1016 WA	Introduction to Professional Writing	Monday & Wednesday	4:00 - 5:30 pm
English 3031 WA	Advanced Rhetoric	Tuesday & Thursday	4:00 - 5:30 pm
Geography/Environmental Studies 1190 WA	Indigenous Knowledge, Science and the Environment	Tuesday & Thursday	4:00 - 5:30 pm
Geography 2811 WA	Cultural Geography	Tuesday & Thursday	5:30 - 7:00 pm
Geography 4811 WA	Rural Geography	Tuesday & Thursday	4:00 - 5:30 pm
Geology 1130 WA/ Environmental Studies 1131 WA	Crust of the Earth	Monday & Wednesday	7:00 - 8:30 pm

Gerontology 1130 WA	Aging in Canada	Monday	7:00 - 10:00 pm
History 3332 WA	Popular Culture Modern Canada	Monday & Wednesday	5:30 - 7:00 pm
History 3812 WA	Leisure & Culture in the Unite	Monday & Wednesday	4:00 - 5:30 pm
Ojibwe 1015 WA/Indigenous Learning 1016 WA	1015 Introduction to Western Ojibwe I	Monday & Wednesday	5:30 - 7:00 pm
Ojibwe 1016 WA/Indigenous Learning 1017 WA"	Introduction to Severn Ojibwe II	Tuesday & Thursday	4:00 - 5:30 pm
Philosophy 1111 WB	Introduction to Philosophy: Modern Developments	Monday	7:00 - 10:00 pm
Philosophy 1118 WA	Philosophy of the Occult and Paranormal	Tuesday	7:00 - 10:00 pm
Philosophy/Environmental Studies 2013 WA	Environmental Philosophy	Wednesday	7:00 - 10:00 pm
Philosophy 3514 WA	Cyberethics	Monday	7:00 - 10:00 pm
Political Science 2311 WA	Criminal Law	Monday	7:00 - 10:00 pm
Political Science/Indigenous Learning 3351 WA"	Aboriginal Peoples and the Law	Tuesday	7:00 - 10:00 pm
Women Studies 2115 WA	Transnational Masculinities	Tuesday & Thursday	5:30 - 7:00 pm
Women Studies 3214 WA	Queer Studies	Tuesday	7:00 - 10:00 pm
Women Studies 4010 WA	Women, Gender & Social Justice	Monday	7:00 - 10:00 pm

REGISTER by January 19, 2018 ~ Final Exam Period April 13-24, 2018

(0.5) half credit course

(1.0) full credit course

For exam, registration & withdrawal dates, visit the Lakehead University Course Calendar at:

▶ mycoursecalendar.lakeheadu.ca

Every effort was made to ensure the accuracy of this document. For current information, please visit:

▶ lakeheadu.ca



Lakehead
UNIVERSITY

Continuing Education
and Distributed Learning

ATHLETIC PROGRAMS

C.J. SANDERS FIELDHOUSE includes: weight & cardio rooms, squash court, gym time + HANGAR facilities include: 200m track, indoor soccer field, cardio/fitness area & aerobic studio. POOL Information: 50m pool. Check our website for latest information & hours. Memberships are available.

Call today for prices! 807 343 8585.

Register online for camps at www.thunderwolves.ca

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Powered by **Gillons***

ACTIVEU is an exciting camp for children in grades 4-6 that explores recreational and educational fun-based programming at Lakehead University.

- **KIDS CAMPS**
 - Offering a wide variety of Kids Camp Opportunities during March Break and throughout the Summer Months!
- **PA DAYS**
 - Looking for a fun filled day for your kids? Come see us for a full day of fun scheduled to correspond with both Catholic and Public Board PA Days.
- **ACTIVEU BIRTHDAY PARTIES**
 - Parties for all ages held at the Lakehead Fieldhouse and Hangar. Many options available to suit your child's birthday wishes. Please contact us to today at 343-8950 for information.

Check out www.activeu.ca for more details on our upcoming programming or contact 343-8585 to speak to the ActiveU Coordinator in person.

ATHLETIC PROGRAMS

www.thunderwolves.ca

The Lakehead University Athletics Department offers a wide variety of camps and programming in association with our varsity coaches and athletes. These programs provide athletes of all ages with the opportunity to interact with their varsity heroes across all sports and learn skills from the best that Thunder Bay has to offer.

WOMENS VARSITY BASKETBALL

- Let Head Coach Jon Kreiner and his team help you develop the skills you need to be a force on the court! Camp and Leagues run throughout the year for the basketball enthusiast or the first time baller.

See www.Thunderwolves.ca for information on upcoming Women's Camps and Programming

MENS VARSITY BASKETBALL

- Work closely with Head Coach Manny Furtado and his team to improve all areas of your game. Leagues and Programming to suit every skill level!

See www.Thunderwolves.ca for information on upcoming Men's Camps and Programming

WOMENS VARSITY VOLLEYBALL

- Learn what it takes to be a great player from Head Coach Chris Green and his women's team.

See www.Thunderwolves.ca for information on upcoming Volleyball Camps and Programming

VARSIY WRESTLING

- Let Head Coach Francis Clayton and his team help develop your skills on the mat!

See www.Thunderwolves.ca for information on upcoming Wrestling Camps and Programming.

VARSIY TRACK & FIELD

- Run Fast and Have Fun by Working with Head Coach Kip Sigsworth and his Track and Cross Country Teams!

See www.Thunderwolves.ca for information on upcoming Wrestling Camps and Programming.

For all upcoming varsity programming and registration please visit www.thunderwolves.ca Registration can also be done in person by visiting the front desk at the Lakeheda Fieldhouse.

For any questions regarding this programming, please call the Lakehead Fieldhouse Front desk at 343-8585 or the Coordinator of Programs and Initiatives at 343-8950.





Le Jour des Franco-Ontariens et des Franco-Ontariennes

Le Centre francophone et le CSDC des Aurores boréales vous invitent à venir célébrer la francophonie dans la rue Van Norman avec un spectacle en plein air.

Venez **célébrer** le Jour des Franco-Ontariens et des Franco-Ontariennes avec **RAFFY!**



Où / Where: **Centre francophone, 234 rue Van Norman**

Date: **Le 25 septembre / September 25th 2017**

Heure / Time: **13 h / 1 p.m.**



École secondaire catholique de La Vérendrye

175, rue High Nord, 344-8866



L'élève qui obtient son diplôme d'études secondaires à La Vérendrye est assuré :

- de maîtriser les deux langues officielles
- d'augmenter ses chances de poursuivre le programme d'études ou de formation postsecondaire de son choix dans un établissement de langue française, anglaise ou bilingue, en Ontario ou ailleurs
- d'avoir bénéficié d'un parcours scolaire enrichi d'une vie culturelle et sociale abondante et diversifiée,
- d'avoir d'excellentes perspectives d'emploi à l'échelle locale, provinciale, nationale ou Internationale.





On étudie
en français,

We Are Bilingual!



Conseil scolaire
de district catholique des
Aurores boréales.ca

Join us at
TheFrenchBoard.ca

PROGRAMS
www.csdcab.on.ca



Conseil scolaire
de district catholique des
Aurores boréales.ca

Nous avons hâte de vous voir... Début des classes le 6 septembre 2017
École catholique Franco-Supérieur (M-6)

Directrice : Mme Marie-Claude DeAgazio, 344-1169
Pour obtenir des informations pendant la période estivale : 344-2266



Centre
Grandir
en français

*Le Centre Grandir en français offre une garderie
préscolaire francophone pour les enfants âgés de 18
mois et plus.*

Réservez votre place dès maintenant !



Le Centre Grandir en français offre un milieu agréable
et sécuritaire pour les familles et les enfants d'âge
préscolaire. En plus de la garderie préscolaire, vous y
trouverez les services suivants *:

- Groupes de jeux pour parents et enfants
- Service de garde avant et après l'école
- Ateliers pour les parents
- Préparation à la maternelle
- Emprunt de livres et de jouets

** Ces services reprendront lors de la rentrée scolaire
en septembre 2017*

N'hésitez pas à communiquer avec nous!

Le Centre Grandir en français est situé à l'intérieur de
l'École catholique Franco-Supérieur au 220, rue Elgin
Tél. : **684-1953**

Pour plus d'informations, visitez **www.grandirenfrancais.ca**

Thunder Bay Catholic District School Board

OPENING DAY

WEDNESDAY, SEPTEMBER 6, 2017



ELEMENTARY SCHOOLS

Students attend school for the full day on Wednesday, September 6

Start - 9:00 am

First Year Kindergarten Students

All First Year Kindergarten (Junior Kindergarten) students will begin after a scheduled visit to their school. All First Year Kindergarten students will be attending school by Friday, September 15.

Parents and guardians of First Year Kindergarten students who are not yet registered please contact your neighbourhood Catholic school or the Catholic Education Centre for details as soon as possible.

Full Day Kindergarten

This September all Thunder Bay Catholic District School Board elementary schools will be offering Full Day Kindergarten programs providing a high- quality, intentional, play-based learning environment.

SENIOR ELEMENTARY SCHOOLS

All Grade 7 and 8 students attend school for the full day on September 6

Start - 8:40 am

SECONDARY SCHOOLS



St. Ignatius High School

285 Gibson Avenue 344-8433

Principal: Mike Filipetti



St. Patrick High School

621 S. Selkirk Street 623-5218

Principal: Kevin Koster

All students attend school for the full day on September 6 in school uniform.

Start - 8:45 am

New Registrations or Timetable Changes may be made by contacting the school Guidance Department on Monday, August 28 to Thursday, August 31.

The offices will be closed Friday, September 1.

OPENING DAY TRANSPORTATION

Senior Kindergarten to Grade 12

School transportation will be provided on opening day. Schedules will be posted in our schools one week prior to school opening or visit www.ststb.ca for busing information

For further information, please contact Catholic Education Centre 625-1555.

Bob Hupka
Board Chair

EDUCATING FOR CHRISTIAN VALUES
AND ACADEMIC EXCELLENCE

Pino Tassone
Director of Education

Thunder Bay Catholic District School Board

Our Secondary Schools Rock !

- Academic excellence and high standards for all students
- Ontario Catholic School Graduate Expectations
- A full range of co-curricular activities that include athletics, drama productions, music and visual arts
- Numerous clubs and activities
- Advanced Placement (University courses)
- French Immersion Program
- Collaborative learning environment
- Safe, caring and inclusive schools
- Guidance and Aboriginal counsellors, Social workers
- Chaplains and social justice projects
- Ontario Youth Apprenticeship Program/Co-op
- Ontario Work and Learn Program
- Construction, Transportation and Manufacturing Technologies
- Information Technologies and Computer Graphics
- Specialist High Skills Major in Arts and Culture, Construction, Manufacturing, Transportation, Healthcare, Fitness and Hospitality
- School College Work Initiative
- College Now, Dual Credit Program
- Uniforms to promote student safety and a sense of belonging
- Awards Trust Scholarship Program
- Full-time Teacher Librarians



St. Ignatius High School
285 Gibson Street
Tel. 344-8433



St. Patrick High School
621 S. Selkirk Street
Tel. 623-5218

Bob Hupka
Board Chairperson



**Thunder Bay Catholic
District School Board**

Pino Tassone
Director of Education



Thunder Bay Catholic District School Board Our Senior Elementary Schools Are Awesome!



**Exciting
Programs**

A full range of co-curricular activities
Whether you're interested in sports or drama, our senior elementary schools have something for you!



Design Technology

A rewarding program that offer a hands-on approach to learning, with real-life, practical applications for students.



Culinary Arts

Sound nutrition, proper food handling and appropriate cooking techniques form the basis of this program.

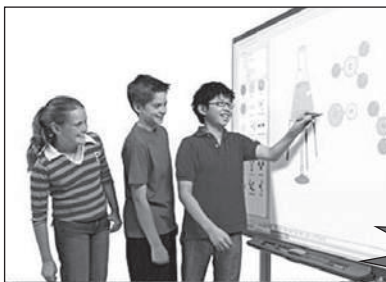
**Co-Curricular
Activities**



Guidance and Aboriginal Counsellors

We know that each child is different and we strive to provide individual guidance and resources to meet their needs.

**Reach Ahead
Music and
Technology**



Innovation and Creativity

The latest software and hardware. Smartboards, laptops, iPads and iPods are just the beginning of our board's commitment to student success through technology.

**Preparing
for the
Future**



High School is Next

Our Grade 7 and 8 schools operate on a rotary timetable, which helps our students prepare for secondary school.



Thunder Bay Catholic
District School Board



Our Childcare Providers

At the Thunder Bay Catholic District School Board, we believe that we all have a role in helping children become all that God has called them to be.

We are pleased to celebrate our partnerships with numerous child care providers.



For space availability
please call 767-1958



For space availability
please call 623-9580



Rural Roots
Children's Centre

For space availability
please call 475-7644

Harbour View
Child Care Centre

For space availability
please call 345-5633

Schoolhouse
Playcare Centre

For space availability
please call 475-4560



For space availability
please call 344-2283

School	Care Provider	Before & After School	Full Day and/or Full Year Site	Fees*	
Corpus Christi	Schoolhouse Playcare Centre	•	P.D. Days	Before: \$10.00 After: \$13.00 Both: \$23.00	Full Day: Ages 4 & 5: \$35.00 Ages 6 to 12: \$32.00
Holy Cross	Footsteps Family Centre	•		Before: \$10.00 After: \$13.00 Both: \$23.00	
Holy Family	Rural Roots Children's Centre	•		Before: \$10.00 After: \$13.00 Both: \$23.00	
Our Lady of Charity	Footsteps Family Centre	•	•	Before: \$10.00 After: \$13.00 Both: \$23.00	Full Day: Infant: \$65.00 Toddler: \$45.00 Pre-School: \$40.00 Ages 4 & 5: \$39.00 Ages 6 to 12: \$36.00
St. Ann	Mahmowenchike Family Development Centre	•	•	Before: \$10.00 After: \$13.00 Both: \$23.00	Full Day: Infant: \$66.00 Toddler: \$47.00 Pre-School: \$40.00 Ages 4 & 5: \$40.00 Ages 6 to 12: \$36.00
St. Bernard	Harbour View Child Care Centre	•	P.D. Days	Before: \$10.00 After: \$13.00 Both: \$23.00	Full Day: Ages 4 to 12: \$36.00
St. Martin	Schoolhouse Playcare Centre	•	P.D. Days	Before: \$10.00 After: \$13.00 Both: \$23.00	Full Day: Ages 4 & 5: \$35.00 Ages 6 to 12: \$32.00
St. Paul	Little Lions Daycare	•	•	Before: \$10.00 After: \$12.00 Both: \$22.00	Full Day: Infant: \$68.00 Toddler: \$45.00 Pre-School: \$40.00 Ages 4 & 5: \$40.00 Ages 6 to 12: \$36.00
St. Pius X	Little Lions Daycare	•		Before: \$10.00 After: \$12.00 Both: \$22.00	
St. Vincent	Mahmowenchike Family Development Centre	•	•	Before: \$10.00 After: \$13.00 Both: \$23.00	Full Day: Infant: \$66.00 Toddler: \$47.00 Pre-School: \$40.00 Ages 4 & 5: \$40.00 Ages 6 to 12: \$36.00

*Fees are subject to change. Families may be eligible for fee subsidies for the before and after school third party programs. These subsidies are administered by the District of Thunder Bay Social Services Administration Board. For further information on subsidies please visit www.tbdsab.ca or call (807) 766-2111.



The Thunder Bay Catholic District School Board encourages all Kindergarten students to attend the

FIRST RIDER PROGRAM

The First Rider Program has been designed for every young, first time school bus rider. It's a great experience where children get to ride a bus and learn important information about school bus safety.

Saturday, August 26, 2017
10:00 a.m. - 4:00 p.m.
McIntyre Building
(William Street Entrance)
Confederation College

Take advantage of this important opportunity to prepare your child to ride the school bus safely and with confidence!

Reserve your special spot at First Riders by contacting the Iron Range Office at 345-7387 Monday, August 21 - Friday, August 25, 2017.

Please remember that Opening Day for School is **WEDNESDAY, SEPTEMBER 6, 2017**. Bussing will be provided.

Transportation information is available by visiting the Student Transportation Services of Thunder Bay at www.ststb.ca



BUS INFO FOR RETURNING STUDENTS



Visit www.ststb.ca

Instructions

1. Log on to our website at www.ststb.ca and click on the Parent Portal.
2. Under **Student Busing Information** enter your child's confidential 9 digit Ontario Education Number (OEN), which can be found on his/her report card.
3. Enter your child's birthdate then click on **submit**. Scroll to the bottom of the page to view your child's bus route pick up/drop off times.



STSTB Office: 625-1660



Second Step

Social skills programming for students in Kindergarten to Grade 8



It's critical that children learn the skills they need to succeed socially and academically. At Thunder Bay Catholic, all our students in Kindergarten through Grade 8 participate in the **Second Step** program.

Second Step is based on the latest research to support academic success and student well-being. Lessons focus on important social-emotional skills such as empathy, emotion management, problem solving, and self-regulation. The program also features Skills for Learning to give our students that extra boost towards school success.



Thunder Bay Catholic
District School Board



Aboriginal Education

At the Thunder Bay Catholic District School Board we take exceptional pride in providing culturally-sensitive and relevant Aboriginal education to all our students. A culture rich in tradition, colourful story-telling and respectful of the Creator,

Here's a partial list of some of the programs at our schools:

Improve cultural awareness of staff and students

- > Strength-Based Programming
- > Strategies for Teaching Aboriginal Students

Develop collaborative partnerships with the Aboriginal Community

- > Aboriginal Education Advisory Committee
- > Fort William First Nation
- > Nishnawbe Aski Nation

Foster supportive and engaged parents

- > Parent Engagement Project
- > Support to Schools to Engage Parents

Enhance instructional practices to meet the needs of Aboriginal Learners

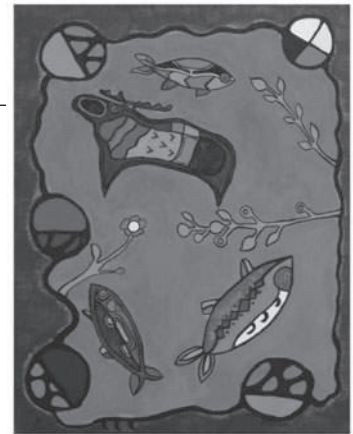
- > First Nation Metis and Inuit Collaborative Inquiry

Funding Applications Approved

- > Guide for Staff
- > Nishnawbe-Aski Nation (NAN) Outreach
- > Native Language Professional Development and Recruitment
- > Elders Program

As you can see, Thunder Bay Catholic Schools remain steadfast in our focus on student achievement and well-being.

We are constantly reviewing our programs to ensure that all our children learn, love and grow in their faith, in their understanding of social justice and on their academic journey.



MOOSE BY: KAYLA ESQUIGA, ST. IGNATIUS STUDENT



ROBERT KAKEGAMIC REPRODUCTION BY: RYAN CLOUT, OUR LADY OF CHARITY STUDENT



"THANK-YOU GREAT SPIRIT" BY: NATIVE LANGUAGE STUDENT, GRADE 2, ST. ANN



SHIRT BONES BY: JOHN VECCIO, ST. IGNATIUS STUDENT





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To Register Call Now!
625-8463

How to Register

PHONE	IN PERSON
<p>“Registration Hotline” 625-TIME (8463) Or Toll Free 1-844-288-4700</p> <p>Our registration hotline will be open Monday to Friday 8:30 AM – 4:30 PM. After hours or when a registration agent is not available to take your call, you will be forwarded to voice mail or you can call the facility directly. Phone numbers are listed.</p> <p>We will need:</p> <ul style="list-style-type: none"> • the course name and code • participant name • address and postal code • date of birth • phone numbers <p>When we call back please have your Visa or Mastercard number and expiry date ready. Do not leave credit card information on the voicemail.</p> <p>Payment is required at time of registration.</p>	<p>Register at the following location. Please call the facility for hours of operation</p> <p>Victoriaville Civic Centre Victoriaville Mall 111 Syndicate Avenue S. • 625-2351</p> <p>Thunder Bay 55 Plus Centre 700 River Street • 684-3066</p> <p>Sir Winston Churchill Community Pool 130 Churchill Drive • 577-2538</p> <p>Volunteer Pool 180 Martha Street • 345-5143</p> <p>Canada Games Complex 420 Winnipeg Avenue • 684-3403</p> <p>Payment can be made by cash, cheque, money order or Visa/Mastercard.</p>

Extra Registration Hotline Coverage

We staff the registration hotline, starting on the Monday that follows the weekend delivery of The Key. For a week we have staff answering the phones in the evenings and on the weekends during the following hours:

Monday – Friday 6:00–8:00 p.m.

Saturday & Sunday 1:00–4:00 p.m.

These staff are dedicated to just taking registration calls. If you are having trouble getting through on the hotline during business hours, we now have this option for you to try.

General Registration Information

- Most programs have limited registration done on a first come, first served basis.
- Payment in full must accompany registration

Satisfaction Guaranteed

We sincerely hope that you enjoy our programs. If not completely satisfied with your programs, please speak to the Supervisor of the program area before the SECOND class to receive a full refund. Refunds granted after the second class are pro-rated. Medical certificates may be required. No refunds after mid-point of programs.

Services for People With a Disability

- The Community Services Department works to improve the availability and accessibility of recreation for people of all ages and abilities. **Information and program support** is provided to assist people with a disability to participate in recreation activities. For more information, please call 625-3220 (Children & Youth) or 684-3338 (Adults) or the TTY Relay Service at 711.
- Alternative formats of program information can be requested by contacting the Community Services Department.
- **Support Person** – No fee is supporting a person with a PAL (Personal Attendant for Leisure) Card.
- **Service Animals** – Permitted in all City facilities unless otherwise excluded by law from the premises. If animal is excluded by law, contact facility for staff to arrange for alternate provision of services. Staff may ask for service animal ID.
- **Assistive Devices** – Use of these devices by people with disabilities is permitted in City facilities.

Subsidization

The RECREATION & CULTURE DIVISION has a policy to assist people who wish to participate in its instructional programs. If you require assistance with program fees, you must contact the Program Supervisor 625-2351. This policy applies to registered programs directly administered by the Recreation & Culture Division. Children may apply for program assistance through P.R.O. Kids. For information call 625-3212

Receipts

If you need a copy of a receipt, please call 625-2351 or 625-2696.

tt

Volunteers Wanted:



VOLUNTEERS
www.thunderbay.ca/recreation



Programs

Skating Lessons

Get some ice time while volunteering with the Instructional Skate Program from Sept.–Dec. at Neebing, Delaney, Grandview and Current River Arenas.

Neighbourhood Recreation Program (NRP)

Assist the leaders in crafts, games and other activities for children. Programs and times vary.

Swimming Lessons

Assist Instructors in the pool with lessons. Volunteers must have at least Swim Patrol and be 13 years of age or older.

Call **Sean** – Volunteer Pool (345-5143)
Or **Calli** – Churchill Pool (577-2538)

Events

ThunderCon Movie Night

Friday, September 22
Marina Park

Exploring our Routes

Sunday, October 15
James Street Playfield

Halloween Movie Night


Friday, October 27
Marina Park

Apply Now to Volunteer

Complete the application online:
Visit www.thunderbay.ca/volunteers
and click Apply Now

Volunteer Coordinator

(807) 625-3169
volunteer@thunderbay.ca

 CTBVolunteers
 @TbayVolunteers

 **Volunteer
Recreation & Culture**

**CITY OF
Thunder Bay**
Superior by Nature

CITY OF THUNDER BAY

**CITY OF
Thunder Bay**
Superior by Nature

culture days

CREATE, PARTICIPATE & SHARE
September 29, 30 & October 1, 2017



Discover the sights, sounds and flavours of Thunder Bay
with 3 days of **FREE** hands-on activities!

NEW at Culture Days 2017: Open Streets, The Tale of A Town pop-up performances and Northern Delights: HARVEST!

For the full schedule of activities, visit: thunderbay.ca/culturedays

7,500+ FREE Activities
900 Cities & Towns
One Weekend!



CITY OF THUNDER BAY

INSTRUCTIONAL SKATING PROGRAM



Learn to Skate in a fun, inclusive and safe environment.

NEW REGISTRATION PROCESS - deadline September 15, 2017

LEVEL SPECIFIC REGISTRATION

- Register in a specific time
- Register in level specific lessons
- Access the practice area
- Returning Skater's level will be Indicated on their final report card.

WHAT LEVEL AM I?

- 1) Refer to your last report card
- 2) Refer to level descriptions
- 3) Call **625-3168** to sign up for the level identification session held on: Sept 11, 6-7 @ Current River, or Sept 18, 4-5 @ Delaney



2017 SKATING PROGRAMS

LEARN TO SKATE (Children & Adult)

Ratios: Level 1 & 2, 1 instructor: 4 skaters,
Level 3-5, 1 instructor: 6 skaters
*These 25 minute lessons welcome all abilities.
Minimum age 3 by course start date*

SKATING DEVELOPMENT

1 instructor: 6 skaters

These 50 minute lessons require participants to have completed level 3. Minimum age 5

POWER SKATING

1 instructor: 10 skaters

These 50 minute lessons include a warm up and cool down and 30 minutes of specific skill development. Level 4 must be completed to register. Minimum age 5

Reminders

- CSA approved Helmet with chin strap & full facemask are MANDATORY for everyone under 18 years of age. NO EXCEPTIONS.
- Sharpen skates prior to the first lesson.
- Parents/Guardians must remain in the arena for the lesson duration.
- Practice ice is available on all Learn to Skate ice times.
- No outdoor footwear is allowed on the ice surface.
- Assistive devices not allowed unless approved by JIS.

Junior Inclusion Services

If extra assistance is needed for your child with Special needs, JIS can provide limited free facilitation. Please call **632-9430** before registering to schedule a JIS Facilitator.

Unscheduled Private or Semi-Private Lessons



For private/semi-private lessons at times other than those listed on the following pages, call **625-3168**. Scheduling of these sessions will be after regular programs are scheduled and are dependant on Instructor Availability. Session Fee: \$92.50 / 8 weeks.

FOR PROGRAM INFORMATION Call 625-3168
TO REGISTER Call 625-8463
*(Registration is **NOT** available in City Arenas)*



INSTRUCTIONAL SKATING
www.thunderbay.ca/recreation

CITY OF THUNDER BAY

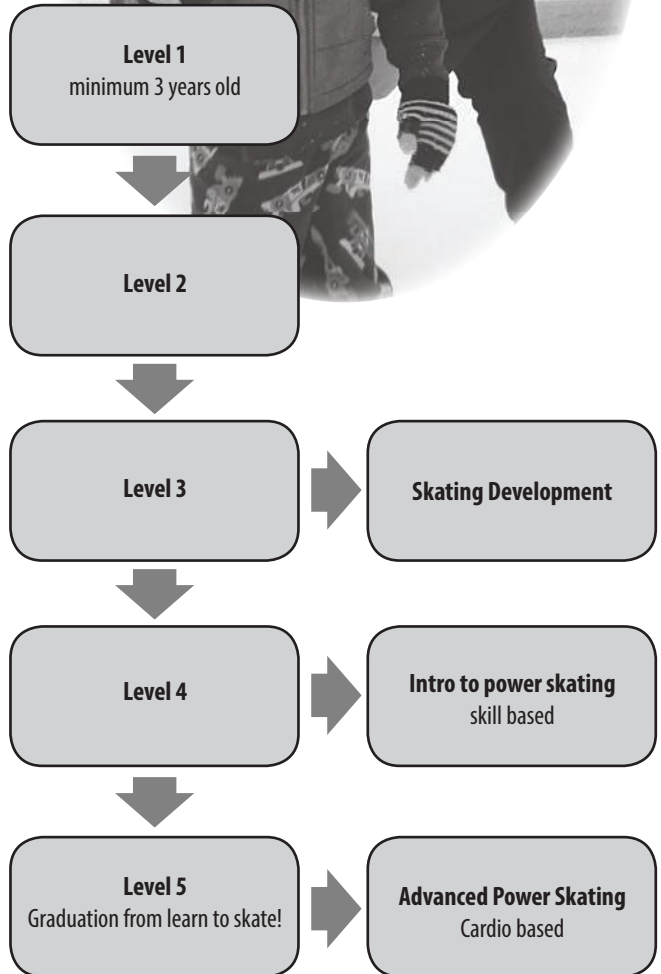
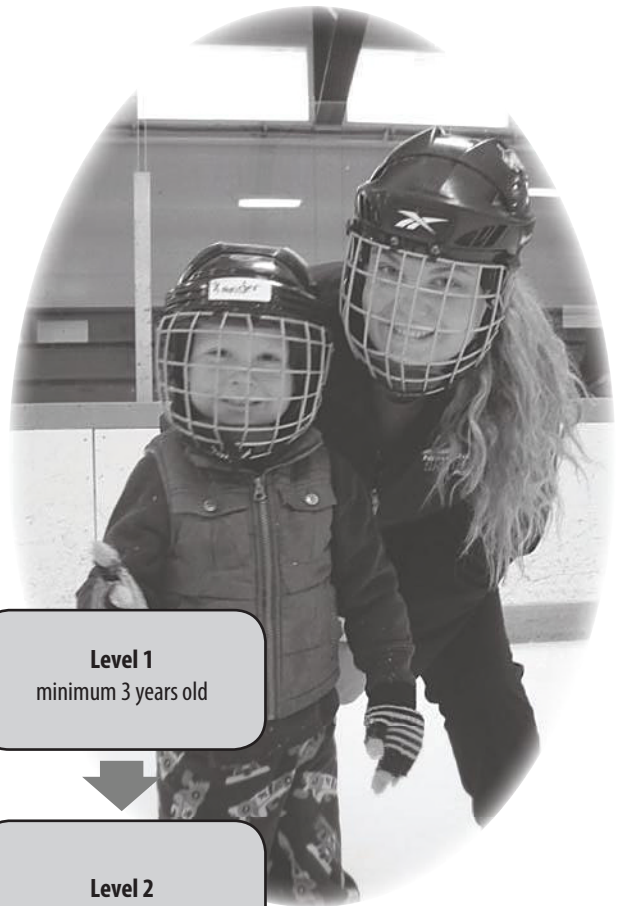


CITY OF THUNDER BAY

INSTRUCTIONAL SKATING PROGRAM

INSIDE OUR LEVEL SYSTEM

LEVEL 1	For NEW Skaters
Includes fundamental skating skills. How to fall down and get back up, march and walk on the spot and in a circle, pick up an object without falling, move backwards and jump on the spot and on one foot for balance. Maximum of 4 participants	
LEVEL 2	Prerequisite: Level 1 or Level 1 skills
Skaters in this level will learn to skate forwards using alternate feet, skate backwards, glide forwards scull, and introduction to snowplow stopping. Maximum of 4 participants	
LEVEL 3	Prerequisite: Level 2 or Level 2 skills
Skaters in this level will learn how to stroke to a rhythm, forward sculling, skating forward into a snowplow stop, backwards skating, pumping on a circle and forward skating through a slalom course. Maximum of 6 participants	
LEVEL 4	Prerequisite: Level 3 or Level 3 skills
Skaters in this level will learn how to fully snowplow stop in front of objects, scull on a circle, backwards slalom skating, skate backwards the width of the ice without falling, forward side stops, and backwards T-stops. Maximum of 6 participants	
LEVEL 5	Prerequisite: Level 4 or Level 4 skills
Skaters in this level will learn how to stop with one foot backwards, glide on a circle, two-foot turns, backwards sculling, forwards sculling on a circle, backwards sculling, forwards sculling on a circle exhibiting proper control and full side stops. Maximum of 6 participants	



FOR PROGRAM INFORMATION Call 625-3168
TO REGISTER Call 625-8463
(Registration is NOT available in City Arenas)

LEARN TO SKATE & SKATING DEVELOPMENT PROGRAM

SUNDAYS GRANDVIEW ARENA 11-1 PM OCT 8 - DEC 10					
LEVEL	TIME	BARCODE	LEVEL	TIME	BARCODE
1	11:15	383588	3	11:40	383594
1	11:40	383589	3	12:05	383595
1	12:05	383590	4	11:40	383596
2	11:15	383591	4	12:05	383597
2	12:05	383592	5	11:40	383598
Adult	12:30	384838	5	12:05	383599

TUESDAYS NEEBING ARENA 5-7 PM OCT 3 - DEC 12 (excl. Halloween)					
LEVEL	TIME	BARCODE	LEVEL	TIME	BARCODE
1	5:15	383600	3	5:40	383605
1	6:05	383601	3	6:30	383606
1	6:30	383602	4	5:40	383607
2	5:15	383603	5	5:40	383608
2	6:05	383604	Adult	6:30	384839

SATURDAYS DELANEY ARENA 2-4 PM OCT 7 - DEC 16 (excl. Remembrance Day)					
LEVEL	TIME	BARCODE	LEVEL	TIME	BARCODE
1	2:15	684399	3	2:40	684405
1	2:40	684400	3	3:30	684406
1	3:05	684401	4	2:40	684407
2	2:15	684402	4	3:30	684408
2	3:05	684403	5	2:40	684409
Adult	3:30	384840	5	3:30	684410



LEARN TO SKATE PROGRAMS FOR CHILDREN & ADULTS

This Program welcomes new skaters that are developing their skills. Trained Instructors create a fun program to develop basic skating skills.

Lessons are 25 minutes.

Ratios: Level 1 & 2, 1 instructor: 4 skaters

Ratios: Level 3-5, 1 instructor: 6 skaters

Session Fee: \$104 / 10 wks (\$104+ tax for adults)

What Do I Do If I Don't Know My Level?

- Refer to you last Report Card.
- Refer to the Level Descriptions on the previous page.
- Call 625-3168 to sign up for a level identification time:

Sept 11, 6-7 @ Current River, or

Sept 18, 4-5 @ Delaney

SKATING DEVELOPMENT

Friday – Grandview Arena 4:40 – 5:30pm
 Oct 6 - Dec 8

\$115.75 / 10 weeks 1 instructor: 6 skaters
383640

These 50 minute lessons are for Skaters that have completed Level 3 and are a minimum of 5 years of age.

Reminders

- CSA approved Helmet with chin strap & full facemask are MANDATORY for everyone under 18
- Sharpen Skates for the first lesson
- Parents/Guardians must remain in the arena for the lesson duration
- Practice ice is available on all Learn to Skate.
- No outdoor footwear allowed on the ice

FOR PROGRAM INFORMATION Call 625-3168
TO REGISTER..... Call 625-8463
(Registration is NOT available in City Arenas)



LEARN TO SKATE LESSONS & POWER SKATING

LEARN TO SKATE

This Program welcomes new skaters that are developing their skills. Trained instructors create a fun program to develop basic skating skills.

Lessons are 25 minutes in duration.
Ratios: Level 1 & 2, 1 instructor: 4 skaters
Ratios: Level 3-5, 1 instructor: 6 skaters
Session Fee: \$104 / 10 wk.

WEDNESDAYS DELANEY ARENA 4:30 - 5:30 PM OCT 4 - DEC 6					
LEVEL	TIME	BARCODE	LEVEL	TIME	BARCODE
1	4:40	383610	4	5:05	383613
2	4:40	383611	5	5:05	383614
3	5:05	383612			

THURSDAYS CURRENT RIVER ARENA 5 - 6 PM OCT 5 - DEC 7					
LEVEL	TIME	BARCODE	LEVEL	TIME	BARCODE
1	5:10	383615	4	5:35	383618
2	5:10	383616	5	5:35	383619
3	5:35	383617			

GRANDVIEW ARENA - FRIDAYS 5:30 - 7:30 PM OCT 6 - DEC 8					
LEVEL	TIME	BARCODE	LEVEL	TIME	BARCODE
1	5:35	383620	3	6:00	383628
1	6:00	383621	3	7:00	383629
1	6:35	383622	4	6:00	383630
1	7:00	383623	4	7:00	383631
2	5:35	383624	5	6:00	383632
2	6:00	383625	5	7:00	383633
2	6:35	383626	Adult	7:00	384841
2	7:00	383627			

What Do I Do If I Don't Know My Level?

- Refer to you last Report Card.
- Refer to the Level Descriptions on the previous page
- Call **625-3168** to sign up for a level identification time in September



POWER SKATING

**Grandview Arena - Monday
OCT 2 - DEC 11 (excl. Thanksgiving)**

Skaters require helmets, facemasks, elbow and knee pads. \$104 / 10 wk

POWER SKATING

**Grandview Arena - Monday
5:40 - 6:30pm 383637**

Cardio based lessons focus on balance, stride, recovery, edge control and agility.

*Regular lessons are from Oct 2 - Dec 11
Skaters must be a minimum of 6 years old and have completed level 4.*

Reminders

- CSA approved Helmet with chin strap & full facemask are **MANDATORY** for everyone under 18
- Sharpen Skates for the first lesson
- Parents/Guardians must remain in the arena for the lesson duration
- Practice ice is available on all Learn to Skate Sessions.
- No outdoor footwear allowed on the ice

FOR PROGRAM INFORMATION Call 625-3168
TO REGISTER Call 625-8463
(Registration is NOT available in City Arenas)



Public Skating

2017/2018 Season

Commencing September 24, 2017

Call Central Booking 625-2434 for cancellations

Delaney Arena – 622-9888

Fridays – 7:15-8:45 p.m. (Public Skating)

Neebing Arena – 939-1919

Sundays – 2:00-3:30 p.m. (Public Skating)

Grandview Arena – 767-2832

Fridays – 7:45-9:15 p.m. (Public Skating)

Sundays – 1:15-2:45 p.m. (Public Skating)

Sundays – 9:00-10:00 p.m. (Adult Skating)

Admission Prices (HST Incl)

Child (14 & under)	\$4.00 (No HST)
Student (15-18)	\$4.50
Adult (over 18)	\$5.50
Older Adult (65 & over)	\$4.50
Family Rate (2 adults & 2 children OR 1 adult & 3 children)	\$13.50

EXTRA EXTRA

Grandview Arena – Adult/Senior Skating \$5.00
Wednesdays - 10am-12 noon • Oct 4 – Mar 28

Early Bird Public Skating

Current River Arena

Saturday, September 23 • 3:00-4:30pm

Delaney Arena

Sunday, Sept 9 & 17 • 12:00-1:30pm

For More Information & Ice Rentals for All Arenas Call Central Booking – 625-2434
or Email ckozak@thunderbay.ca – Monday to Friday - 8:30 a.m. – 4:30 p.m.

Check Web Site – www.thunderbay.ca/icetimes



September 23 - 30

Thank your coach using
#thankscoach



CITY OF
Thunder Bay
Superior by Nature

RECREATION & CULTURE DIVISION

For info on local National Coaches Week activities go to
thunderbay.ca/nationalcoachesweek

PUBLIC SKATING/THANKS COACH
www.thunderbay.ca/recreation

CITY OF THUNDER BAY

CITY OF
Thunder Bay
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69

NATIONAL COACHES WEEK
www.thunderbay.ca/recreation

CAO
COACHES
ASSOCIATION OF
ONTARIO

23-30
09
17

NATIONAL COACHES WEEK IN ONTARIO

CITY OF THUNDER BAY

CITY OF
Thunder Bay
Superior by Nature

THUNDER BAY
NCCP COMMUNITY CLINIC
SEPT. 22-24

www.coachesontario.ca/coachesweek

NATIONAL
COACHES
WEEK



(Grades 1-6)

About This Program

NRP is a free, inclusive registered recreation program for children in grade 1-6 that runs Tuesday, Wednesday and Thursday after school.

For info call 625-2954 | nrp@thunderbay.ca
Or visit thunderbay.ca/kids

Parent/Guardian and/or Alternate Contact MUST be available to promptly pick up participants during program hours if required.

Our Program is nut-safe. Please do not bring any items that contain nuts or traces of nuts, including almonds and coconuts.

- 1) To register call 625-8463.
- 2) When registering you are signing your child up from the time of registration - June. You can withdraw at any time.
- 3) When calling make sure you have enough time to verify contact information.
- 4) Each site / day will have a maximum number of participants. This ratio reflects supervision and space limitations at each location. Please add your child's name to the waitlist if we have reached the maximum.
- 5) Safe Arrival – If a child will be absent, call the Site Specialist and let them know about the absence (voicemail is acceptable) prior to 3:00pm on the day of the absence. If a participant is not signed into the program within 10 minutes of the dismissal bell, then NRP Staff will begin their Safe Arrival Procedures
- 6) Safe Departure – Participants in Grade 1-3 MUST be picked up by a parent/guardian, sibling that is at least in grade four or approved person that is 13 or older.



Neighbourhood Recreation Program | thunderbay.ca/kids

- 7) Participants **MUST** bring a completed Participant Information Form to the Program (emailed at registration).
- 8) Monthly Attendance Management Procedures will be implemented in order to allow the most participants to have access to the program.
- 9) Indoor Shoes - Participants are not permitted to return to their classroom after they have been dismissed. They need to bring their indoor shoes with them to the gym.
- 10) Junior Inclusion Services - JIS facilitates the inclusion of participants with disabilities in our programs. If you are interested in accessing JIS, please call 625-3220 before registering for the program.

To register for NRP, please call 625-8463

For more information please call (807) 625-2954

email nrp@thunderbay.ca

or visit thunderbay.ca/kids



City of Thunder Bay Children's Programs

Follow us on Facebook. For addition information and site closures.

Last day of sites, before Christmas closure will be December 21, 2017.

Edgewater Park School Sept 12 - June 2018 3:15 – 6:15pm

Tuesday	384738
Wednesday	384739
Thursday	384740

St. Margaret School Sept 12 - June 2018 3:30 – 6:30pm

Tuesday	384741
Wednesday	384742
Thursday	384743

St. Thomas School Sept 12 - June 2018 3:15 – 6:15pm

Tuesday	384744
Wednesday	384745
Thursday	384746




Boost your Veggies and Fruit! Win great prizes like Complex Passes and Good Food Boxes.


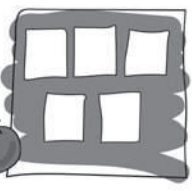



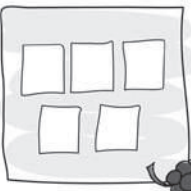


Grab a copy of your Veggie and Fruit Tracker and get started!

Visit healthykidstbay.com for more info!




Choose to Boost Veggies and Fruit Everyday

Make a check in the box each time you eat vegetables and fruit at every meal and snack.
Fill-in as many as you can and submit it to one of the following:

 [healthykidstbay](https://www.facebook.com/healthykidstbay)
 [@healthykidstbay](https://twitter.com/healthykidstbay)
 [#tracker @ healthykidstbay](https://www.instagram.com/healthykidstbay)

Monday	Tuesday	Wednesday	Thursday
			
Friday	Saturday	Sunday	
			

Fill-in as many as
you can and submit it to
one of the following:

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 [@healthykidstbay](https://twitter.com/healthykidstbay)
 [#tracker @ healthykidstbay](https://www.instagram.com/healthykidstbay)



YOU/TH MOVE

Youth Move (Ages 12-18)

About This Program

Fun, active programming for youth aged 12-18.

For program information call 625-2344

To register for events call 625-TIME (8463)

Fall 2017 Drop-in Sites

(No Registration Necessary)

Drop in for food, gaming, social atmosphere, board games and lots of other programs too. Join in and tell us what programs and events you want!

Fall Hours Sept 9 - Dec 23, 2017

Youth Move @ the Kinsmen 609 James Street N
Tuesday-Friday 3:30-9pm, Saturday 1-5 pm

Youth Move @ Mary J L Black Library
Monday, Wednesday, Friday 3:30-8pm, Sunday 1-4pm

Find us on



Youth Move



Youthmovetbay



Youthmove

Fall Events

Date/location	Event	Time	Cost	Code
September 9 Paintball Mountain	Paintball Think you've got the skills to aim, shoot, duck, dodge and run all at once? Come out and try your hand at some Paintball. This event will get messy.	1-4pm	\$20	384788
September 17 Centennial Park	Geocaching Meet us at Centennial Park and find hidden treasure left by others that you may not have known existed. This event is weather dependent.	1-4pm	FREE	384789
September 23 Kinsmen	Outdoor Movie Night Grab your favorite lawn chair, sleeping bag and snacks and meet us at the Kinsmen for an outdoor movie night. Movie will be voted on in the weeks leading up to this event. This event will be outdoors and is weather dependent.	6:30-9:30pm	FREE	384790
October 13 Kinsmen	Friday the Thirteenth Youth Move proudly introduces our Friday the Thirteenth theme Haunted House. Sensory games, strobe lights and things that go bump in the night will all be a part of this spooky evening at the Kinsmen Centre	6-9pm	FREE	384791
October 19 Fort William Historical Park	Haunted Fort Night Meet us at the Kinsmen and ride the bus out the Haunted Fort Night presented by Fort William Historical Park. This event fills up fast, so register early to guarantee your spot on the Youth Move Tour.	6-9pm	\$5	384792
October 27 Kinsmen	Everything Pumpkin Do you like all things Pumpkin? Then this event is for you! Come for the pumpkin chai lattes and stay for the pumpkin carving contest! If you have any allergies please let us know in advance.	6-9pm	FREE	384793
November 4 Kinsmen	Ultimate Survivor Herbivores, Carnivores, and Omnivores, oh my! And where do the humans fall in the cycle? And what effect does the weather have? Find out during this giant game of Survivor! Dress to be outdoors.	2-5pm	FREE	384794

To register for events call 625-TIME (8463)

respect. plays here



Fall Events

November 17 Kinsmen	Mario Kart Tournament Come and challenge your friends to this large scale tournament style of Mario Kart. There will be a round robin followed by the finals. All finals will be done on the projector! See you there!	6-9pm	FREE	384795
November 25 Kinsmen	Life-Size Games and Puzzles This one of a kind event will allow you to see some of your favorite games in a whole new way, as the player! Check out this event and challenge your favorite Youth Move Staff to a game!	1-5pm	FREE	384796
December 1 Kinsmen	DIY Clinic Have you ever looked at something on Pinterest and thought, "I could do that"? Then this event is what you've been waiting for. See if you can Do It Yourself, or some Pinterest Fails.	5-9pm	\$5	384797
December 17 Kinsmen	Bake-a-thon Youth Move's second annual Bake-a-thon is back at the Kinsmen again this year. Come and make some holiday treats to share with your friends and family. Please contact us if you have any food allergies in advance!	1-5pm	\$10	384798
December 23 Kinsmen	Snowshoe Party Snowshoeing is a great way to get out and enjoy the outdoors in the winter.	2-4pm	FREE	384799

New This Fall: Monthly Workshops

Recurring every month on Saturdays from 6:30-9:30pm.

Paint Night

You've heard about them, now join the fun! Stop by for some paint and appetizers on the first Saturday of every month (September 2nd, October 7th, November 4th, and December 2nd)

Bro Code

Need a place to chill out, play sports and meet new Bros? Come hang out on the second Saturday of every month (September 9th, October 14th, and December 9th)

Chef's Kitchen

Want to learn how to fully cook a roast, debone a chicken or make an omelet? Learn this and more on the third Saturday of every month (September 16th, October 21st, November 18th, and December 16th)

Build It Workshop

Ever looked at something and wondered how its made? Then this is the place for you to learn how to build new things on the last Saturday of every month (September 30th, October 28th, November 25th and December 23rd)

To register for events call 625-TIME (8463)



Junior Inclusion Services (JIS)

JIS staff facilitate the inclusion of children and youth who have disabilities within Recreation & Culture Division's programs. JIS staff can help your child/youth meet people, make connections, be physically active, try a new skill and have fun!

Quick Facts

- JIS support is free.
- Participants can access up to 20 hours of support per session (40 hours in the Summer session).
- A home/site visit will be conducted prior to your child/youth attending.
- Support must be scheduled before registering for the program.
- Support is scheduled based on participant needs and staff availability.
- A Participant Intake Form needs to be filled out if this is your child/youth's first time attending.
- Contact us if you are interested in the current session, or the next session.

Fall Programs

Instructional Swimming Lessons

Instructional Skating Lessons

The Neighbourhood Recreation Program (NRP)

Youth Move

For more information, and to access the intake form, please go to:
thunderbay.ca/jis

Contact information

If you have any questions or would like to access JIS, please contact Sarah Smart at 625-3220 or SSmart@thunderbay.ca





Inclusion Services (IS)

It is the goal of Inclusion Services, in partnership with Community Living Thunder Bay, is to provide accessible opportunities for all adults with disabilities by removing barriers to participation. Inclusion Services include much more than physical activity and can help provide access the programs offered through the City of Thunder Bay's Recreation and Culture Division, including activities at the following locations:

Canada Games Complex

5 Plus Centres

Volunteer Pool

Churchill Pool

City of Thunder Bay Golf Courses

Waterfront/Marina Park

Other Recreation and Culture Run Programming

For more information, and to access the intake form, please go to: thunderbay.ca/is

Contact information

If you have any questions please contact:

Darrik Smith
Program Supervisor –
Adult Fitness and Wellness
807-684-3338
DSmith@thunderbay.ca

P.A.L. CARD

Personal Attendant for Leisure Card



A P.A.L. Card is used by a person with a disability to enable their support person access to a facility that accepts the P.A.L. Card at no cost to the support person.

P.A.L. Card applications are available at Victoriaville Civic Centre, online at www.thunderbay.ca/pal or by calling: (807) 625-3220 (under 18) or (807) 684-3338 (19 and older)

For an up to date listing of facilities that accept the P.A.L. Card please visit www.thunderbay.ca/pal

The P.A.L. Card cannot be used on specialized transit and City Transit. Please call 684-3744 for information on their Transit I.D. Card.



Many thanks to all our partners who donate spaces in their programs to P.R.O. Kids.



Art
Baggage Building Arts Centre
Confederation College
Gallery 33
Thunder Bay Art Gallery

Baseball
Murillo Athletic Association
Thunder Bay Girls Softball Assoc.
Port Arthur Nationals
Westfort Internationals

Basketball
Blaze Basketball Club
L. U. Athletics Basketball

Biking /Cycling
Black Sheep Mountain Bike Club
Thunder Bay BMX
Thunder Bay Cycling Club

Bowling
Galaxy Lanes
Mario's Bowl
Superior Bowladrome

Camps
Aurora Lutheran Bible Camp
Biz Kids, NWO Innovation Centre
Camp Gitchegomie
Camp 911
Canada Games Complex
Career Samplers (Confed. College)
Chippewa Summer Camp
Dorion Bible Camp
EcoSuperior Camp
Evangel Church, Day Camp
Finlandia Association NEW*
Fort William Historical Park
Kakabeka Falls Bible Camp
LU Athletics Camp
Maple Tops Activity Centre
Novocentre Thunder Bay
NRP - March Madness
Redwood Kids
Science North
Superior Science
Thunder Bay Boys & Girls Club
Thunder Bay Museum

Canoeing
Lakehead Canoe Club

Cheerleading
Dynamite Cheer Allstars
Miss Christine's Cheerleading

Climbing
Boulder Bear Climbing

Cooking
RFDA Kids Cook

Curling
Fort William Curling Club
Kakabeka Falls Curling Club
Port Arthur Curling Club

Cycling
Black Sheep Mountain Bike Club
Thunder Bay Cycling Club

Dance
Chaban Ukrainian Dance Co
Dance Dynamics Studio
Dance Basics
Experience Dance
Fay Gleeson Dance Centre
Image Studio of Dance NWO
International Dance Academy
Le Stelle Alpine Dancers
Legacy Performing Arts Centre
Morgan School of Highland Dancing
Satu's Belly Dance & Drum
Spirit of Dance
Studio One
T.B. Society of Ballet & Dance
Zorya Ukrainian Dance Ensemble

Diving
Thunder Bay Diving Club
Thunder Country Diving

Equestrian
Amanda's Green Barn
Barnyard Friends
Royal Denver Farms
Thunder Bay Therapeutic Riding

Fitness
Canada Games Complex
Confederation College Fitness Centre
Push Fitness Centre
Superior Cross Fit
Training with a Pro Clinics

Football
Thunder Bay Minor Football Assoc.

Golf
Golf Thunder Bay
Whitewater Golf Club

Gymnastics
Giant Gymnastics
Thunder Bay Gymnastics Assoc.
Ultimate Gymnastics

Hockey
Current River Comets
Current River Mighty Mites
Elks Minor Hockey Assoc.
Fort William Canadiens
Fort William Hurricanes
Grandview Rec. Hockey
Hockey Northwestern Ontario-Clinics
KC Minor Hockey
Neebing Minor Hockey
North End Flames
Northwood Hockey League
Norwest Minor Hockey Assoc.
Port Arthur Minor Hockey Assoc.
South End Minor Hockey
Thunder Bay Beavers
Thunder Bay Minor Hockey Assoc.
Thunder Bay Women's Hockey Assoc.
Volunteer Pool Bearcats
West End Bruins
Westfort Hockey League
Westfort Maroons
Westfort Rangers

Hockey Camps
Corbin Hockey
Core Hockey Camp
Katie Weatherston Hockey School
Northern Lakes Hockey Development
Rick St. Croix School of Goaltending
Thunderwolves Hockey Skills School

Lacrosse
Thunder Bay Lacrosse League

Leadership
Canadian Red Cross
Connect the Dots
Girl Guides of Canada
NWOSSSAA
St. John Ambulance
Scouts Canada

Martial Arts
Black Tigers TaeKwonDo Academy
Canada Games Complex Isshin Ryu Karate
Cooke's Tae Kwon Do
Current River Isshin Ryu Karate
Hoku Shin Karate (Shotokan)
Karate North Tae Kwon Do
Krav Maga Alliance
Koroko Dojo Thunder Bay
Leading Edge Gym
North End Karate Club
North McIntyre Isshin Ryu Karate
Sakamoto Judo Dojo
Shotokan Karate
Thunder Bay Judo Club
Thunder Bay Karate School
Thunder Bay Shintaki Wado Kai Karate
Thunder Dragons Tae Kwon Do
Thunder Valley Martial Arts
West Thunder Akira Karate
Whitefish Martial Arts



Music
Applauze Productions
Avila Music School
Coran's Music Education Centre
Gentlemen of Harmony
Growing with Musik-Musikgarten
Jim Krawchuk Drums
Kindermusik with Mary-Ann
Lakehead Suzuki Strings
Make Some Noise Music Studio
Marvelous Music Makers
Mr. J's Music Studio
Music for Young Children
Music Workshop
Musical Discovery with Suzanne Gilmore
Susan's Kindermusik
Thunder Bay Symphony Youth Orchestra
Valente's Music

Performing Arts
All the Daze Productions
Eleanor Drury Children's Theatre
Magnus Theatre
Paramount Live

Roller Skating
Thunder Bay Jr. Roller Derby League

Rowing
Thunder Bay Rowing Club

Running
Thunder Bay Meter Eaters

Sailing
Sail Thunder Bay

Sewing
Sewing by Cherlyne

Skating
Instructional Skating Program-CTB
Fort William Figure Skating Club
Thunder Bay Figure Skating Club
Thunder Blades Speed Skating Club

Skiing / Snowboarding
Kamview Jackrabbit Ski League
Lappe Nordic Ski Club
Lappe Nordic Ski Centre
Loch Lomond Ski Area
Mount Baldy Ski Area
Norwesters Alpine Ski Club
Thunder Bay Nordic Trails

Soccer
Lakehead Express Soccer Club
Lappe & Area Local Services Board
Lil' Kicks Soccer
Murillo Minor Athletic Assoc
North End Mini Soccer
Tarbutt Street Soccer Club
Thunder Bay Chill Soccer
Thunder Bay Inter Lucania Soccer Club
Thunder Bay Women's Soccer

Swimming
Canada Games Complex
Churchill Pool
Dease, Heath, Widnall Pools - CTB
Northwest Narwhal Swim Club
Superior Sea Lions Swim Club
Thunderbolts Swim Club
Volunteer Pool

Tennis
Thunder Bay Community Tennis Centre

Volleyball
Thunderwolves Volleyball
Ontario Volleyball Association

Wrestling
Lakehead Wrestling Club

Yoga
Discover Yoga
Enjoy Yoga
The Bodymind Centre

Look for the P.R.O. Kids Supporter Stamp on our partners' advertisements.
Visit: www.prokidsthunderbay.ca for links to our partners' websites!





DO YOU

HAVE WHAT IT TAKES?

We are looking for **participants** to **Conquer the Tower** in support of PRO Kids and the Thunder Bay Diving Club.

Raise the pledges, raise the jump!

For more information contact PRO Kids Coordinator Laura Daniele at 625-3212 or prokids@thunderbay.ca

presented by



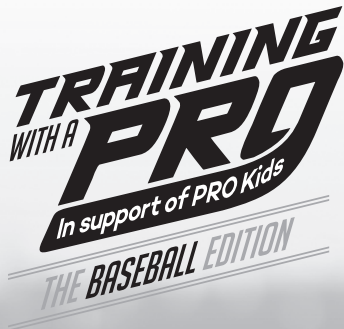
in support of



**THURSDAY
NOVEMBER 9th, 2017**



PRO KIDS
www.thunderbay.ca/recreation



Presented by
tbaytel



Featuring

CHRIS TONEGUZZI
Formerly of the Milwaukee
Brewer's Organization

COST

\$50

PER CLINIC
PER PARTICIPANT
SPACES ARE LIMITED

All proceeds will benefit PRO Kids

Training clinic for children and youth ages 8 to 16 years (child's age in 2017)

SUNDAY, AUGUST 20 AT GEORGE BURKE PARK

10:30 am to 3:00 pm Course Code 384988

(Rain Date: Either Monday, August 21 or Tuesday, August 22 5:00-8:00 pm-TBA)

► **REGISTRATION BEGINS AUGUST 14, 2017 BY CALLING 625-8463**

For more information visit: www.prokidsthunderbay.ca

Lunch provided by:



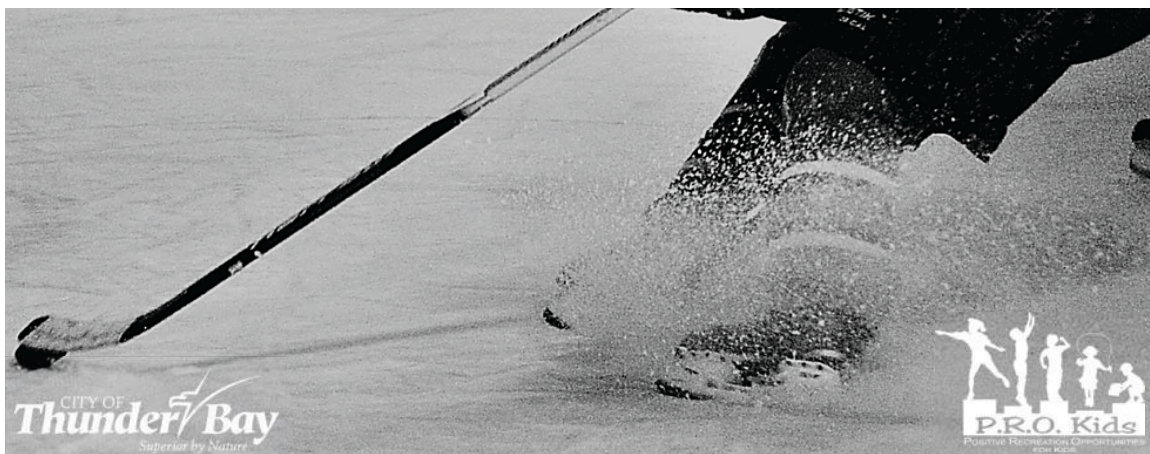
CITY OF THUNDER BAY

CITY OF
Thunder Bay
Superior by Nature

PRO Kids

Positive Recreation Opportunities for Kids

Making it possible for children and youth to get involved in sports, arts and cultural activities when families cannot afford the fees.



Application forms are available at:

PUBLIC LIBRARIES • CANADA GAMES COMPLEX • VOLUNTEER POOL • CHURCHILL POOL • VICTORIAVILLE CIVIC CENTRE

Visit prokidsthunderbay.ca or call (807)625-3212

Like us on Facebook @prokidsthunderbay

Beginner/Novice Tennis Lessons

Adult and Junior Clinics



Each day will be different. Our instructors will work with your ability level. Tennis equipment will be provided if necessary. Please wear non-marking footwear.

August 21-25

1:00 - 4:00 pm

\$40 for full week

\$10 per day

(choose any or all days)

Call 577-1514

to register

Fun games and drills

Great instructors

Good exercise

Incredible value

Give it a try!

www.thunderbaytennis.com

Current River Community Centre

Family membership is \$5.00 per family.

CRRA Board Meetings

The meetings are held the 3rd Thursday of each month (except for the summer).

Volunteers

Volunteers are essential to our Community Centre. Please come and donate an hour of your time and have fun doing it. There are events for all ages.

Hall Rentals

We feature 2 rooms for rentals - the Cedar Star Room and a small meeting room. We provide full banquet catering services for weddings, banquets, as well as catering for luncheons, teas, showers, funerals, etc. Call Pat Baker (Hall Manager) to book your event at 683-8451.

Fundraising Campaigns

- **Canadian Tire Money for Youth Programs:** Place your Canadian Tire Money in the wishing well located in our lobby.
- **Current River Clothing:** toques \$10.00.
- **Meat Bingo:** Sept. 10, Oct. 15, Nov. 12 & Dec. 3. Early birds beginning at 6:15 pm, regular games start at 7:00 pm, \$0.50 per card, chips & dabbers, concession is open.

Events

- **Walleye Dinners:** Oct. 1 & Nov. 19 from 4:00 – 7:00 pm. Walleye dinner includes homemade fries, coleslaw, dessert, coffee or tea for \$15.00 per plate. Children's menu available. Takeout available.
- **Kids Halloween Party:** Oct. 29 from 1:00 – 3:00 pm. Admission: \$1.00 or a canned good. Kids receive hot dog, fries and pop. Adults may purchase!
- **Kids Christmas Party:** Nov. 26 from 1:00 – 3:00 pm. Admission: \$1.00 or a canned good. Kids receive hot dog, fries and pop. Adults may purchase!

Programs

- **Quilting:** Thursdays from 7:00 – 10:00 pm. No formal instruction. Come out and sew your quilts with others. This is a good time for you all to get together and finish your own projects and help others. Call 683-8451 for more information.

- **One Stroke Painting Classes:** Wednesdays from 7:00 - 9:00 pm for 6 weeks. Painting made easy/exciting with the ease of the one stroke method. You will need to enroll prior to class beginning. A supply list can be obtained from the office when you register. **YOU MUST HAVE YOUR SUPPLIES AT THE FIRST CLASS.**
- **Parents & Tots:** Monday to Thursday (except for the 1st Tuesday of every month) from 9:30 – 11:15 am. Moms and Dads come enjoy this social program for you and your children. Daily activities and free play. Juice is provided. \$3.50 per child and .50 each additional child. Call 683-8451 for more information.
- **Fitness Class:** Tuesdays & Thursdays from 1:30 – 2:30 pm. Cardio salsa dance moves with weights & stretching. Also cardio circuits using step, balls, tubs & weights. Please bring your own weights and mat. Instructor Lisa Guerts 472-7676. Drop-in fee \$7.00.
- **Zumba Fitness:** Wednesdays from 6:00 – 7:00 pm. Instructor Lisa Guerts. Call 472-7676 for more information. Register early!
- **CRRA 55 Plus Crib:** Wednesdays from 1:00 – 3:00 pm. Enjoy time with your friends or make new friends. Everyone is welcome! Get together for a fun afternoon of cribbage with our seniors. They do break after 3 games for coffee and dessert, then play 3 more. Every once in a while, they have tournaments.
- **Ballroom Dancing/Social Style Beginner/Intermediate:** Tuesdays, 7:00 – 9:00 pm, starting Sept. 12, for 10 weeks. Cost is \$70.00 per couple. Please join us for the wonderful experience of learning to dance. This class will teach you the Fox Trot, Waltz, Swing, Tango, Cha Cha & more in a relaxed & friendly atmosphere. If you have never danced before or need a refresher, this is the class for you. Call Frank at 768-9102/345-0565 for information.
- **VON Canada – Seniors Exercise and Falls Prevention Program:** Mondays and Thursdays, 1:00 – 1:30 pm. This program is designed to help you stay active, social, and healthy. We focus on preventing debilitating falls by doing exercises that strengthen your

450 Dewe Ave., PO Box 22010 • Phone: **683-8451** • Fax: 683-3601

E-mail: community@currentrivercom.com • Web Page: www.currentrivercom.com

Office Hours: Monday – Friday 9 am – 3 pm

Current River Community Centre

Family membership is \$5.00 per family.

upper and lower body. Call 344-0012 for more information.

- **Is Shin Ryn Karate with Dinah Jung:** Children's classes - Mondays from 6:00 – 7:00 pm. Teen and Adult classes - Mondays from 7:00 – 8:30 pm. The Karate Club has been in operation for many years under the leadership of Sensei Dinah Jung. The Club teaches Is Shin Ryn Karate which uses natural body mechanics and natural stances to make a highly effective self-defense style. For more information, call Dinah Jung at 767-3825.
- **VON Canada – Seniors Exercise and Falls Prevention Program:** Mondays and Thursdays from 1:00 – 1:30 pm. This program is designed to help you stay

active, social, and healthy. We focus on preventing debilitating falls by doing exercises that strengthen your upper and lower body. Call 344-0012 for more information.

- **VON Foot Care:** 2nd Wednesday of every month from 9:00 am – 12:00 pm. Includes nail trimming, corn & callus care. Registered Nurses with advanced foot care certificates provide this medical service monthly at the community centre. Please call 344-0012 to book an appointment.
- **Current River Mighty Mites Hockey:** Please see ad in the community groups section for registration dates and times.

450 Dewe Ave., PO Box 22010 • Phone: **683-8451** • Fax: 683-3601
E-mail: community@currentrivercom.com • Web Page: www.currentrivercom.com
Office Hours: Monday – Friday 9 am – 3 pm

Jumbo Gardens Community Centre

330 Toivo Street • Phone: **625-2304**



Rentals

If you're looking for programming space, call 625-2304. User groups must have insurance. We are unable to accommodate one-time rentals like birthday parties, meetings and showers at this Centre.

For more information or to register for any of the programs listed below, please call the key contact of that program or activity.

Recreation Discovery

Wednesdays, 12:30 – 4:30 pm (Sept. 13 – Dec. 20). Get fit, be adventurous, meet new friends, have fun, and keep active. Recreation Discovery is a supportive group for adults who would like to participate in a variety of activities like hiking, geo-caching, disc golf, fishing, soccer and many other sports related activities. Contact Earle at Avenue II (346-3336) to register.

VON Canada

Mondays & Fridays, 2:00 – 2:30 pm. Designed to help you stay active, social and healthy, this program focuses on preventing debilitating falls by doing exercises that strengthen your upper and lower body. Call 344-0012 for more information.

Thunder Bay Weavers and Spinners Guild

The Guild holds meetings at 7:00 pm on the 4th Monday of every month. For more information about workshops or to register, email tbwsguild@gmail.com or call Aletha at 768-0228. For more information, visit us on Facebook.

Open Country and Western Dancing

Wednesdays, 8:00 pm. For start date or more information, please call Chris Goodheart at 767-2365.

Square Dance

Thursdays, 8:00 – 10:00 pm. For start date or for more information, call Rick and Brenda Wright at 623-0369, or June Gill at 345-7517, or Jerry and Helen Hyvarinen at 767-3679.

Pilates & Dance with Lynda DePiero

Pilates (Mondays, 5:30 pm), Adult Tap (Wednesdays, 4:30 pm) & Irish Celtic Dance, Advanced & Intermediate (Wednesdays, 5:45 & 6:45 pm). Contact Lynda at 767-4942 or email bldipper@tbaytel.net.

Insanity Live

For information, please contact Tanis at 472-5486 or email tanispalko@gmail.com.

North End

Community Centre

President:

Barb Kukko 344-4830

Hall Rentals:

The hall is available for birthday parties, family functions, wedding/baby showers, etc. All rentals include full use of kitchen facilities. Cost: \$85. Liquor functions \$135. Full day rental is \$150. Also available is a projector and 120" screen for movies, workshops, etc. at an extra charge of \$50.00.

Volunteers:

We're always looking for volunteers to participate on the Board of Directors and/or assist with various events. If you'd like to become more active in your community centre, call Barb Kukko at 344-4830.

Programs:

- **TOPS:** Wednesdays, weigh-in at 11:30 am. Contact Rose Marie Shandruk at 577-5924 or Sue Gallo at 345-8447 for more information.

- **Caribbean African Multicultural Association:** Come check us out for new and exciting events for the kids and family alike. Caribbean and African descent or anyone with a love for the culture. For more information, please contact Colleen Peters at 251-2636 or colleenpeters15@gmail.com.
- **North End Karate:** Tuesdays and Thursdays, 6:30 – 8:30 pm. Children of all ages welcome. For more information, call Katryn at 629-2567 or email kesaunde@lakeheadu.ca.
- **ZUMBA™:** Mondays, 7:00 – 8:00 pm, starting Sept. 11 for 8 weeks (excluding Thanksgiving Oct. 9). The dance-fitness program that combines high-energy Latin and international beats with contagious, easy-to-follow steps. This session is \$55 or \$8 drop-in (space permitting). To register, contact instructor Jaime Briggs at 344-8258.
- **Zumba with Shelley:** Wednesdays, 6:30 – 7:30 pm, starting Sept. 13 for 8 weeks. A total workout, combining



Kids Corner

- **Birthday Parties.** Free use of indoor equipment i.e. floor hockey, bean bag toss, fish pond & basketball game. Book your party early by calling Barb at 344-4830. For information regarding rental of inflatable bouncer, please contact Ron at Party Pro at 621-3886.
- **Movie Nights.** Sept. 8, Oct. 13 & Nov. 10 – A favourite children's movie is shown each month. Admission \$2. Doors and canteen open at 5:45 pm for social time. Board games, puzzles and colouring books provided. Showtime is 6:30 pm. After the movie, children play 4 free games of bingo to win prizes. Home time is 8:30 pm. Bring your friends and family for a fun night out!
- **Cooking Class (ages 8 – 12).** Thursdays, Sept. 14, Oct. 19, Nov. 16 & Dec. 14, 4:00 – 6:15 pm – Classes are facilitated by adults. The children will learn about nutrition, how to read recipes and will prepare a full course meal (from scratch) in our kitchen. After each class, they will eat the meal together and then do the clean-up. Total costs for all 4 classes is \$25. Class size is limited, so please register early by calling Barb at 344-4830.
- **Craft Class (ages 8 – 12).** Wednesdays, Sept. 20, Oct. 25, Nov. 22 & Dec. 20, 4:00 – 6:15 pm – Children will be creating something new each month, learning various skills such as scrapbooking and using a variety of mediums. Total cost for all 4 classes is \$25. To register, call Barb at 344-4830 or Muriel at 344-6910.
- **Halloween Party** Friday, Oct. 27, 6:00 pm – All children and their parents are invited. Dance to the music, eat some food and enter our Frightful Haunted House!

954 Huron Ave. • Phone: 345-1951

North End

Community Centre

all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome. Cost is \$50/session or \$9 drop-in (space permitting). Call or text Shelley @ 627-0888 to pre-register.

- **Afternoon Ballroom Line Dancing:** Tuesdays, 1:30 – 2:30 pm, starting Sept. 19 for 10 weeks. Learn Ballroom and Latin Line Dances with Barrie Rooks, who teaches at the speed of the class to ensure you learn the steps for each dance. No partner needed. \$30 per person (includes all 10 weeks). For more information or to register, please email bgrmail5@gmail.com or phone 473-1922. You must register before the start date.
- **Ballroom Dance Classes** – Beginner and Intermediate: Sundays, Beginner Class 7:00 – 8:30 pm & Intermediate Class 8:30 – 10:00 pm, starting Sept. 17, for 10 weeks.

Cost for each 10 week session is \$80 per couple. Classes are relaxed, casual, and good exercise and done at the speed of the class with review each week. For more information or to register, please contact Barry Rooks by email at bgrmail5@gmail.com or phone 473-1922. You must register before the start date. We also choreograph dances for special occasions.



Meals Made for You presents "Pasta Night"

September 29

Take out: 2:00 – 4:00 pm

Takeout and/or Sit Down: 4:00 – 6:00 pm

Contact Jeanette Posine
at 632-6786 for more information

954 Huron Ave. • Phone: 345-1951

Community Centres are the heart of communities...

Volunteers are the heart of community centres!

Volunteering is a great way to:

- Meet new people
- Use your skills
- Take an active role in your community
- Learn something new
- Make a difference
- Help build community spirit
- Make new friends
- Have fun, and...
- Volunteer work looks great on a resumé!

Contact a community centre near you or
call 625-2304 to find out how you can get involved.



www.thunderbay.ca/communitycentres



NORTH McINTYRE Rec Centre

2051 Government Rd.
Thunder Bay, ON P7G 2E9

"Your Family..... Our Community!"

☎ 807-767-1400

@ nmacrec@tbaytel.net

f Facebook.com/NorthMcIntyre

COMMUNITY CENTRES
www.thunderbay.ca/communitycentres

President:

Wesley Ramage

Office Hours:

Monday to Wednesday - 9:00 am to
1:00 pm

Thursday – 2:00 to 5:00 pm

Email: nmacrec@tbaytel.net

Rentals:

We have 3 different areas to rent
for your function: Pioneer Room,
Heritage Hall and Voyageur Room. Let us help you with
your **Wedding, Anniversary, Shower, Meeting, Workshop,
Birthday Party, etc.** We also have kitchen access for our
renters at a small additional fee. We are a Tbaytel
Wifi Hotspot and we are wheelchair
accessible. We are located
within city limits, only 5
minutes from Count Fair Plaza,
just off Dawson Road.

Volunteers:

We are always looking for
volunteers to help out with our
monthly Bingos, "Two-Bit" Auction,
and other events we host throughout
the year. It is a great way for students
to earn their volunteer hours.

Bingos:

Sunday, Sept. 24, Oct. 29 & Nov. 26
Doors open at 5:00 pm. Early Birds at
5:30 pm and regular games start at
6:00 pm. Cost is only \$0.50 per
card. Don't forget to bring your
bingo chips or pennies.



Perogies for Sale:

Made fresh every Wednesday. Cooked
\$5.00 per dozen or frozen \$4.50 per
dozen. Call Olga at 767-7210 to place an
order. Order your Thanksgiving and
Christmas perogies early to ensure your
order can be filled.

Craft Sale:

Date to be announced.

Contact the office to book your table.

Breakfast with Santa:

Date to be announced.

Contact the office for more information and
tickets.

Cribbage:

Tuesdays, starting at 7:00 pm

\$2.00 per evening. Come out and join our
adults and seniors in an evening of cribbage.
Everyone is welcome.

NorMac Seniors (50+):

Thursdays, 10:00 am – noon

This seniors group exercises for the first
hour, followed by a social group for
coffee.

Ladies Auxiliary:

Wednesdays, 9:30 am – noon

Come out and join our ladies to pinch
our famous cheddar cheese perogies.
Coffee and laughs and lots of fun await!
Free!

Quilting:

Thursdays, 5:00 – 9:00 pm

Call Lori @ 768-0304 or the office at 767-
1400 for more information.

☎ 807-767-1400

@ nmacrec@tbaytel.net

f Facebook.com/NorthMcIntyre

RECREATION & CULTURE

CITY OF
Thunder Bay
Superior by Nature



NORTH McINTYRE Rec Centre

2051 Government Rd.
Thunder Bay, ON P7G 2E9

"Your Family..... Our Community!"

☎ 807-767-1400

@ nmacrec@tbaytel.net

f Facebook.com/NorthMcIntyre

Yoga:

Contact the office for further information.

Craft Nights:

Sept. 18 (Fall Wreath), Oct. 16 (Halloween Centre Piece) & Nov. 20 (Snowman Christmas Decoration), 7:00 – 9:00 pm
Cost is \$90.00 for all 3 classes. Materials will be provided.

International Culinary Tour:

Sept. 6, Oct. 4, Nov. 1, Nov. 29 & Dec. 6, 6:00 – 9:00 pm

If you have a love for cooking, join us for an International Cooking Series with Chef Tracey Berry Warkentin of Freelance Catering. Recipes will be provided to allow you to recreate these wonderful dishes in your own home. Register for one or for all 5 classes.

- Sept. 6 – Greece \$60.00 – chicken souvlaki, tzatziki & spanakopita
- Oct. 4 – India \$60.00 – curry spice mixture, butter chicken & samosas
- Nov. 1 – Spain \$60.00 – tapas & paella
- Nov. 29 – Holiday Baking \$75.00 – assorted freezable squares
- Dec. 6 – Appetizers \$60.00 – a selection of appetizers for the holidays

Kids in the Kitchen (Ages 8 – 13):

Mondays, 6:00 – 8:00 pm

Register your young chefs to explore the world of health meal and snack creation. This series will encourage children to consider healthy alternatives as well as gain

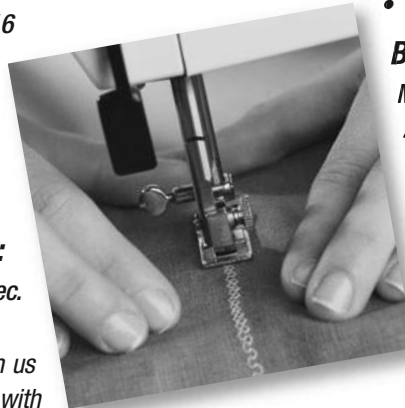
confidence in meal preparation. Each 6 week session is \$150.00.

- Session 1 – Sept. 11 to Oct. 23
- Session 2 – Oct. 30 to Dec. 4

Beginner Sewing for Teens:

Mondays, Sept. 25, Oct. 2, Oct. 16, & Oct. 23, 6:00 – 8:00 pm

Lisa Jeremias of Lockstitch Fabrics will be offering a Sewing Class for teens. Learn to use your sewing machine, read a sewing pattern, learn fitting and sew with both knits and wovens. You must bring your own machine. All supplies are included. Cost is \$160.00.



Paint Night / Fund Raiser:

Thursday, Nov. 9

North McIntyre is hosting its very own Paint Night - You don't have to be an artist to be creative. It's okay if you've never painted anything but your walls—there's no experience necessary and fun is our only requirement. Watch our Facebook page for details.

We're on Facebook:

Follow us on Facebook for up to date Information. Visit us at www.facebook.com/NorthMcIntyre

Check Out Our Website:

www.nmacrec.webs.com

*If your school, group, team or organization would like to host a pancake breakfast for fundraising, please call the centre for more information.

☎ 807-767-1400

@ nmacrec@tbaytel.net

f Facebook.com/NorthMcIntyre



President

Wilma Wood

Office hours are Monday to Friday between 9:00 am – 1:00 pm and Thursday evenings between 6:00 – 8:00 pm.

General Meetings

Held the first Thursday of October at 7:00 pm. Everyone is welcome!

Ladies Auxiliary Meetings

Held the first Monday of the month at 1:30 pm. Come out and make new friends!

2018 Memberships

Memberships are \$5 per year. Come to the office and fill out your membership today! Become a member, become a volunteer! This is your community centre – come out and take an active part.

Hall Rentals and In-House Catering

Oliver Road Community Centre has rental space for weddings, showers, socials, anniversaries, meetings, and special parties. Enjoy the use of our large projection screen for showing slides or movies over our stage. We feature two rooms – the MAIN HALL, capacity 170, and the OLIVER ROOM, capacity 80. We also offer FULL banquet catering: hot meals, cold plates, sandwiches. Be sure to ask for a menu!

PROGRAMS

Registration

Monday, August 14 to Friday, September 8. Call the office at 345-9531 during office hours. NOTE: Registration MUST be paid before classes start.

Oliver Road Dance Classes

Ballroom Dancing & Social Styles, Beginning Intermediate Level - Mondays 7:00 – 9:00 pm, September 11 – November 20. If you have never danced before or need a refresher, this is the class for

you. Learn to foxtrot, waltz, swing, tango, cha cha/rumba in a relaxed and friendly atmosphere. Call Frank for more information at 768-9102/345-0565 or email mcartwri@tbaytel.net. Fee \$70.



Morning Stretch & Relaxation

Tuesdays & Thursdays, 9:30 – 10:30 am, September 12 – November 30. Stretch and move your body through a series of postures and routines and relax your body & mind. Call the Community Centre for more information. Fee \$60.

Northern Images Art Club

Tuesdays, 7:00 – 10:00 pm, September 12 – November 28. NO formal instruction provided, however, helpful suggestions and advice will be available within the group. Call the Community Centre for more information. Fee \$30.

Oliver Road Social Bridge

Drop-In

Fridays, 12:50 – 3:30 pm. Come out and play a fun game of bridge. Fee: \$5/afternoon.

Sparks, Brownies, Guides & Pathfinders

For further information on registration, please call Karen at 935-3252.

O.R.R.A Indoor Yard Sale

Saturday, September 16, 9:30 am – 1:00 pm. Table rentals \$15 for 8' tables. Call the office for more information. 345-9531.

Ladies Auxiliary Christmas Tea & Bazaar

Sunday, Nov. 5, 1:00 – 3:00 pm, \$5 admission.

Christmas Craft Mart

Friday, November 10, 6:00 – 9:00 pm and Saturday, November 11, 9:30 am – 2:00 pm. Free admission. To rent a table, call the office at 345-9531. 8' table is \$25. Reserve your tables early for the main floor.

Family Christmas Party

Saturday, December 2 at 1:00 pm. ORRA members only. Remember to renew your membership in October.



South Neebing Community Centre

1841 Mountain Rd. southneebingcc@gmail.com

Hall Rentals

Looking for a venue to hold your meetings, parties and gatherings? Space is available at an affordable rate. Please contact Tara at 627-3332 or by email at taraposselwhite@gmail.com.

Volunteers Needed

South Neebing Community Centre is solely operated by volunteers and your help is needed. Whether you have an idea for a new group, program or event, you would like to join the Board or you just have time now and again and would like to help out, your Community Centre needs you! Please contact Tara at 627-3332 or email her at taraposselwhite@gmail.com.

Scrapbooking

Looking for ways to capture those special moments? Please contact Catherine Mochrie at imochrie@sympatico.ca for dates and more information.

Rural Roots After-School Program

Open Monday through Friday until 6 pm. For more information, contact 475-7644.

Playgroup

We're looking for a volunteer to start up the Playgroup Program. Geared towards toddlers and pre-schoolers, this program is a great way for parents and children to socialize. If you're willing to help, please call Tara at 627-3332.

Radiant Yoga with Colleen

Classes are held Thursdays, 6:15 - 7:45 pm. Drop-ins are welcome! For more information, contact Colleen at 622-2764 or email radiantyoga.colleen@gmail.com or visit her website at www.radiantyogawithcolleen.com.

Buff Mom Boot Camp

Women's fitness and lifestyle coaching classes (beginner to advanced). For more information, contact Leslie at 1-519-277-8483 or visit the website at thebuffmom.com.

Sakamoto Dojo

Sakamoto Judo Dojo nurtures the development of healthy, empathic, knowledgeable, skilled, and giving citizens through the vehicle of the "Gentle Way" of judo. Visit sakamotojudo.org for more information or call Elyse Elvish at 252-0896.

Visit us at <https://m.facebook.com/SouthNeebingCommunityCentre/>

Vale Community Centre

Looking for Programming Space?

If you're looking for programming space, call 625-2304. User groups must have insurance. We are unable to accommodate one-time rentals like birthday parties, meetings and showers at this Centre.

Thunder Bay Boys & Girls Club - After School Program

Monday to Friday, 2:45 - 5:30 pm & Monday to Thursday 6:30 - 8:00 pm - For more information, please visit the website www.tbayboysand-girlsclub.org or call 623-0354.

Hot Lunch for School Kids

Wednesdays, 12:00 to 1:30 pm - The program is delivered by the Thunder Bay Indigenous Friendship Centre.



Games and Conversation Drop In

Mondays, 1:00 - 3:00 pm - Join old friends and make new ones over some cards, board games and conversations. Free program! Some games provided but feel free to bring your own. Call Pina at 621-4349 for more information.

TOPS (Take Off Pounds Sensibly)

Fridays, 9:00 am weigh in, 10:00 am meeting - Non-profit, non-commercial weight loss support group. Contact Rose-Marie Shandruk at 577-5924 or rmshandruk@tbaytel.net for more information.

Vale 55 Plus

Wednesdays, 1:00 - 3:00 pm. Afternoon tea at 2:30 pm - Join the fellowship and meet your neighbours! New members welcome! Call Pat at 577-3004 for more information.

Vickers Heights Community Centre

Visit us at www.vhcc.ca or follow us on Facebook <https://www.facebook.com/vickersheightscommunitycenter> for the most up-to-date information and event details.

Find us on Broadway Avenue "on the way to the Old Fort"

HALL RENTALS

Call Leila 577-8596 or use the on-line reservation form at www.vhcc.ca. The hall is available for showers, birthday parties, meetings, courses, seminars, and family reunions.

Catering can be arranged or prepare your own food.

WiFi Hotspot



COMMUNITY CENTRES
www.thunderbay.ca/communitycentres

REGULAR PROGRAMMING (shaded items are not weekly)

Monday

Women's Fitness Classes
(Mon., Wed., Fri)
10 am - 11 am
Nellie 475-4630

Women's Institute
First Monday of each month
An organization for personal growth and community action.
1 pm Leila 577-8596

Board Meetings
Forth Monday
September 25th and November 27th
7 pm Everyone welcome

Tuesday

Bluegrass & Old Tyme Music Jam
7 pm - 10 pm (starts in October)
A jam session and social event.
Everyone is welcome.
\$3/person includes refreshments.
623-8119 or 630-9914

Wednesday

Women's Fitness Classes
(Mon., Wed., Fri)
10 am - 11 am
Nellie 475-4630

Social, Ballroom Swing & Latin Dancing
Every Wednesday Starting Sept. 13th
\$40 for 8 weeks \$25 for 4 weeks.
6:00 pm - 7:30 pm for Waltz, Foxtrot, Tango, Rumba, Quickstep & Jive/Swing.
7:30 pm - 9:00 pm for Cha Cha, Salsa/Mambo, Bachata, Samba, Slow 2-step, & Argentine Tango.
Carmela or Armin 473-4875
adelrosa@tbaytel.net

Needing Needlers
Second & forth Wednesday per /month *Anyone interested in quilting and sharing ideas are welcome.*
1:00 pm - 3:00 pm
Leila 577-8596

Friday

Women's Fitness Classes
(Mon., Wed., Fri)
10 am - 11 am
Nellie 475-4630

Saturday

Scrapbooking Workshops
9am - 5pm
Sept. 16th, Oct. 28th,
Nov. 18th, Dec. 9th
Darcy 623-8130

Fall 2017

Hunter Safety Course
Hunter Education and Canadian Firearms Safety Course.
Register 474-8119

Spirit of the Holidays in Vickers Heights

Sunday, December 17th from 1:00 – 4:00 pm.

A whole family event. Holiday songs, kids crafts, Santa and tea, coffee and company for the adults.
Free event - donations for the Food Bank.

Lumberjack Jamboree

Sunday, January 28, 2017

Fun for the whole family with outdoor events and prizes for all age groups. 12:30 pm – 4:30 pm
Concession opens at 1 pm.
Pancake breakfast 10am -12:30 pm.
Call Julie to volunteer 476-5971.

RECREATION & CULTURE

CITY OF
Thunder Bay
Superior by Nature



WEST
ARTHUR
COMMUNITY
CENTRE

FALL

•1914 Arthur St. W. P7K 1C7• • 577-6661• •westarthur@tbaytel.net•
Office Hours: Tuesdays 1-5PM, Thursdays 3-7PM, Saturdays 10AM-2PM

JOIN US FOR DELICIOUS
SOUP & SANDWICH
LUNCHES MONTHLY!

Wed. September 6th 11:30AM

Wed. October 4th 11:30AM

Wed. November 1st 11:30AM



HOT TURKEY SANDWICH
CHRISTMAS LUNCH!

Join us for a lovely luncheon
on Wednesday,
December 6th at 11:30AM



Hall Rentals

Looking for a place to have an anniversary party, baby shower, birthday party (any age) bridal shower, family reunion, luncheon, funeral gathering, meetings of any size, wedding or workshop? We have a large hall as well as smaller meeting rooms available.

General Meetings

Centre board meetings are held on the 3rd Monday of every month at 1:30PM (except July & August) We are always looking for interested volunteers to join our board.

Drop in Programs

Table Tennis

Join this fun, active group for some table tennis on Thursday & some Friday evenings from 7-9PM (except holidays) Cost is \$5 for 2 nights. Call John at 622-2401 for info.



Pilates

Diminish hip, neck and shoulder pain or sculpt your body by learning the art of Pilates.

Begins Sept. 11th
Every Monday at 5:30pm (except holidays).
Cost: \$10 drop ins or 12 classes for \$110
Call Jeanie at 707-3651 for more info.

Cribbage

Join our social crib group every Wednesday from 7:30-10PM. Begins September 6th.
Call Wayne at 473-5703 for info

Carpet Bowling

If you would like to limber up and meet some social and active seniors, come join us on Thursday afternoons from 1:30-3:30pm, beginning September 7th. Cost \$2.00 drop in fee. Call Dennis at 474-0835 for more info

Square Dancing

Learn modern square dancing and get fit while having fun! Every Monday from 7:30-9:30PM.
Cost \$4 per person. Call 577-1354 for info.

Round Dancing

Learn how to Round Dance! Saturday mornings from 9:30-11:30AM. Couples only please.
Cost \$4 per person. Call 577-2731 for info.

Ballroom Dance Classes for Beginners & Intermediate

Have fun and make new friends! Classes are relaxed, casual, good exercise and done at the pace you are comfortable with.

Beginner Class

Tues. Sept. 19th (10 weeks)
8:30-10PM
\$80 per couple

Intermediate Class

Tues. Sept 19th (8 Weeks)
7-8:30pm
\$80 per couple

Contact 473-1922 or email bgrmail5@gmail.com for info

You must register before classes begin.





WEST THUNDER COMMUNITY CENTRE

915 South Edward Street
Thunder Bay, ON P7E 6R2

Ph: 475-9396
Email: westthunder@tbaytel.net

BUILDING A BETTER TOMORROW FOR OUR MEMBERS AND OUR COMMUNITY



CANADA

Senior stretch & exercise
program Tuesday, Wednesday,
Thursday 11:45 – 12:30.

Foot Care Clinic

3rd Friday

Call 475-0012

55plus

CRAFT GROUP

Mondays, 1 - 3pm
Sept. Dec 2017
\$3 Drop-in

EUCHRE

Tuesdays 1 pm
Sept. – Dec 2017
\$3 Drop-in

DISKING

Tuesdays , 9:30 -
11:30am Sept. - Dec
2017
\$3 Drop-in

CRIBBAGE

Thursdays, 1 - 3pm
Sept. - May 2017
\$3 Drop-in

Visit our NEW website
<http://westthunder.wix.com/westthunder-tbay>



Be sure to check us out on
Facebook and 'Like' our page!

KOKORO KARATE

Mondays & Thursdays
7-9 pm
Ages 12 years & Up

Sensei James Stewart 472-4490

AKIRA KARATE

Mondays 6:15 – 7PM
4 – 12 years
Sensei Hayley Tennier
(475-3163 / 629-1389)

Pro Kids spots available

KARATE

WEST THUNDER CAFÉ



Tuesday Breakfast 9:30-11:30
Tuesday Plated Lunch 11:30-1:00
Thursday Breakfast 9:30-1:00
Friday Lunch 11:30-1:30

Activities



Pickle ball
Badminton
Basketball
Parents & Tots



Call the West Thunder Office for times,
dates, and fees



THE ULTIMATE ZUMBA EXPERIENCE

ZUMBA® TONING

Thursdays 5:30-6:30p.m
\$45 for 10 week session
or \$5 Drop-in
Instructor : Sharon Smith-Baxter



ZUMBA® FITNESS

Wednesdays, 5:15 - 6:15pm
\$45 for 10 week session
or \$5 Drop-in
Instructor: Sharon Smith-Baxter



Radiant Yoga
with Colleen *At West Thunder*

RADIANT YOGA WITH COLLEEN

Monday & Wednesdays 9:30 - 11am
\$180 for 10 weeks or \$10 drop-in

CHAIR YOGA

Friday's 10 -
11:30am 10 weeks
\$70 or \$8 drop in

BEGINNER, BEGINNER,

BEGINNER YOGA

Saturdays 9:30am – 11:00am
\$90 for 10 weeks or \$10_drop in

Special Events

Corn Roast- September 9 2017
Craft Sale- December 1 &2
Christmas Dinner- December 17
Vendors Market- TBA



Thunder Bay 55 Plus Centres

FALL SESSION OF REGISTERED PROGRAMS

For more information call 684-3066
To register call the Hotline 625-8463

Travelling or out of town, call toll free
1-844-288-4700 to register

Please read through the description of your class to confirm the start date and number of weeks.

No classes on Monday, October 9 (Thanksgiving Day).

55 Plus Registration starts on
WEDNESDAY, AUGUST 9 @ 8:30 am
(NO REGISTRATIONS WILL BE ACCEPTED BEFORE THIS DATE)



REGISTRATION PROCESS

1. Avoid the lineup and register by calling the registration Hotline at 625-8463.
(You must pay with VISA or MasterCard)
2. In-Person: at the Thunder Bay 55 Plus Centre, Victoriaville Centre, Canada Games Complex, Churchill Pool and Volunteer Pool.
3. Payments will be processed and receipts issued at time of registration.



RECREATION & CULTURE DIVISION

Thunder Bay 55 Plus Centres

700 River Street & 1914 W. Arthur Street

There is no membership fee to participate.

Open to everyone 55 plus or better!

THUNDER BAY 55 PLUS CENTRE
www.thunderbay.ca/55plus



RECREATION & CULTURE



THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET



FALL 2017 REGISTERED PROGRAMS

Please read the description of each class to find out start dates.
For information about programs listed, please call 684-3066 or to register by phone using VISA or MasterCard, call 625-8463.

FITNESS

*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
LOW IMPACT AEROBICS (No class Oct 9)	382094	MON & WED	1:30 - 2:30 pm	L. Mork-Geurts	\$95
<i>Join in the fun! Energize your mind, body & spirit. A gentle warm-up, 20 minutes of a low impact aerobic cardio workout, use of light hand weights, bands and other equipment. NO PUNCH CARDS</i>					
NEW FUSION FITNESS	382138	TUES & THURS	8:35 - 9:05 am	L. Mork-Geurts	\$60
<i>This NEW 1/2 hour class will Fuse all the movements of YOGA and PILATES together. You will METABOLIZE, gain MUSCLE and get into WAIST MANAGEMENT in this amped up Body Resistance Workout...NO WEIGHTS...just SWEAT and SMILES! All you need is your yoga mat, chair, water bottle and towel. Suitable for beginners and strong seniors as well.</i>					
Morning Energizer Gold (NO CLASS OCT 9)	382090	MON, WED & FRI	8:35 - 9:35 am	L. Mork-Geurts	\$130
Morning Energizer Gold (NO CLASS OCT 9)	382091	MON, WED & FRI	9:40 - 10:40 am	L. Mork-Geurts	\$130
<i>This class will get you moving with a mixture of cardio, stretching, toning using a variety of equipment. Get moving to some fantastic music and get your morning on track with this great class.</i>					
F.I.T. (FITNESS INTERVAL TRAINING)	382006	TUES & FRI	1:30 - 2:30 pm	A. Parr	\$95
<i>Learn to work the core, become strong from the inside out. Specific exercises will be taught to strengthen weak muscles, balance alignment and posture. This progressive class will challenge cardio & muscular strength, endurance, flexibility and agility.</i>					
BENDER BALL	382008	THURS	1:15 - 2:15 pm	A. Parr	\$50
<i>This is a low impact class using the little ball that does it all! Bender Balls are highly effective for strengthening your core muscles, relaxing muscles that are too tight, increasing your range of motion, improving your posture & body awareness. All levels welcome.</i>					
SIMPLY STRETCHING (NO PUNCH CARDS)	382095	TUES & THURS	9:15 - 10:15 am	L. Mork-Geurts	\$95
SIMPLY STRETCHING (NO CLASS OCT. 21)	382096	SAT	10:30 - 11:30 am	L. Mork-Geurts	\$50
<i>This beginner stretch class will start your day with flowing movements of Taiji, energizing postures of Yoga and gentle stability of Pilates. Balls, chairs and mats will be used during this fun and functional class. All fitness levels welcome.</i>					
YOGA (NO CLASS OCT 9)	383190	MON & WED	11 - 12 pm	I. Hauta	\$95
YOGA	383191	TUES & FRI	10:30 - 11:30 am	I. Hauta	\$95
AFTER WORK YOGA (NO CLASS OCT 9)	383192	MON & WED	6:30 - 7:30 pm	I. Hauta	\$95
<i>Yoga is gentle movement through stretches and postures. This class is designed for those with some previous yoga experience but not necessary. Expanding upon learned yoga movements and offering a few more yoga positions. Please note that all positions can be modified to meet participant's needs.</i>					
ZUMBA GOLD	382143	TUES	2:15 - 3:15 pm	K. Gorst-Vigiarolo	\$75
ZUMBA GOLD (NO CLASS OCT 14 & 21)	382144	SAT (10 WEEKS)	10:30 - 11:30 am	K. Gorst-Vigiarolo	\$65
<i>Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.</i>					
HOOP IT UP!	382097	FRI	11am - 12 pm	L. Mork-Geurts	\$50
<i>This fitness class is fun and will help you meet your fitness goals. Use a hula hoop as an exercise tool for stretching, strengthening and to help you improve your balance and flexibility. Go back in time and use a hula hoop in a whole new way! Hoop it up with Lisa!</i>					

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

JUST FOR GUYS FITNESS	384439	TUES&THURS	9 - 10 am	K. Groop	\$95
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Calling all dudes! Help increase your cardiovascular fitness level along with toning and stretching. This class will use a variety of equipment to help you reach those fitness goals!

20-20-20	381998	TUES (10 WEEKS)	6:15 - 7:15 pm	S. Taymaz	\$45
20-20-20	382000	THURS (10 WEEKS)	5:15 - 6:15 pm	S. Taymaz	\$45

20 Minutes of cardio work using steps; 20 minutes of toning using weights and finish with 20 minutes for some abs & stretching as well as cool-down and relaxation.

STRENGTHEN AND STRETCH	382001	THURS (10 WEEKS)	6:30 - 7:10 pm	S. Taymaz	\$40
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This class includes 20 minutes of gentle, core-strengthening exercises, followed by 20 minutes of stretching. It is a great low-impact class for beginners or sedentary individuals who wish to improve their core strength and their posture.

GET IN THE GROOVE (BEGINS SEPT 18)	383740	MON	6:30 - 7:30 pm	G. Ranger	\$65
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Get your groove on with this fun fitness dance class! No complicated choreography to memorize, just come out and enjoy the music and move your body!

SPECIALTY CLASSES (Fitness & Wellness)

*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
MEDITATION FOR BEGINNERS	381995	WED	12:15 - 1 pm	K. Makinen	\$50

Join certified yoga teacher Kaija Makinen to embrace the power of meditation. Learn the art of breathing, focusing and find your inner calm.

MEDITATION - ADVANCED	381997	WED	11 am - 12 pm	K. Makinen	\$50
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If you previously enjoyed beginner meditation, get ready to take your skills up a notch with our advanced classes.

SIT AND BE FIT	383188	TUE & THURS (6 WEEKS)	11:30 am - 12:30 pm	L. Arnone	\$50
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This gentle exercise class is perfect for those just starting a fitness program or reintroducing fitness into their lives. This class is for those wishing to exercise while seated. It includes rhythmic movement, range of motion, strength and stretching exercises.

CHAIR/SEATED YOGA LEVEL 1	381992	TUES	10 - 11 am	K. Makinen	\$50
CHAIR/SEATED YOGA LEVEL 1	381993	WED	9:45 - 10:45 am	K. Makinen	\$50
CHAIR/SEATED YOGA LEVEL 2	381994	FRI	9:45 - 10:45 am	K. Makinen	\$50

Yoga for the Fun of It - Yoga is for everyone! Chair Yoga - one hour of stretching, toning, breathing exercises, smiling and laughing. Using the chair, we learn basic yoga postures and breathing techniques designed to de-stress, strengthen and bring flexibility to your body and mind. All levels of ability welcome. Level 2 same as level 1 in addition more balancing postures.

KEEP MOVING WITH PARKINSON'S (BEGINS SEPT 11)	382145	MON & WED (4 WEEKS)	11 am - 12 pm	K. Gorst-Vigliarolo	\$40
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KEEP MOVING WITH PARKINSON'S (BEGINS OCT 16)	382146	MON & WED (6 WEEKS)	11 am - 12 pm	K. Gorst-Vigliarolo	\$60
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This class is specifically designed for those with Parkinson's Disease. Includes aerobic conditioning, functional strengthening, and mobility and balance exercises. **Must have been assessed by St. Joe's. If not, call Kyla at St. Joe's 346-2334. (NO PUNCH CARDS)**

STRENGTH IN MOTION (NO CLASS OCT 9)	382149	MON (11 WEEKS)	9:45 - 10:45 am	K. Gorst-Vigliarolo	\$50
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STRENGTH IN MOTION	382150	WED (12 WEEKS)	9:45 - 10:45 am	K. Gorst-Vigliarolo	\$55
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Join us for an easy-to-follow work out that includes exercises designed to increase flexibility, joint stability, balance, coordination and muscular strength. A chair is used in this work-out for standing and seated support when necessary. **(NO PUNCH CARDS)**

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

TAIJI

**All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
ADVANCING TAIJI	382043	TUES & FRI	10:45 – 12 pm	O. Reimer	\$90
<i>We will practice Taiji Qigong, 8, 16, 24 and 48 Forms. The emphasis will be on refining movements to make them more relaxed, efficient and enjoyable and on cultivating inner calm and focus.</i>					
WHOLE BODY TAIJI QIGONG	382294	FRI	11 am-12 pm	Y. Peng	\$50
<i>This class is a good introduction to Taiji and Qigong but will also enhance the health benefits of those who already practice Taiji. This new class encompasses unique whole body moves, along with warm up and cools down routines.</i>					
TAIJI – QIGONG – 6 Forms	382295	THURS	2:30 – 3:30 pm	Y. Peng	\$50
<i>Taiji Qigong is a combination of the ancient Chinese forms of Taiji and Qigong. Mental concentration and calmness are developed as one practice's these forms. They can also be done standing or in a seated position.</i>					
TAIJI – 16 Forms (NO CLASS MONDAY, OCT 9)	382039	MON & THURS	10:45 – 11:45 am	O. Reimer	\$90
<i>16 Forms is a good progression when you are very comfortable with the 8 Forms. The emphasis continues on learning to move with body awareness and internal focus. You will maintain and improve balance, range of motion and strength. You will learn to relax your mind and body so you can move with greater strength and efficiency</i>					
SEATED/STANDING TAI CHI	382255	THURS	10:15 – 11:15 am	B. Cadene	\$50
<i>This class includes gentle exercises using Tai Chi movements that can be performed either seated or standing. Helps to improve mental & physical balance; increase & maintain range of motion and improve flexibility and co-ordination.</i>					
TAIJI – 8 Forms	382009	TUES & FRI	9:30 – 10:30 am	B. Cadene	\$90
<i>An introduction to taiji. It combines choreography, body awareness and meditation through movement. Improve and maintain strength, range of motion, co-ordination and balance and have fun doing it.</i>					
TAIJI – 24 Forms (NO CLASS MONDAY, OCT 9)	382038	MON & THURS	9:00 – 10:00 am	O. Reimer	\$90
<i>24 Forms is a good progression when you are comfortable with the 16 Forms. The emphasis continues on learning to move with body awareness and internal focus. You will maintain and improve balance, range of motion and strength. You will learn to relax your mind and body so you can move with greater strength and efficiency.</i>					

Don't forget about our TRY A CLASS ON US PROMOTION! All those 55 or better are welcome to try any fitness class for FREE with a Try a Class on Us Card, pick one up at the main office or call us to find out more 684-3066!

Volunteers Needed

THUNDER BAY 55 PLUS CENTRE SUPPORT SERVICES PROGRAMS

Friendly Visiting Program

The program connects a volunteer with a senior who resides in their own home. The match is based on mutual interests, and if possible, residing within the same neighbourhood. The volunteer visits in person to provide friendship and support.

Telephone Assurance Program

Provides telephone friendship for socialization and security.

Walk-A-Bit Program

Volunteers accompany a senior for a walk in their neighbourhood.

For more information call Twyla or Suzanne at 684-3471 or email tbiliuk@thunderbay.ca55plus

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

VISUAL ARTS

**All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
MIXED MEDIA (NO CLASS OCT 9)	382988	MON	9:00 am - 12 pm	G. Zelinski	\$110

This course will cover techniques for mixed media as life drawing using both wet and dry mediums. Students are encouraged to work on independent projects and the instructor will assist with instruction throughout the project.

MECHANICS OF WATERCOLOURS (NO CLASS OCT 9)	382990	MON	1 - 4 pm	G. Zelinski	\$110
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If you ever admired a watercolour painting and wanted to try out this age old art, this class is for you! The aim is to understand various differences of transparent, opaque and staining colours then adapt colours best suited to your style or subject matter.

DRAWING/SKETCHING PEN & INK	382991	WED	1 - 4 pm	G. Zelinski	\$110
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DRAWING/SKETCHING PEN & INK	382992	WED	9:00 am - 12 pm	G. Zelinski	\$110
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Classes are designed to help artists develop their visual perception. Skills are developed by drawing what we actually see & not what we think it should look like. You will use pen & ink primarily for this class.

WATERCOLOURS – FLORAL BIRDS	382338	FRI	1 - 4 pm	L. Fidler	\$110
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This course is for painters with experience. It will cover colour theory, using the colour wheel for mixing of colours and various painting techniques with the focus on a direct/realistic style. Florals and birds are the main subject matters in this course.

COLOURED PENCILS FOR BEGINNERS	382340	FRI	9:00 am - 12 pm	L. Fidler	\$110
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Coloured pencil is accepted as a fine art medium that is rapidly growing in popularity worldwide. Instruction will include colour theory, composition, techniques and materials. Enjoy working in this versatile, clean and portable medium in a fun and relaxing atmosphere. Supply list available by request.

BEGINNER WATERCOLOUR (BEGINS SEPT 7)	381950	THURS (8 WEEKS)	9:00 am - 12 pm	B. Baker	\$85
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This class is for beginners, it is designed to show you the ins and outs of how to paint with watercolours. Learn the basic techniques, terms and how to mix colours and blend to create your own work of art.

ADVANCED WATERCOLOUR (BEGINS SEPT 7)	381989	THURS (8 WEEKS)	1 - 4 pm	B. Baker	\$85
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This course is for painters with experience. This class is an opportunity to hone your skills as a watercolour artist. Learn more about the art of watercolour painting with a great instructor.

OIL & ACRYLIC PAINTING	382346	TUES (6 WEEKS)	9:00 am - 12 pm	L. Lindsey	\$65
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This class is designed for those who are just starting out with oil and acrylic painting. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided at your own pace.

Caregiver Support Group

Beginning September 20th
1:30 - 3:30pm
(Running every 3rd Wednesday
of the month)

Are you looking after a relative, friend or neighbour that is sick, frail or disabled? The demands of caregiving can be overwhelming and you're likely to face a host of new responsibilities, many of which are unfamiliar or intimidating. If the help to know you're not alone.

For further information please call Twyla at 684-3471

Annual Trunk & Tailgate Sale
Saturday, September 9th
From 9AM - 2PM

Don't miss the chance to find some great deals and see if one person's gently loved item can become your new treasure!

Book your parking space in August to sell your treasures, or donate them to the 55Plus Centre Board of Director's table. Join us for a BBQ too! Call 684-3066 for info.



THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

WORKSHOPS – THUNDER BAY 55 PLUS 700 River Street - 684-3066

WORKSHOP TITLE	CODE	DATE	TIME	INSTRUCTOR	FEE*
SWEDISH WEAVING HEM STITCH WORKSHOP	382004	FRIDAY, OCT. 13	12:30 – 4 pm	V. Zhiha	\$25
<i>Learn how to professionally finish your afghan or other weaving projects. Learn the art of the traditional Nun Hem Stitch, the Italian Hem Stitch and tassels, to name a few! All materials can be purchased from the instructor for \$10.00 at the workshop.</i>					

SWEDISH WEAVING – Learn To Make a Place Mat	382005	FRIDAY, OCT. 20	12:30 – 4 pm	V. Zhiha	\$25
<i>This workshop is for advanced weavers. \$25 for supplies paid to instructor at the workshop. This fee includes ready to weave patterns and additional fabric, plus yarn and one of a kind designed patterns by the instructor. You will leave with 4 beautifully designed and weaved place mats.</i>					

PERSONALIZED ALL OCCASION GREETING CARDS WORKSHOP	383692	WEDNESDAY, SEPT. 20	1:30 – 4:30 pm	P. Lloyd	\$20
<i>This workshop is suitable for the beginner as well as more accomplished card makers. You will create 3-5 cards and learn different processes and techniques in designing your cards. Please bring a pair of scissors, all other supplies provided.</i>					

PEBBLE MOSAIC MIRROR WORKSHOP	383691	WEDNESDAY, OCT. 4	1:30 – 4 pm	Willow Springs	\$25
<i>Participants will create one wall mounted mirror perfect for home or camp. You are welcome to bring special pebbles or keepsakes to incorporate. All other supplies will be provided for \$10, due to the instructor at the workshop.</i>					

CHRISTMAS ORIGAMI WORKSHOP	383738	TUESDAY, NOV. 21 (4 WEEKS)	9:30 – 11:30 am	A. Houstoun	\$25
<i>Have you always wondered about the art of origami? In this 4 week workshop, you will learn how to fold paper into wonderful Christmas Origami designs.</i>					

POW-WOW REGALIA MAKING WORKSHOP	383746	WEDNESDAY, NOV. 8 (6 WEEKS)	1 – 4 pm	G. Ranger	\$15
<i>You will be led through the concept of drafting and sewing regalia while learning about the protocols and dances of Pow-wow. The finished outfits will be generously donated to a child in the child welfare system. Materials will be provided. You will need some basic sewing skills and your own machine. This workshop is a partnership with the Indigenous Friendship Centre.</i>					

LEARN TO KNIT SOCKS WORKSHOP	384539	TUESDAYS SEPT. 19 (3 WEEKS)	1:30 – 4:30 pm	M. Duncan	\$65
<i>This workshop is for the intermediate knitter. You will learn how to knit socks with instruction from our master knitter in this small class. Instructor will call you with list of supplies before the workshop.</i>					

OFFSITE WORKSHOPS AND PROGRAMS

– the following programs take place at other facilities but are geared to those 55 or better, get involved in a program today!

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	LOCATION	FEE*
AQUA EXTRAVAGANZA (BEGINS SEPT 18)	383299	MON	1:15 – 2 pm	A. Parr	Volunteer Pool, 180 Martha St.	\$58.15
<i>Join in this great aqua fitness class that will help to improve cardiovascular and muscle strength with endurance for better health. A little bit of everything, aqua zumba, aqua jog, aqua boot camp and more! Join in the fun in the water with great music and an experienced instructor!</i>						

BIRCH BARK BASKET WORKSHOP	384538	MON. SEPT. 25	9:30 am – 2:30 pm	D. Brown	Fort William Historical Park	\$65
<i>Learn the art of basket-making using birch bark and spruce roots. Ojibwa “mukuk” is both beautiful and versatile; once you learn the basic technique; you can adapt patterns to different sizes and shapes. Please bring a bag lunch.</i>						

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

GENERAL INTEREST

**All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
GUITAR LESSONS – BEGINNER	383091	WED	9:30 – 10:30 am	T. O'Brien	\$140
<i>You must have your own guitar to participate. This class is for the true beginner.</i>					
GUITAR LESSONS – INTERMEDIATE	383093	TUES	11 am – 12 pm	T. O'Brien	\$140
<i>You must have your own guitar to participate. Must have taken beginner in the Spring/Summer session.</i>					
GUITAR LESSONS – ADVANCED 1	383739	WED	11 am – 12 pm	T. O'Brien	\$140
<i>You must have your own guitar to participate. Must have taken intermediate lessons previously.</i>					
GUITAR LESSONS – ADVANCED 2	383094	TUES	9:30 – 10:30 am	T. O'Brien	\$140
<i>Must have completed Advanced lessons previously. You must have your own guitar to participate.</i>					
BASKET WEAVING – BEGINNERS	382002	WED, OCT. 11 (4 WEEKS)	1:00 – 4:00 pm	L. Salini	\$105
<i>This class is designed for the beginner who has always admired basket weaving but never tried it. You will learn the basic techniques and complete 1 or 2 baskets by the end of the course. All materials are supplied.</i>					
BASKET WEAVING – ADVANCED	382003	FRI, NOV. 10 (4 WEEKS)	1:00 – 4:00 pm	S. Breckenridge	\$110
<i>This is an advanced class designed for weavers proficient in basic basket weaving skills who have already taken the beginner course. Admission is based upon previous experience at the Instructor's discretion.</i>					
WHIST LESSONS FOR BEGINNERS	382492	WED (4 WEEKS)	1:00 – 3:00 pm	C. Snow	\$15
<i>Enjoy playing cards and want to learn how to play the game of whist? Join a fun and entertaining instructor to learn Whist with humour and how to integrate bridge strategy smattering with the game of whist.</i>					
FRENCH FOR BEGINNERS	382291	MON	1:00 – 3:00 pm	M. Langevin	\$90
FRENCH FOR BEGINNERS	382290	MON	10:00 – 12 pm	M. Langevin	\$90
<i>Ces't la vie! Join our fun and knowledgeable French instructor to learn some basics of French to help you in your travels!</i>					
BEGINNER BRIDGE	382491	THURS (10 WEEKS)	10:00 – 12 pm	D. McCandless	\$100
<i>Learn to play the great game of bridge and meet new friends. No bridge experience required.</i>					
BRIDGE – THE BASICS	382490	TUES (10 WEEKS)	10:00 – 12 pm	D. McCandless	\$100
<i>For seasoned bridge players, this class focuses on commonly used conventions. Define your skills as a bridge player.</i>					
PLAYING AFRICAN STYLE HAND DRUMS	382045	MON (8 WEEKS)	10:15 – 11:30 am	S. Jesseau	\$160
<i>This is a chance to learn to play the authentic technique of the djembe drum. Learn the 3 sounds that provide a foundation for numerous styles of drumming! This is an ideal first instrument with easy movements, large targets and no wrong notes! If you love music you will surprise yourself at this class. The djembe music sounds powerful and uplifting. We will learn complete arrangements with calls, traditional parts, soloing (by Sean) and dynamic endings!</i>					



Like us on Facebook to find out about our upcoming events, workshops and all the exciting things happening at the 55 Plus Centre throughout the year!

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

TECH CLASSES – Apple Ipad & Iphone only

*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
IPAD PROVIDED (BEGINS SEPT 26)	383288	TUES (5 WEEKS)	6 – 8 pm	K. Shields	\$75

We provide an IPAD to use during your session. Activities and tasks will be assigned to be completed in between classes to allow you greater familiarity with the Ipad. Learn how to navigate the web, take pictures, folders and more. Please note that a damage deposit of (\$150.00) is required for use and will be refunded upon return.

IPAD BEGINNER (BEGINS SEPT 18)	382891	MON (5 WEEKS)	10 am – 12 pm	K. Shields	\$75
IPAD BEGINNER (BEGINS NOV 6)	382892	MON (5 WEEKS)	10 am – 12 pm	K. Shields	\$75

This class is for individuals that own an APPLE Ipad and wish to learn the basics. You will learn about messaging, emails, contacts, calendars, taking pictures, internet, apps and so much more. Please know or bring your Apple ID user name & password.

IPAD INTERMEDIATE (BEGINS SEPT 19)	383291	TUES (5 WEEKS)	10 am – 12 pm	K. Shields	\$75
IPAD INTERMEDIATE (BEGINS NOV 7)	383292	TUES (5 WEEKS)	10 am – 12 pm	K. Shields	\$75

This class is best suited for those with Ipad experience. You will learn more in depth editing of photo's, video's, panoramic settings, apps, Facetime, copy and pasting items as well as individual likes. Please know or bring your Apple ID user name & password.

IPHONE BEGINNER (BEGINS SEPT 25)	383439	MON (5 WEEKS)	1 – 3 pm	K. Shields	\$75
IPHONE BEGINNER (BEGINS NOV 6)	383441	MON (5 WEEKS)	1 – 3 pm	K. Shields	\$75

This class is designed for those who have an Iphone and are looking to maximize its use and efficiency. Course will cover basic settings, using the internet, text messaging, email using contact list, calendar, photos, Facetime and apps.

IPHONE INTERMEDIATE (BEGINS SEPT 26)	383444	TUES (5 WEEKS)	1 – 3 pm	K. Shields	\$75
IPHONE INTERMEDIATE (BEGINS NOV 7)	383445	TUES (5 WEEKS)	1 – 3 pm	K. Shields	\$75

For those of you with Iphone experience. This class focuses on making your Iphone work more efficiently for your needs.

Senior Fitness Instructor Course

Do You Want To Be A Fitness Leader For Seniors?



Join Certified CCAA Trainer Lisa Mork Geurts in this 4 day course.

You Will Learn:

- ◆ Effects of aging and the benefits of physical activity for older adults
- ◆ Class design and exercise techniques
- ◆ Leadership skills
- ◆ Exercise principles for individuals with a variety of special conditions including: arthritis, diabetes, heart disease, stroke and osteoporosis

FUNDING PROVIDED to the first 10 that Register by the deadline: Sept. 8, 2017

September 23, 24, 30, & October 1

Saturday & Sunday 9 AM - 5 PM

Thunder Bay 55 Plus Centre, 700 River Street

To register contact Lisa at lisasfitfirm@gmail.com OR

www.uwo.ca/ccaa

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

TECH CLASSES – Tablets & Android Courses *All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
BASIC ANDROID PHONE	383241	WED SEPT. 13	9:30 – 11:30 am	G. Reguly	\$35
BASIC ANDROID PHONE	383242	TUES NOV. 14	1:00 – 3:00 pm	G. Reguly	\$35

*This one day, two hour course will teach you how to text, make phone calls easily, and adjust settings to hear and see your phone. We will cover adding emergency contacts and medical information to your phone in case of emergency. **SORRY, NO IPHONES.***

ADVANCED ANDROID PHONE	383244	TUES SEPT. 19	1:00 – 3:00 pm	G. Reguly	\$35
ADVANCED ANDROID PHONE	383245	TUES NOV. 21	1:00 – 3:00 pm	G. Reguly	\$35

*Don't just use your phone for emergency calls! This one day, two hour course will cover every day apps such as contacts and calendar as well as apps which are downloaded to help with travel, translation and navigation. **No IPHONES.***

ANDROID TABLET BASICS (BEGINS NOV 6)	383238	MON & WED (3 WEEKS)	1:00 – 3:00 pm	G. Reguly	\$75
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*Beginners, learn how to use your tablet from installing apps, email, adding contacts and taking pictures. Learn about the top apps of 2017-18, from travel to everyday tasks. At registration, please give your type of tablet. **SORRY, NO APPLE IPADS.***

Support Services Programs



**Mark
Your
Calendar**

»» UPCOMING EVENTS

Self Defence Class

Monday, Sept. 11th

6:00 – 9:00pm

Presented by Thunder Bay 55 Plus Centre & The
Leading Edge Gym

OACAO Active Living Workshop

Sat. Oct. 14th, from 9am – 3pm

Lunch and beverages included!

Plus Door Prizes!

Car Wise Clinic - 65 Plus Program

Friday, Sept. 8th, from 9:30am – 12:00pm

Bring your vehicle to the Centre and have the Drive Wise
staff complete an assessment.

To Register or for More Info Call Twyla at 684-3471

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

COMPUTER WORKSHOPS & CLASSES

*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
WINDOWS 10 (BEGINS SEPT 11)	383193	MON & FRI (3 WEEKS)	9:30 – 11:30 am	G. Reguly	\$75
WINDOWS 10 (BEGINS NOV 6)	383194	MON & WED (3 WEEKS)	9:30 – 11:30 am	G. Reguly	\$75

Suited for beginners, this class focuses on how to navigate the software changes in Windows 10 and how to optimize the use of your computer. Bring your own laptop or use our desktop computers.

ONLINE SHOPPING WORKSHOP	382838	SAT. SEPT. 23	9:30 am - 12:30 pm	S. Taymaz	\$30
ONLINE SHOPPING WORKSHOP	382839	WED OCT. 25	6:00 – 9:00 pm	S. Taymaz	\$30

Are you hesitant to shop online? Take our one day, 3 hour workshop and boost your confidence to do some shopping online! You will learn how to use ebay, Kijiji, Amazon, paypal, and safe shopping practices when buying online.

ONLINE SELLING WORKSHOP	382840	SAT OCT. 14	9:30 am - 2 pm	S. Taymaz	\$35
ONLINE SELLING WORKSHOP	382841	WED NOV. 15 & 22	6:00 – 8:00 pm	S. Taymaz	\$35

Curious how to sell your items on ebay or Kijiji? Learn from an ebay selling veteran who will show you how to get started. This workshop will navigate you through the complexities of setting up an account, uploading pictures, picking categories, common pitfalls and security precautions, plus much more. Participants must have an email address to participate and a valid credit card if they wish to set up an ebay account. There will be a 30 minute lunch break if you wish to bring a lunch.

SOCIAL MEDIA WORKSHOP	382842	SAT SEPT. 23	1:30 - 3:30 pm	S. Taymaz	\$25
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Learn how to navigate Facebook, search for friends, post updates, upload pictures, and create albums and more. Find out what other social media sites such as Instagram, Twitter and Snap Chat have to offer as well.

BASIC COMPUTER REFRESHER WORKSHOP	382843	SAT OCT. 28	9:30 am - 12:30 pm	S. Taymaz	\$30
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Need a refresh on using your desktop? Join us for this workshop to get re-acquainted with the basics of your computer. Microsoft Word, saving documents, creating folders, and much more.

ONLINE TRAVEL BOOKING WORKSHOP	382845	WED OCT. 11	6:00 – 9:00 pm	S. Taymaz	\$25
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Have you thought of booking a trip online but don't know where to start? Learn how to research your hotel, book flights, explore destination activities and more!

PICTURE EDITING 101	382888	WED SEPT. 27	6:00 – 9:00 pm	S. Taymaz	\$25
PICTURE EDITING 101	382889	SAT NOV. 25	9:30 am - 12:30 pm	S. Taymaz	\$25

In this 3 hour workshop, you will learn all about what to do with all those pictures stored on your devices! Create folders, save photos, edit them, send them to family in emails, and much more.

LEARN YOUR MAC (BEGINS SEPT 28)	383688	THURS (6 WEEKS)	9:30 am - 11:30 am	A. Houstoun	\$75
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A six week course designed to help you increase your knowledge of your MacBook laptop or desktop computer. This class will cover the basics and go into detail about more specific programs on your Mac.

iTUNES FOR MAC & WINDOWS (BEGINS SEPT 28)	383690	THURS (3 WEEKS)	1:00 – 2:00 pm	A. Houstoun	\$75
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Do you want to know how to organize your iTunes library? In this workshop you will learn how to add artwork and lyrics to your albums, email favourite songs, expand your library to another hard drive, import cd music and cassette into iTunes, import videos to iTunes and locate them with music, and share music with iPad and iPhone without transferring any media.

THUNDER BAY 55 PLUS CENTRE
www.thunderbay.ca/55plus

RECREATION & CULTURE

CITY OF
Thunder Bay
Superior by Nature

103

WEST ARTHUR COMMUNITY CENTRE, 1914 W. ARTHUR STREET

FALL 2017 REGISTERED PROGRAMS

Located at 1914 Arthur St. W – your south side location for 55 plus programs!

Programs start the week of September 11, 2017 and run for 12 weeks unless stated otherwise.

For information about programs listed, please call 625-3135
or to register by phone using VISA or MasterCard call 625-8463.

FITNESS & WELLNESS

**All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
SIT AND BE FIT	383189	THURS	9:15 – 10:15 am	J. Rawana	\$65

This gentle exercise class is perfect for those just starting a fitness program or reintroducing fitness into their lives. This class is for those wishing to exercise while seated. It includes rhythmic movement, range of motion, strength and stretching exercises.

TAI CHI QIGONG 6 FORMS	382296	TUES	11 am – 12 pm	Y. Peng	\$65
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Taiji Qigong is a combination of the ancient Chinese forms of Taiji and Qigong. Mental concentration and calmness are developed as one practices these forms. They can also be done standing or in a seated position.

YOGA FIT - HATHA YOGA	383089	THURS	10:30 am – 12 pm	M. Gleeson	\$65
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A fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement, strength training and the use of balls and bands.

VISUAL ARTS & GENERAL INTEREST

**All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
OIL & ACRYLIC PAINTING	382345	FRI (10 WEEKS)	9:00 am – 12 pm	L. Lindsey	\$95

This class is designed for those who are just starting out with oil and acrylic painting. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided at your own pace.

MECHANICS OF WATERCOLOURS	382989	TUES	1 – 4 pm	G. Zelinski	\$110
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This class is designed for those with some watercolour experience. Students will work on honing the principles and techniques of this medium with a fantastic instructor. Instructor will review supplies needed at the first class.

**Join us for a variety of drop in activities such as painting,
knitting, line dancing and more for only \$2!**



Like us on
Facebook

Look for the Arthur St. Community Centre Facebook page to find out about all the upcoming special events, workshops and exciting things happening all year at the Centre.



Thunder Bay 55 Plus Centre Weekly Activity Schedule

PURSUING LIFE

ENGAGING, EXCITING, ENERGIZING

MONDAY

1:00 pm - Cribbage
1:00 pm - Line Dancing Beg. (Sept - May)
2:00 pm - Line Dancing Beg. Plus (Sept - May)
1:00 pm - Guitar
6:30 pm - Euchre
7:00 pm - Quilting (1st & 4th Mon)

TUESDAY

12:15 pm - Badminton
1:00 pm - Quilting
1:00 pm - Rug Hooking
1:10 pm - Bridge
1:00 pm - Whist (excl. 1st Tues. of month)
6:00 pm - Pickleball
6:30 pm - Canasta
7:00 pm - Hardanger Needle Art / Crazy Quilting
(2nd Tues)

WEDNESDAY

12:45 pm - Floor Shuffleboard
1:00 pm - Mah Jong
3:00 pm - Pickleball
6:30 pm - Bid Euchre
6:30 pm - Bridge

THURSDAY

9:00 am - Watercolours Painting
9:30 am - Knitting & Crochet
1:00 pm - Oil & Acrylics Painting
1:15 pm - Euchre
1:30 pm - Badminton
2:00 pm - Swedish Weaving
6:00 pm - Evening Quilting
7:00 pm - Cribbage
7:00 pm - Dance (\$7) (1st & 3rd Thurs., excl. July & Aug.)

FRIDAY

11:00 am - Ladies Only Billiards
12:15 pm - Badminton
12:45 pm - Contract Bridge
1:00 pm - Chess
1:30 pm - Bid Euchre
2:15 pm - Floor Curling

SATURDAY

1:00 pm - Entertainment (September - May)

SUNDAY

2:00 pm - Sunday Music & Variety Program
(October - May)

HEALTH & WELLNESS PROGRAMS

10:00 am - Blood Pressure Screening
1st Wednesday, September to June
1:00 pm - Hearing Screening Testing
2nd Wed. September to June - call 684-3471
1:30 pm - Grief Support Group, Every Friday
Call 684-3471 for dates in July & August



THUNDER BAY 55 PLUS CENTRE
www.thunderbay.ca/55plus

RECREATION & CULTURE

CITY OF
Thunder Bay
Superior by Nature

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Phone: 807-684-3066 Fax: 807-345-1612
700 River Street Thunder Bay, ON P7A 3S6
www.thunderbay.ca/55plus

All activities with the exception of the Health & Wellness Programs are \$2.00.
All activities are subject to change to accommodate Centre programming.

55 Plus COMMUNITY

...for People 55 or better!



RECREATION & CULTURE DIVISION

Retirement Explorers

FRIDAYS:

FRIDAY, SEPT 29 – DEC 1, 1 – 2:30 PM

Mary JL Black Library
901 Edward Street S.

A club for people making the most of life after work! **FREE!**

RET Talk, Retired Talks

Balanced Living

FRIDAY, OCT 27, 1:30 PM

Mary JL Black Library
901 Edward Street S.

Backyard Rambler

McVicar Creek Walking Tour

WEDNESDAY, OCT 11, 10 AM

Meet at the corner of Nugent and McVicar (Walking path)

Leader: Laurie Abthorpe, Heritage Researcher

Registration Code: 384691

Lakehead Hanger Walks

TUESDAYS 1 – 2 PM, OCT 3 – DEC 12

Proudly Sponsored by



WIT Knits

THURSDAY OCT. 5 – DEC. 7, 1:30 - 3 PM

Mary JL Black Library, 901 Edward Street S.
Knitters 55 or better welcome!

Bring your Projects! **FREE!**



FABs (Fun Active Babes)

...for Women 50+



FLOOR SHUFFLEBOARD

FRIDAY, SEPT 8, 9:30 – 11 AM

Thunder Bay 55 Plus Centre
700 River St.

Registration Code: 384688

Bocce at the Da Vinci

WED. OCT 4 – WED. NOV 8, 1 PM

340 Waterloo Street
Drop In Fee: \$2.00



POUNDS (great cardio workout)

TUESDAY, OCT 10, 2:15 PM

Canada Games Complex
420 Winnipeg Avenue
Registration Code: 384689

HEALTH & WELLNESS PRESENTATION

WEDNESDAY, NOV 22, 2 PM

West Arthur Community Centre
1914 Arthur Street W.

Registration Code: 384690

For more information on Recreation 55 COMMUNITY programs and partnerships, contact Community Program Developer – Older Adults at 684-2403 or jhyytiainen@thunderbay.ca or call the Thunder Bay 55 Plus Centre at 684-3066 or 55Plusinfo@thunderbay.ca

Tree Care Guide for Trees on Boulevards

Here are a few simple maintenance procedures to ensure the long term health of boulevard trees in the City.



Did you know that lack of water is the single greatest factor that leads to the death of newly planted trees? During the first year, your new tree will be equipped with a 20-gallon slow-release watering bag. We would appreciate your help by filling the bag every 4-7 days between the months of May and November, otherwise the City will arrange for the bag to be filled.

Once the water bag has been permanently removed, continue watering once a week during dry spells. Trees should be watered by leaving a trickling hose at the drip line of the tree for 1-2 hours.

One of the most beneficial things you can do to keep a tree healthy is the application of mulch. Mulch, which usually consists of chipped wood and bark, insulates the soil, retains moisture, prevents soil compaction, and reduces lawn mower damage. Aim to maintain mulch depth at 5 to 10cm (2 to 4 inches). Further, make sure to keep the mulch a few centimeters away from the trunk and be sure not to mound it against the tree which encourages rodent habitation and other tree health complications. Spread the mulch wide, at least to the drip line.



Newly planted trees need nutrients to stay healthy. You can use tree fertilizer stakes to feed your tree by applying these stakes into the soil at the dripline of the tree as soon as the ground thaws in the spring. This type of fertilizing method slowly releases nutrients to the tree's roots. Fertilizer stakes can be found at most tree nurseries or outdoor centres. For fertilizer quantities follow the directions on the label. Do not fertilize your tree in late summer; it will stimulate growth preventing the tree from preparing itself for winter.

Tree pruning is a highly technical skill that requires specialized knowledge and expertise. The City is responsible for the pruning of all trees on public land to ensure they develop strong structure and desirable form. However, when your boulevard tree reaches a height of 5m (16ft) you are permitted under certain circumstances to prune small branches. Please call City Dispatch at 625-2195 if your tree requires pruning or to find out what you are permitted to prune on your tree. A Guide to Pruning is available on our website. To become further educated and involved in tree pruning sign up for the City's Citizen Pruner Program.



One year after tree planting, please remove the stakes and cloth supports. If you are unable to remove the stakes yourself, or if you notice many trees in your area that are still staked a year or more after planting, please call 625-2195.



THUNDER BAY URBAN FORESTRY



It Pays to Plant a Tree!

Did you know that trees lower heating and cooling bills, reduce chances of flooding, slow road traffic, make neighbourhoods safer, and increase property values. These are just some of the ways in which trees pay us back by being in our neighbourhoods.

INTERESTED IN A BOULEVARD TREE IN FRONT OF YOUR HOME? *Here's how to get one:*

OPTION 1: TSP

Homeowners can participate in the Tree Stewardship Program by paying for a portion (approx. \$175) of the cost of a tree and have it professionally planted. The Tree Stewardship Program is a cost-shared, accelerated tree planting approach that empowers homeowners to become stewards of their public boulevard trees.

To sign up visit: thunderbay.ca/urbanforestry or call 625-2956. Tax-deductible receipts will be issued.

OPTION 2: Wait 2 years

The City will provide a 50mm diameter tree at no cost to the homeowner, however, there is a two-year waiting list. Call 625-2195 if you wish to be put on the waiting list.

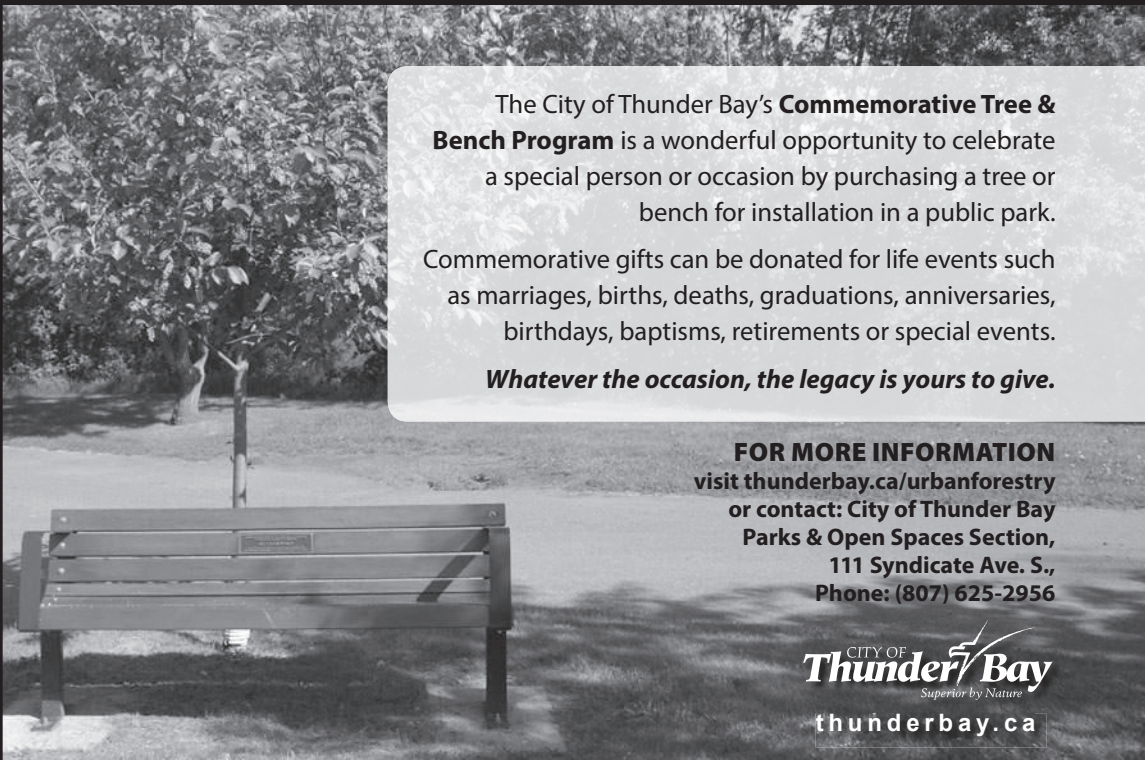
OPTION 3: Pay full cost

Homeowners can arrange for the planting of a 50mm diameter tree and pay for the full cost of the tree and installation (approx. \$500). Approval by the City must be obtained first by calling 625-2195. Tax receipts will be issued.

Please Note: Not all boulevard locations will qualify for tree planting due to space & utility restrictions. Trees under the Tree Stewardship Program are planted in spring and fall. If you call two months before our scheduled planting, we will try to accommodate your request. Please remember all trees on municipal property are protected by law. **Please call Parks & Open Spaces at 625-2195 to request a tree or to have a public tree assessed or pruned.**

CITY OF
Thunder Bay
Superior by Nature
thunderbay.ca/urbanforestry

THUNDER BAY URBAN FORESTRY Commemorative Tree & Bench Program



The City of Thunder Bay's **Commemorative Tree & Bench Program** is a wonderful opportunity to celebrate a special person or occasion by purchasing a tree or bench for installation in a public park. Commemorative gifts can be donated for life events such as marriages, births, deaths, graduations, anniversaries, birthdays, baptisms, retirements or special events.

Whatever the occasion, the legacy is yours to give.

FOR MORE INFORMATION
visit thunderbay.ca/urbanforestry
or contact: City of Thunder Bay
Parks & Open Spaces Section,
111 Syndicate Ave. S.,
Phone: (807) 625-2956

CITY OF
Thunder Bay
Superior by Nature
thunderbay.ca

COMMUNITY TREE PLANT:
CELEBRATING CANADA'S 150TH YEAR
TREE PLANTING EVENT

UN ÉVÈNEMENT DE PLANTATION POUR
CÉLÉBRER LE 150^e ANNIVERSAIRE DU
CANADA

ÉVÈNEMENT DE PLANTATION D'ARBRES

SEPT **15** 2017

NEEBING WEIR

SEPTEMBER 15, 2017 {} 15 SEPTEMBRE, 2017
1:00-4:00PM

FOR MORE INFORMATION PLEASE CALL
POUR PLUS D'INFORMATIONS, VEUILLEZ APPELER
(807) 625-2956



Canada

TreeCanada



ArbresCanada



earthcare
Thunder Bay

sustainable by nature

Presents

STRONGBLOCK

A vibrant, high amenity street built for people.

Join us Saturday, Sept 16th 12 - 3 PM

Simpson Street, between Rowand Street and Robertson Street

In partnership with



A fundraiser in support of the



CANADA 150 TREES/STRONG BLOCK
www.thunderbay.ca/urbanforestry

CITY OF THUNDER BAY

CITY OF
Thunder Bay
Superior by Nature

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RECYCLING SAVES VALUABLE NATURAL RESOURCES, ENERGY, TIME AND MONEY



RECYCLING JUST ONE NEWSPAPER CAN PRODUCE ONE NEW CEREAL BOX



RECYCLING ONE SHAMPOO BOTTLE CAN POWER A LIGHT BULB FOR 3 HOURS



ONE BOX OF TISSUE CAN BE MADE FROM 2 RECYCLED MILK CARTONS



RECYCLING ONE CAN WILL POWER A TV FOR THREE HOURS

THUNDER BAY
SOLID WASTE MANAGEMENT STRATEGY

REEN-VISION
WASTE

CITY OF
Thunder Bay
Superior by Nature

INFRASTRUCTURE & OPERATIONS 625-2195
thunderbay.ca/recycle

NEW!

The Item Limit for Garbage HAS CHANGED!



EFFECTIVE JULY 1, 2017

2-Item LIMIT for garbage collection

- 1 Item = 1 can or bag of garbage
- Maximum weight = 18 kg / 40 lbs.
- A third item of garbage will only be collected if tagged
- Garbage must be at the curb by 7 am on collection day

THUNDER BAY
SOLID WASTE MANAGEMENT STRATEGY
**REENVISION
WASTE**

CITY OF
Thunder Bay
Superior by Nature
SOLID WASTE &
RECYCLING SERVICES

For more information: 625-2195 or thunderbay.ca/garbage

WASTE ITEM LIMIT
www.thunderbay.ca/recycle

CITY OF THUNDER BAY

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How To Register in Aquatics & Wellness Programs

PHONE	IN PERSON
<p align="center">Phone our "REGISTRATION HOTLINE" 625-TIME (8463) Or Toll Free 1-844-288-4700</p> <p align="center">Monday to Friday 8:30 am to 4:30 pm</p> <p>After hours or when a registration agent is not available to take your call, you will be forwarded to voice mail or you can call the facility directly. Phone numbers are listed. We will need:</p> <ul style="list-style-type: none"> • the course name and code • participant name • address and postal code • date of birth • phone numbers <p>When we call back please have your VISA or Mastercard number and expiry date ready. Do not leave credit card information on the voicemail.</p> <p>Payment is required at time of registration.</p>	<p align="center">Register at the following locations. Please call the facility for hours of operation.</p> <p align="center">Canada Games Complex 420 Winnipeg Avenue</p> <p align="center">Victoriaville Civic Centre Victoriaville Mall 111 Syndicate Avenue South</p> <p align="center">Thunder Bay 55 Plus Centre 700 River Street</p> <p align="center">Sir Winston Churchill Community Pool 130 Churchill Drive</p> <p align="center">Volunteer Pool 180 Martha Street</p> <p align="center">Payment can be made by cash, cheque, money order or Visa/Mastercard</p>

Satisfaction Guaranteed

We sincerely hope that you enjoy our programs. If not completely satisfied with your program, please speak to a registration agent at the CGC, before the SECOND class to receive a full refund. Refunds granted after the second class are prorated. No refunds after the mid-point of any program. When a program is cancelled by the Complex or changed after registration in such a manner that it is no longer acceptable to the registrant, a full refund will be processed in accordance with Canada Games Complex administrative procedures.

Registration

**For Fall 2017 programs,
registration begins August 9, 2017**

Registration Hours:

Monday- Friday 9:00 am - 8:00 pm
Saturday 9:00 am - 3:00 pm

General Registration Information

The majority of programs have limited registration and all registrations are accepted on a first come first serve basis. Ensure the correct program code, program name, and location when registering. Payment in full must accompany registration. HST must be added where applicable. Receipts may be picked up at the facility. If you need a copy of a receipt please call 625-2351 or 625-2696

For Inquires call...

Canada Games Complex:

Aquatics: Tiffany Vis at 684-3339

Fitness: Darrik Smith at 684-3338

Children & Youth: Alexa Fares at 684-3351

Community Wellness: Karen Gorst-Vigliarolo at 684-3324

Services: Mary Frankow at 684-3323

Sup. Aquatics & Wellness: Donna Perrault at 684-3314

Churchill Pool: 577-2538

Volunteer Pool: 625-3524

All programs and schedules are subject to change or cancellation. You will be contacted by telephone of these changes.

The Children's Fitness Tax Credit allows you to claim eligible fees paid in the year up to a maximum of \$500 per child (an additional amount of \$500 is available if the child is eligible for the Disability Tax Credit and a minimum of \$100 has been paid for eligible fees in the year). Eligible fees include an amount paid related to the cost of registration or membership for you or your spouse's or common-law partner's child in a prescribed program of physical activity. The child must have been under 16 years of age (or under 18 years of age if eligible for the disability tax credit) at the beginning of the year in which an eligible fitness expense was paid.

Inclusion Services

Inclusion Services is dedicated to making recreation programming more accessible to people with disabilities. If you have a disability and require support, we can help! Contact one of our Inclusion Facilitators and they will be happy to assist you in setting up the supports that you need to participate successfully with Aquatics & Wellness. Inclusion Facilitators can be contacted at 684-2273.



Canada Games
Complex

Something for Everybody!



CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

Fall 2017

Visit us @ www.gamescomplex.com



Full Year General Membership:

Adults...only \$48.16/month plus HST

1/2 Price Spousal Rates on Adult Membership!!

No Initiation Fees - Free Drop-In Fitness Classes

Children can be added for only \$8.91/month plus HST

Adults (60 & over) only \$33.52/month plus HST

Other Membership Options Available, Including 1 Month & 8 Month!



Find us on
Facebook



Twoonie Week

Come join us for Twoonie Week. **September 5 to 10**

Admission fee: **\$2** per person

Fill out a ballot to win a **FREE 3 MONTH MEMBERSHIP!**



Full Year Memberships

We have other Membership options to meet your needs!

No Enrollment Fee

General Membership Prices (HST to be added)

Adult Rate	\$578 or \$48.16/month
Corporate Rate	\$553 or \$46.08/month
Spousal Rate*	\$284 or \$24.08/month
Child* (3 - 14 yrs)	\$107 or \$8.91/month
Youth* (15 - 18 yrs)	\$157 or \$13.08/month
Student (15 & over in Full Attendance with card)	\$373 or \$31.08/month
Adult 60+	\$402 or \$33.52/month
Swim and Slide	\$213 or \$17.75/month

(Pool only 7-12 years Must pass height and swimming requirements)

*MUST BE purchased with Adult as part of a family membership.
Cannot be added to Student or Adult 60+.

*Non-Resident add \$10 to membership cost. *30 day money back guarantee on FULL YEAR MEMBERSHIPS.

We have other Membership Options to meet your needs

- 1 month and 8 month options
- Mid-day: Monday to Friday 9:00 am - 3:00 pm

General Admission

(HST to be added)

Adult

Daytime Rate Mon. - Fri. 5:45 am - 3 pm)**\$6.86**

After 3 pm & Weekends**\$8.41**

Family (max 5).....**\$18.58**

Child (3 - 14 yrs)**\$3.19**

Student

(15 & over in Full Attendance with card)**\$5.18**

Adult 60+**\$5.66**

Thunderslide**\$2.30**

Rate for People with Disabilities

Adult**\$4.20**

Student**\$3.20**

Child**\$2.35**

Support Persons - No fee if accompanied by a person with a PAL (Personal Attendant for Leisure) Card

COUPON BOOKLETS AVAILABLE 12 VISITS FOR THE PRICE OF 10

Operating Hours

Monday - Thursday5:45 am - 10:00 pm

Friday5:45 am - 9:00 pm

Saturday & Sunday8:00 am - 9:00 pm

Holiday Hours

Labour Day - Monday, September 4....12:00 pm - 5:00 pm

Thanksgiving - Monday, October 9 ..12:00 pm - 5:00 pm



For all your telephone needs: Call 684-3311 Fax 345-4520
Emergency Only 684-3333 Registration Hotline 625-TIME (8463)



AQUATICS & FITNESS

CITY OF
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VISIT YOUR CANADA GAMES COMPLEX NOW!!!

Did You Know That Recreation Is A Key Determinant Of Health Status?

STUDIES SHOW THAT PHYSICAL ACTIVITY:

- Helps people live longer
- Prolongs independent living for seniors
- Reduces the risk of coronary heart disease and stroke
- Combats osteoporosis
- Combats diabetes
- Improves quality of life
- Reduces obesity
- Prevents site-specific cancer – particularly in the colon, breast and lungs
- Helps to restore health
- Prevents arthritis
- Contributes to mental health – reducing stress, depression and contributes to emotional well-being

Give us a call or drop in and we can get you started enjoying these benefits.

*There is something for **EVERY BODY**
at your **CANADA GAMES COMPLEX!***



To register or for more information call **684-3311** www.gamescomplex.com

Hours Mon. to Thurs. 5:45am - 10pm • Fri. 5:45am - 9pm • Weekends 8am - 9pm

Program Staff:

Supervisor of Aquatics:
Tiffany Vis, 684-3339
Senior Instructor: 684-3335

Note: Some classes are subject to time change or cancellation due to insufficient registration. Parents with children in lessons may swim for a reduced rate of \$6.77 (plus applicable taxes).

Pool Admission Policy

During a Family swim:

Anyone under the age of 18 must be accompanied by a guardian, 18 years + who is in the pool in proper swim attire. This includes all pools.

During a public swim:

Children 6 year & under: Must be accompanied, regardless of swimming ability, by a guardian who is in the pool.

Children 7-9 years: Non-swimmers, unable to pass the facility swim test, must be accompanied by a guardian who is in the pool. Swimmers, who are able to pass the facility swim test, may swim unaccompanied during the public swim.

Note: Guardians may be 13years + (ratio 1:2children) or 18years + (ratio 1:4 children). Guardians must be in the pool and are responsible for the direct supervision of the children.

Children 10 years & older: May swim unaccompanied during the public swim. Must be able to swim comfortably to enter the deep end, they may be required to perform a swim test if the lifeguards sees fit.

Those who do not meet the admission policy will be asked to leave if they cannot adhere to the policy at that time, no exceptions.

Facility Swim Test:

Swimmers must be able to swim 25m, non-stop, comfortably on their front with face in the water for a portion of the time

Recreational Swim Schedule

Effective September 5 - December 23, 2017

The following schedule is subject to unforeseen changes.

Please contact the pool office at 684-3331 for the latest lane availability

There will be limited lane availability during swim club practices:

Thunderbolts Swim practice **times are as follows:**

Day	AM	PM
Mon.	6-7:30am & 9-11:30am • Lanes 1-4	4-7:15pm • Lanes 3-8
Tues.	6-7:30am & 9-11:30am • Lanes 1-4	5-6pm • Lanes 7-8 & 6-7:30pm • Lanes 2-8
Wed.	6-7:30am & 9-11:30am • Lanes 1-4	4-7:15pm • Lanes 3-8
Thurs.	6-7:30am & 9-11:30am • Lanes 1-4	5-6pm • Lanes 7-8 & 6-7:30pm • Lanes 2-8
Fri.	6-7:30am & 9-11:30am • Lanes 1-4	4-6pm • Lanes 3-8 & 6-7:15pm • Lanes 4-8
Sat.	8-8:15am • Lanes 1-8	

- ▶ Masters Swim Club practice: Tuesday & Thursday
5:00 - 6:00pm and Saturday 9:00 - 10:00am (lanes 2-6)
- ▶ The diving boards and towers are closed Monday - Friday
5:00-7:00pm and Saturday 10:00am-12:00pm during the Dive Club practices.
- ▶ Groups of 20 or more must pre-book. Group rates are available. Please contact the Facility Programmer at 684-3724.
- ▶ Twoonie Swim Fridays from 6:00-9:00pm.
- ▶ Adult/Teen Twoonie Swim Monday - Thursday 9:00-10:00pm

Day(s) and Times Type of Swim

Monday - Thursday

5:45am - 9:00am	Public
9:00am - 1:00pm	Family
1:00pm - 4:00pm	Public
4:00pm - 7:00pm	Family / Adult
7:00pm - 9:00pm	Public **Slide**
9:00pm - 10:00pm	Adult / Teen

Friday

5:45am - 9:00am	Public
9:00am - 1:00pm	Family
1:00pm - 4:00pm	Public
4:00pm - 6:00pm	Family / Adult
6:00pm - 9:00pm	Public **Slide**

Saturday

8:00am - 1:00pm	Family / Adult
1:00pm - 5:30pm	Public **Slide**
5:30pm - 7:00pm	Public
7:00pm - 9:00pm	Public **Slide**

Sunday

8:00am - 12:00pm	Family / Adult
12:00pm - 5:30pm	Public **Slide** 1-5:30
5:30pm - 7:00pm	Public
7:00pm - 9:00pm	Public **Slide**

Swimming Levels are Based on Ability and Prerequisites & Not necessarily age



Fitness Swimmer



Fitness Swimmer is geared toward swimmers that are waiting to be of age for the next Lifesaving levels. This class will work on a combination of fitness swimming and lifesaving skills. This class is designed to keep up your physical fitness and first aid skill level while having fun and making friends. Try out this level to stay in shape and stay on top of your first aid skills!

For swimmers age 9-15 who have completed swimmer 4.

Wed., Sept. 27 (10 weeks) 6:30pm - 7:00pm Barcode: 382538 \$71.66	Sat., Sept. 23 (10 weeks) 10:00pm - 10:30pm Barcode: 382538 \$71.66
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Child & Youth Aquatic Programs

To Determine which Level your Child Should be In Please read the course descriptions below.

PARENT & TOT 1

Max Ratio 1:12

PARENT & TOT 1 4 to 12-month-old

PARENT & TOT 2/3 12-month to 3-year-old

Designed for tots to learn to enjoy the water with the parent. This program will create a comfort level for both child and parent and an orientation to the pool and being safe around water.

PRESCHOOL: AGES 3-5

PRESCHOOL A

Max Ratio 1:4

Beginner

- Getting comfortable in and around the water
- Blowing bubbles & putting face in the water
- Assisted Floats, Jumps & Glides

PRESCHOOL B

Max Ratio 1:4

Prerequisite:

Completed Preschool A.

- Jumping in to chest deep water
- Submerging under water & blowing bubbles
- Floats, Glides & kicking with a buoyant aid

PRESCHOOL C

Max Ratio 1:4

Prerequisite:

Completed Preschool B.

- Jumping into deeper water
- Submerge & exhale 5 times underwater
- Unassisted Floats & Glide, Kicking 5m

PRESCHOOL D

Max Ratio 1:4

Prerequisite:

Completed Preschool C.

- Recover object from bottom of chest deep water
- Kicking on front & back 7m
- Front crawl with aid 5m
- Tread water 10 seconds with an aid

PRESCHOOL E

Max Ratio 1:4

Prerequisite:

Completed Preschool D.

- Recover object from bottom of chest deep water
- Front & back crawl 5m unassisted
- Vertical whip kick 20sec. with aid

SWIMMER: Ages 6+

SWIMMER 1

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Beginner/non-swimmer/A,B or C

- Jumping in to deeper water with aid
- Submerge & exhale 5 times underwater
- Unassisted Floats & Glide, Kicking 5m

SWIMMER 2

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Swimmer 1 or Preschool D/ E

- Recover object from bottom of chest deep water
- Front & back crawl 10m unassisted
- Vertical whip kick 30sec. with aid

SWIMMER 3

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Swimmer 2.

- Kneeling Dive, Tread water 30sec.
- Front & Back Crawl 15m
- Whip Kick 10m

SWIMMER 4

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Swimmer 3.

- Standing Dives, Tread water 1min
- Front & Back Crawl 25m
- Breast Stroke 15m

SWIMMER 5

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite:

Swimmer 4.

- Shallow Dive, Tread Water 2min & Eggbeater
- Front & Back Crawl 50m
- Breast Stroke 25m

SWIMMER 6

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite:

Swimmer 5.

- Stride Entry & Compact Jump into deep water
- Front & Back Crawl 100m
- Breast Stroke 50m & 300m workout

SWIMMER 7/8 (Rookie/ Ranger Patrol)

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite:

Swimmer 6.

- Stroke work, lifesaving fitness & intro to first aid

SWIMMER 9 (Star Patrol)

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite:

Ranger Patrol.

- Stroke work, lifesaving fitness & first aid

BRONZE STAR

Max Ratio 1:12

Prerequisite:

Recommended 10 to 12 years old and Star Patrol.

- Intro. to Lifesaving & Bronze Medallion

Learn to Swim Programs



To Register call 625-TIME

Check out our 'NEW' Swimming Lesson Option at the Complex!

Low-Ratio Group Lessons

Check out the Max. Class Size! Lower Number of children to Instructor, 1:3 or 1:4

10 Week Session: \$100 **No Classes: Monday October 9 (Thanksgiving), Tuesday October 31 (Halloween)

LEVEL	Monday Sept. 25-Dec. 4 10 Weeks		Tuesday Sept. 26-Dec. 5 10 Weeks		Wednesday Sept. 27-Nov. 29 10 Weeks		Thursday Sept. 28-Nov. 30 10 Weeks		Friday Sept. 29-Dec. 1 10 Weeks		Saturday Sept. 23-Nov. 25 10 Weeks		Max Size	Length
	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code		
Youth (5 to 12 Years)														
Swimmer 1	5:30pm	382628	5:00pm 6:30pm	382629 382630	6:00pm	382631	4:30pm	382632	5:30pm	382633	11:00am	382634	3	30 min
Swimmer 2	4:30pm	382651	6:00pm 6:30pm	382652 382653	5:30pm	384488	6:30pm	382654	6:00pm	382655	11:30am	382656	3	30 min
Swimmer 3	5:00pm	382663	5:00pm	382664	6:30pm	382665			5:30pm	382666	9:30am	382667	3	30 min
Swimmer 4	5:00pm	382674	5:00pm	382675	6:00pm	382676			5:00pm	382677	11:30am	382678	3	30 min
Swimmer 5	5:30pm	382684	5:30pm	382685	6:30pm	382686	6:30pm	382687	6:00pm	382688	9:30am	382689	4	30 min
Swimmer 6	5:30pm	382684	5:30pm	382685	6:30pm	382686	6:30pm	382687	6:00pm	382688	9:30am	382689	4	30 min
Swimmer 7							5:30pm	382700					4	30 min
Swimmer 8									6:30pm	384489			4	30 min
Swimmer 9			6:30pm	382705									4	30 min

Standard Group Lessons

*All programs are subject to cancellation based on registration. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.

10 Week Session: \$71.66 **No Classes: Monday October 9 (Thanksgiving), Tuesday October 31 (Halloween)

LEVEL	Monday Sept. 25-Dec. 4 10 Weeks		Tuesday Sept. 26-Dec. 5 10 Weeks		Wednesday Sept. 27-Nov. 29 10 Weeks		Thursday Sept. 28-Nov. 30 10 Weeks		Friday Sept. 29-Dec. 1 10 Weeks		Saturday Sept. 23-Nov. 25 10 Weeks		Max Size	Length
	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code		
Parent & Tot (4 months - 3 years)														
Parent & Tot 1			5:30pm	383741			5:00pm	383742			9:30am	383743	12	30 min
Parent & Tot 2	5:30pm	382550			6:00pm	382551					10:00am	382552	12	30 min
Preschool (3 - 5 years)														
Preschool A	5:00pm 6:00pm	382555 382556	5:00pm 6:00pm	382557 382558	4:30pm	382559 382560	5:00pm 5:30pm	382561 382562	5:00pm	382563 382564	9:30am 11:00am	382565 382566	4	30 min
Preschool B	6:00pm	382575	5:30pm 6:00pm	382576 382577	5:30pm	382578	4:30pm 6:00pm	382579 382580	5:30pm	382581	10:00am 11:00am	382582 382583	4	30 min
Preschool C	5:30pm	382595	6:00pm	382596	5:00pm	382597	5:00pm	382598	5:00pm	382599	10:00am 10:30am	382600 382601	4	30 min
Preschool D/E	5:30pm	382604	5:00pm	382605	6:00pm	382606	6:00pm	382607	5:30pm	382608	11:30am	382609	4	30 min
Youth (5+ years)														
Swimmer 1	5:00pm 6:30pm	382610 382611	5:00pm	382612	5:30pm	382613	5:30pm	382614			10:00am	382615	6	30 min
Swimmer 2	6:00pm	382635	5:30pm	382636	6:30pm	382637	5:00pm	382638			9:30am	382639	6	30 min
Swimmer 3	5:30pm	382657	6:00pm	382658	5:00pm	382659	6:00pm	382660			10:00am	382661	6	45 min
Swimmer 4	5:30pm	382668	6:30pm	382669	6:00pm	382670	6:30pm	382671			9:30am	382672	6	45 min
Swimmer 5	6:00pm	382679					5:00pm	382680			10:30am	382681	8	45 min
Swimmer 6	6:30pm	382690					5:00pm	382691			11:00am	382692	8	45 min
Swimmer 7/8 Rookie/Ranger			5:30pm	382695	5:00pm	382696					10:30am	382697	8	45 min
Swimmer 9 Star							6:00pm	382701			9:30am	382702	8	45 min
(See Course Descriptions)														
Fitness Swimmer					6:30pm	382538					10:00am	382539	8	30 min

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Private Learn to Swim Programs



To Register call 625-TIME

Please note that the purpose of private lessons is to provide specific instruction to the student in one or two areas which need improvement in order to complete a level. The student should not be expected to complete a level per session. *Important: Missed lessons due to illness or other circumstances will not be made up. Missed lessons will not be refunded.*

NOTE: No Lessons Monday October 9 (Thanksgiving) and Monday October 31 (Halloween)

Private Lesson Fees: 5 half hour lessons \$110.25

Monday	Sept. 25 to Oct. 30 (5 weeks) Code	Nov. 6 to Dec. 4 (5 weeks) Code
4:30pm	383988	383998
4:30pm	383989	383999
4:30pm	383990	384000
4:30pm	383991	384001
5:00pm	383992	384002
5:00pm	383993	384003
6:30pm	383994	384004
7:00pm	383995	384005
7:00pm	383996	384006
7:00pm	383997	384007

Tuesday	Sept. 26 to Oct. 24 (5 weeks) Code	Nov. 7 to Dec. 5 (5 weeks) Code
4:30pm	384008	384023
4:30pm	384009	384024
4:30pm	384010	384025
4:30pm	384011	384026
4:30pm	384012	384027
5:00pm	384013	384028
5:00pm	384014	384029
6:00pm	384015	384030
6:15pm	384016	384031
6:30pm	384017	384032
6:45pm	384018	384033
7:00pm	384019	384034
7:00pm	384020	384035
7:00pm	384021	384036
7:00pm	384022	384037

Wednesday	Sept. 27 to Oct. 25 (5 weeks) Code	Nov. 1 to Nov. 29 (5 weeks) Code
4:30pm	384038	384051
4:30pm	384039	384052
4:30pm	384040	384053
4:30pm	384041	384054
5:00pm	384042	384055
5:00pm	384043	384056
5:00pm	384044	384057
6:00pm	384045	384058
7:00pm	384046	384059
7:00pm	384047	384060
7:00pm	384048	384061

Thursday	Sept. 28 to Oct. 26 (5 weeks) Code	Nov. 2 to Nov. 30 (5 weeks) Code
4:30pm	384049	384062
4:30pm	384050	384063
4:30pm	384064	384075
4:30pm	384065	384076
5:00pm	384066	384077
5:30pm	384067	384078
5:30pm	384068	384079
6:00pm	384069	384080
6:30pm	384070	384081
6:45pm	384071	384082
7:00pm	384072	384083
7:00pm	384073	384084

Friday	Sept. 29 to Oct. 27 (5 weeks) Code	Nov. 3 to Dec. 1 (5 weeks) Code
4:30pm	384074	384085
5:00pm	384086	384099
5:00pm	384087	384100
5:30pm	384088	384101
6:00pm	384089	384102
6:00pm	384090	384103
6:30pm	384091	384104
6:30pm	384092	384105
6:30pm	384093	384106
7:00pm	384094	384107
7:00pm	384095	384108
7:00pm	384096	384109
7:00pm	384097	384110
7:00pm	384098	384111

Saturday	Sept. 23 to Oct. 21 (5 weeks) Code	Oct. 28 to Nov. 25 (5 weeks) Code
9:00am	384112	384128
9:00am	384113	384129
9:00am	384114	384130
9:00am	384115	384131
9:00am	384116	384132
9:00am	384117	384133
9:30am	384118	384134
10:00am	384119	384135
10:30am	384120	384136
10:30am	384121	384137
10:30am	384122	384138
11:30am	384123	384139
11:30am	384124	384140

Sunday	Sept. 24 to Oct. 22 (5 weeks) Code	Oct. 29 to Nov. 26 (5 weeks) Code
10:00am	384125	384141
10:00am	384126	384142
10:00am	384127	384143
10:30am	384144	384162
10:30am	384145	384163
10:30am	384146	384165
11:00am	384147	384166
11:00am	384148	384167
11:00am	384149	384168
11:30am	384150	384169
11:30am	384151	384170
11:30am	384152	384171
12:00pm	384153	384172
12:00pm	384154	384173
12:00pm	384155	384174
12:30pm	384156	384175
12:30pm	384157	384176
12:30pm	384158	384177

Unscheduled Private or Semi Private Lessons

Individuals interested in private or semi private lessons at times other than those listed above, may contact the Senior Instructor at 684-3335.

Scheduling of unadvertised lessons is done after regular programs have begun and are dependent on instructor availability.

Privates:
5 Half Hour Classes \$110.25

Semi-Privates:
5 Half Hour Classes \$80.53

Daytime Swimming Lessons

Privates - 10 Half Hours Lessons: \$220.50
Classes - 10 Half Hour Lessons: \$71.66

LEVEL	Tuesday Sept. 26 - Dec. 5	Wednesday Sept. 27 - Nov. 29
Private	9:30 - 10:00am 384181	9:30 - 10:00am 384183
Private	11:30 - 12:00pm 384182	10:30 - 12:00pm 384184
Parent & Tot	10:30 - 11:00am 382541	11:30 - 11:00am 382542
Preschool A	10:00 - 10:30am 382567	11:00 - 10:30am 382568
Preschool B	11:00 - 11:30am 382584	10:00 - 11:30am 382585

Adult/Teen - Learn to Swim at Any Age!

*Adults & teens may also register for any of the Private lessons available

Beginner - 101: 30 min (Max. 3) \$71.66	Adult	Mon. @ 6:45pm	385338	Thurs. @ 7:00pm	385339
Teen	Thurs. @ 6:30pm	385342	Sat. @ 11:00am	385343	

NEW! Adult Fitness Workout (45 minutes with coach, 2 Lanes available) Register or Drop-In. *Free with Membership.
Wed. Sept. 27 @ 6:45pm 384397



Lifesaving Programs

Aquatic Lifesaving, Lifeguarding and Leadership



To Register call 625-TIME

Note: 100% attendance is mandatory for all the courses listed below (continuous evaluation) HST to be added where applicable
 All programs are subject to cancellation based on registration. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.
No Lessons: Monday October 9 (Thanksgiving) and 31 (Halloween)

Course	Prerequisites	Date, Time & Barcode	Fee	Required Literature
Bronze Star	Children 10 to 12 years old who have completed Star Patrol and are waiting to take their Bronze Medallion.	Mondays Sept 26 - Dec. 4 6:00 - 7:30pm (10 weeks) No lesson Oct. 9 382540	\$72.68	
Bronze Medallion & Emergency First Aid	Bronze Star or 13 years of age	Tuesdays Sept. 26 - Dec. 5 6:00 - 8:30pm (10 weeks) No lesson Oct. 31 382710	\$97.90	Canadian Lifesaving Manual \$41.15
Bronze Medallion Recert with classes	Bronze Medallion	See Instructor on the first day (Sept. 26) for specific dates to attend Exam: Dec. 5 at 6:00pm 382712	\$65.75	Canadian Lifesaving Manual \$41.15
Bronze Medallion Recert	Bronze Medallion	Exam: Dec. 5 at 6:00pm 382711	\$28.00	
Bronze Cross	Bronze Medallion & Emergency First Aid	Thursdays Sept. 28 - Nov. 30 6:30 - 8:30pm (10 weeks) 382706	\$97.19	Canadian Lifesaving Manual from Bronze Medallion course
Bronze Cross Recert with Classes	Bronze Medallion & Emergency First Aid	See instructor on the first day (Sept. 28) for specific dates to attend Exam: Nov. 30 at 6:00pm 382708	\$65.75	Canadian Lifesaving Manual from Bronze Medallion course
Bronze Cross Recert	Bronze Medallion & Emergency First Aid	Exam: Nov. 30 at 6:00pm 382707	\$28.00	
Assistant Instructor Course	14 years by the last day of the course and current Bronze Cross or higher	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$66.25	Bring your Canadian Lifesaving manual
Swim Instructor & Lifesaving Instructors	16 years of age, current Bronze Cross, and LSS Assistant Instructors. Please bring proof of prerequisites to first class. *Must have 10 instructional volunteer hours* Contact CCG, Churchill Pool or VP to set up a volunteer time.	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$305.00	Literature included Bring your Canadian Lifesaving manual
National Lifeguard Service - Pool Option	16 years of age, Bronze Cross, and Standard First Aid certification with CPR-C. Please bring proof of prerequisites to first class.	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$168.00	Alert Manual \$39.75
National Lifeguard Service - Pool Option	Bring your NLS & CPR cards to class.	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$54.55	
LSS Standard First Aid with CPR-C	N/A	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$108.63	First Aid Manual included in price

For information on specialized advanced leadership course please contact Tiffany Vis, Program Supervisor of Aquatics at (807) 684-3339 or tjohnson@thunderbay.ca

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Mer-Club

5 Half hour Lesson: \$71.66 • 4 Half hour Lessons: \$57.32

Wed. 5:30-6:00pm	Sept. 27-Oct. 25: #385344	Nov. 1-Nov. 29: #385345
Thurs. 6:00-6:30pm	Sept. 28-Oct. 26: #385346	Nov. 2-Nov. 30: #385347
Fri. 6:30-7:00pm	Sept. 29-Oct. 27: #385348	Nov. 3-Dec. 1: #385349
Sat. 9:30-10:00am	Sept. 23-Oct. 21: #385350	Nov. 3-Dec. 1: #385351
Sat. 11:45-12:15pm	Sept. 23-Oct. 21: #385350	Nov. 3-Dec. 1: #385353

Must be 8 years old and have passed Swimmer 4 and will be required to pass the Mermaid Swim Test

Bring your own tail or use one of our monofins



Aquatics Fitness Programs



To Register call 625-TIME

HST will be added where applicable.

2 – 6 week sessions starting the week of September 11 and October 23, 2017

No classes on Monday October 9 (Thanksgiving) CGC Open 12-5.

Fees will be prorated if you start late ...so sign up anytime this fall.

All Programs are free for Members but registration for high demand programs is recommended to ensure a spot. Non Member fee is \$42 per session for 60 minute classes (6 weeks)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
Aquabics	Monday	9:00 - 10:00 AM	383140	383141	(9) Shallow water
Aquabics	Tuesday	9:00 - 10:00 AM	383144	383145	(9) Deep water with floatation belts
	Thursday	9:00 - 10:00 AM	383156	383157	(9) Deep water with floatation belts
	Friday	9:00 - 10:00 AM	383146	383147	(9) Deep water with floatation belts
Aqua Energizer - Deep H2O	Monday	10:15 - 11:15 AM	383138	383139	(9) Deep water with floatation belts
	Wednesday	10:15 - 11:15 AM	383148	383149	(9) Deep water with floatation belts
Aquabics (Shallow)	Tuesday	10:15 - 11:15 AM	383152	383153	(7&8) Shallow water
	Thursday	10:15 - 11:15 AM	383158	383159	(7&8) Shallow water
Aqua Zumba	Friday	10:15 - 11:00 AM	383160	383161	(9) Shallow, combined
Aqua Jog*	Monday	7:30 - 8:30 PM	383142	383143	(10) Deep water with floatation belts
	Wednesday	7:30 - 8:30 PM	383154	383155	(10) Deep water with floatation belts

Birthday Parties

at the Canada Games Complex

Celebrate your birthday at the Complex – swim in our Olympic size pool, ride down the Thunderslide and party in our Poolside Party Place with pizza and refreshments.

Parties are 2.5 hours long and we provide 2 pizzas, 10 pop and party essentials – you bring the cake and the kids!

Price for your party of 10: \$161.00 • Additional kids: \$3.00

Additional pizza, pop and space may be purchased. All parties must be paid for at the time of booking.

To book call 684-3311
Monday to Friday 5-8pm,
Saturday from 10am-8pm
Sunday from 4-8pm or email
sattendant@thunderbay.ca

THUNDERBOLTS SWIMMING

THUNDER BAY'S LEADING SWIMMING PROGRAM SINCE 1972

FUNDAMENTALS PROGRAMS

SPARKS: AGES 5 TO 8
MONDAY-THURSDAY
1 X WEEK 45 MINS/SESSION
2 X WEEK 45 MINS/SESSION

LIGHTNING: AGES 8 TO 12

MONDAY-THURSDAY
2 X WEEK 60 MINS/SESSION

COMPETITIVE PROGRAMS.

REGISTRATION FOR THE COMPETITIVE PROGRAM IS ONGOING FROM SEPTEMBER TO JUNE. INTERESTED ATHLETES WILL BE ASKED TO DO A SWIMMING ASSESSMENT.

REGISTER ONLINE AT WWW.THUNDERBOLTS.CA





THUNDER BAY DIVING CLUB

LITTLE DIPPER (5-8 YEARS OLD)

Designed to introduce aspiring young divers to the sport in a safe, fun and positive atmosphere. The focus of this program is to improve motor skills and build confidence through the sport of diving. *Must have basic swimming skills.*

*Tuesday & Thursday Group - Sept. 12 to Nov. 30
No lesson November 9*

12 Weeks
5:30 - 7:00pm **\$449.00**

Saturday Group - Sept. 16 to Nov. 25
11 Weeks
9:00 - 10:30am **\$229.00**

BIG DIPPER (8-12 YEARS OLD)

This is a recreational diving program that introduces children to the sport of diving. This four level program is designed to teach the fundamentals of diving. The focus of this program is fitness, flexibility, and fun through diving. *Must have basic swimming skills.*

*Monday & Wednesday Group - Sept. 11 to Nov. 29
No lesson October 9 (Thanksgiving)*

12 Weeks
5:00 - 6:00pm **\$329.00**

12 Weeks
6:00 - 7:00pm **\$329.00**

*Tuesday & Thursday Group - Sept. 12 to Nov. 30
No lesson November 9*
12 Weeks
4:30 - 5:30pm **\$329.00**

Friday Group - Sept. 15 to Dec. 1
12 Weeks
5:30 - 7:00pm **\$259.00**

Saturday Group - Sept. 16 to Nov. 25
11 Weeks
10:30am - Noon **\$249.00**

NEW! SWIMGYM!

Combining the dryland skills and fun of Thunder Bay Diving Club's Learn to Dive program with the aquatic skills needed to excel in the pool, SwimGym is a new program for young children ages 4+! Lessons will consist of 30 minutes of diving dryland training (tumbling, motor skill development, games) with a certified TBDC coach, followed by the 30 minute swimming lesson with the Canada Games Complex.

Tuesdays - Sept. 26 to Dec. 5
Dryland 5:00 - 5:30pm & Preschool D/E swim lesson 5:30 - 6:00
10 weeks for \$100

Fridays - Sept. 29 to Dec. 1
Dryland 5:30 - 6:00pm & Swimmer 2 lesson 6:00 - 6:30
10 weeks for \$100

EXCELLENT COACH: PARTICIPANT RATIO!

CLUB TRYOUTS

September 7th and 8th. Contact us to discuss this opportunity!

REGISTRATION

Call the Canada Games Complex at 684-3333.
For more information, call the TBDC office, 684-3341, or email tbdc@tbaytel.net. Our website is thunderbaydivingclub.ca



The best place to learn how to swim is in the water.



That's just one of the many reasons we're running the Lifesaving Society's Swim for Life® Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And, it incorporates valuable Water Smart® education that will last a lifetime.



Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. Well over half a million Canadians participate in Lifesaving Society swimming, lifesaving and lifeguard training programs every year. We're Canada's lifeguarding experts.



Join Thunder Ray's Master Swim Club

Tuesday & Thursday
5:00 - 6:00pm • Lanes 2 - 6 reserved

Saturday
9:00 - 10:30am • Lanes 2 - 6 reserved

Masters Swimming Canada is designed to promote the health and fitness of adults aged 18-90+ years. It provides both recreational and competitive swimmers with an opportunity to improve their physical fitness through regularly coached practices that provide guidance and stroke improvement tips. Million Metre Challenge, 1 km Challenges and competitions are also available. Thunder Ray's Masters Swimming combines fitness with fun and friendship.

Contact: Carla Labelle at 577-9351


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CHILDREN & YOUTH PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
KIDS KLUB 5-7PM	KIDS KLUB 5-7PM	KIDS KLUB 5-7PM	Neighbourhood Recreation Program 6-8PM	Youth Drop-In How-To's *See below*	SUPER SPORTS SUNDAYS 12-1PM
GIRL POWER 6-8PM	KIDS YOGA 5-6PM				

Programs will be starting the week of September 25. All programs are free for Members but registration is recommended to ensure a spot. For more information call 684-3351 or visit www.gamescomplex.ca

What's
New?!

KIDS KLUB :Every Monday, Tuesday & Wednesday join us for Kids Klub! The first half hour each night will be set aside for kids to work on homework followed by crafts & games! Ages 5 to 12!

SUPER SPORTS SUNDAYS: Every Sunday afternoon come out and get your game face on! Squash, Soccer, Basketball and more! Ages 5 to 12!

Youth Drop-In Programs & "How To's" Every Friday!

Sept 29- TRX 6:30-7:30 — Join us for a TRX workout and learn how to use the TRX's for a workout in the future! Ages: 12-17	Oct 20 - Kettlebell 6:30-7:30 — Learn how to exercise with Kettlebells and get a workout in while you learn! Ages 13-18
Oct 6 - Gym Tutorial 6-7 - Let us take you through how to use the machines and weights to benefit your workout in the best way! Ages 13-17	Oct 27- Core Workout "How To" 6:30-7:30 — Come down and learn some new ideas to make a great core workout! Ages 12-18
Oct 13 - Fit Wall "How To" 6:30-7:30 — Learn to use the Fit Room in the Ontario Room for your every day workout! Ages 12-18	Nov 3 - Stability & Medicine Balls 6:30-7:30 - Join us and learn how to use stability and medicine balls for your workouts! Ages 12 -17

GIRL POWER

All girls between the ages of 10 and 14 can join us every Monday Night from 6-8 PM for activities focusing on healthy choices, body image and physical activity and art. Swimming will be an option each week so don't forget your bathing suit! Girl Power a is FREE program!
Be STRONG Be YOU!

Neighbourhood Recreation Program.. Complex style!

Every Thursday from 6 to 8PM join us at the Canada Games Complex for games, crafts, sports & fun! For all kids ages 5 to 12. NRP is a FREE Program. For more information call 684-3351!

	Level	Start Date	Time	Barcode	Fee
Karate (Isshin Ryu)	Karate Tots (4 to 6 yrs)	Sept 16	9:45am to 10:30pm	385138	\$63
	Beginners & Yellow Stripes (7yrs & up)	Sept 16	10:30am to 11:30am	385142	\$71
	Advanced - Must have yellow belt (7 yrs & up)	Sept 16	11:30am to 1:00pm	385140	\$98

Karate (Isshin Ryu) Mini Session!
Join us Saturdays from
November 25 to December 16!
Tots, Beginner & Advanced
groups will be running (same as
left) for a 4 day mini session.
Karate Tots: 385139 -
\$25.20
Beginners: 385143 - \$28.40
Advanced: 385141 - \$39.20


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P.A. Day Camps! School's out! Join us at the Canada Games Complex for a variety of recreational and sporting activities for children 5 to 12 years on the P.A. Days!

Public P.A. Days: September 29 & November 17

Separate P.A. Days: September 29, October 27 & November 17.

Fees: \$37.08/ day, \$30.90/day additional children, \$25.75/ half day



	Level	Start Date	Time	Barcode	Fee
Junior Squash	Beginners	Sept 16	9:40am to 10:30pm	385144	\$41
	Advanced	Sept 16	10:30am to 11:20am	385145	\$41

Adult squash programs

HST will be added where applicable

Lessons

Private and Semi-Private Squash Lessons are available upon request. Please contact Alexa at 684-3351 if you are interested.

Leagues

The Complex is the home for the Court Jesters and Court Time Tuesday Night Squash Leagues.

Court Jesters League

Court Jesters Squash League runs from October to March . **Play will begin the week of October 1.**

Court Time Tuesday Night Squash League

Court Time play will begin October 4th. All abilities are welcome and is limited to the first 18 people registered. This league runs for 10 weeks.

Registration for both leagues begins September 11, 2017.

C.S.A. protective eyewear strongly recommended. For more information on Squash Programs call 684-3351.

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HEALTH AND WELLNESS PROGRAMMING



TRY IT NOW!

Senior Spin

- A funky spin class for older adults to keep in shape!
- Wednesday 1:15-2:00PM

Morning Bootcamp

- A rocking total-body workout for your early birds out there!
- Tues/Thurs 6:00AM ONT

POUND Fitness

- Exercise to the beat of your own drum in this thrilling rhythm-based drumming fitness class!
- Thursday 5:30PM

TRX Beginner

- Same introductory class, new time!
- Friday 6:30PM QUE

Muscle Conditioning

- Target your muscles, large and small to get your heart going!
- Friday 12:15 to 1:00PM QUE

Keep Moving Series:

Classes for people who have mixed neurological conditions or have had a stroke.

Entry requires screening by SJCG.

For more information please contact Kyla at 346-2334

- Mixed Neuro – Mon/Wed 10:45AM
- Stroke – Tue/Thu 10:45AM

WE-Can Program

A wellness & exercise program for people living with cancer.

10 week program led by qualified instructors in a supportive environment

For more information contact Kelly-Jo Gillis at gillisk@tbh.net or 684-7221

WE-Did

The graduate program for WE-Can so you can keep developing your healthy, active lifestyle.

If interested contact Andrew Koscielniak at akosciel@lakeheadu.ca or 632-1222

Intensity Key – You will see this number in brackets by the type of class

- (6) – Appropriate for participants with symptoms that may limit activity (fatigue) may need referral
- (7) – Appropriate for people with well controlled medical conditions
- (8) – Low/light and appropriate for beginners.
- (9) – Moderate level of intensity. You should be able to work continuously for 20min at a comfortable pace
- (10) – Not appropriate for beginners. Aerobic portion will exceed 20min. Must be accustomed to vigorous exercise.
- (11) – Very vigorous class. Participants should be athletic and participate in regular higher intensity exercise

Adult Health, Wellness and Fitness Programs

HST will be added where applicable. *Fees subject to final approval of City Council
2 – 6 week sessions starting the week of September 11 and October 23, 2017

No classes on Monday October 9 (Thanksgiving) CGC Open 12:00 to 5:00pm.

Fees will be prorated if you start late ...so sign up anytime.

All Programs are free for Members but registration for high demand programs is recommended to ensure a spot.
 Non Member fee is \$42 per session (6 weeks)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
Morning Programs					
Morning Bootcamp	Tuesday	6:00 - 7:00 AM	383488	383489	(10) Combined
Morning Bootcamp	Thursday	6:00 - 7:00 AM	383486	383487	(10) Combined
Spin	Monday	6:30 - 7:15 AM	383512	383513	(9) Cycle
Spin Circuit	Tuesday	6:30 - 7:15 AM	383514	38315	(9) Cycle
Spin	Thursday	6:30 - 7:15 AM	383516	383517	(9) Cycle
Box Fit	Wednesday	6:30 - 7:30 AM	383473	383474	(10) Boxing
Morning Boxing	Friday	7:00 - 8:00 AM	383475	383476	(10) Boxing
Total Body Bender Ball	Monday	9:00 - 10:00 AM	383450	383483	(9) Combined
Bootcamp	Saturday	9:00 - 10:00 AM	383471	383472	(9) Combined
Everybody Yoga	Saturday	9:00 - 10:30 AM	383544	383545	(7) Stretch
Strong Seniors	Tuesday	9:00 - 10:00 AM	383457	383458	(8) Wts/Core
Total Body Workout	Wednesday	9:00 - 10:00 AM	383451	383452	(9) Combined
Strong Seniors Variety	Thursday	9:00 - 10:00 AM	383461	383462	(8) Wts/Core
Strong Seniors	Friday	9:00 - 10:00 AM	383477	383478	(8) Wts/Core
Aquabics	Monday	9:00 - 10:00 AM	383140	383141	(9) Shallow Water
Aquabics	Tuesday	9:00 - 10:00 AM	383144	383145	(9) Deep water w/floatation belts
Aquabics	Thursday	9:00 - 10:00 AM	383156	383157	(9) Deep water w/floatation belts
Aquabics	Friday	9:00 - 10:00 AM	383146	383147	(9) Deep water w/floatation belts
Spin Drop In	Sunday	10:00 - 10:45 AM	383520	383521	(9) Cycle
Restorative Yoga	Tuesday	10:10 - 11:10 AM	383550	383551	(7) Stretch
Yoga	Thursday	10:10 - 11:10 AM	383546	383547	(7) Stretch
Aqua Energizer Deep H2O	Monday	10:15 - 11:15 AM	383138	383139	(9) Deep water w/floatation belts
Aquabics (Shallow)	Tuesday	10:15 - 11:00 AM	383148	383149	(7&8) Shallow Water
Aqua Energizer Deep H2O	Wednesday	10:15 - 11:15 AM	383152	383153	(9) Deep water w/floatation belts
Aquabics (Shallow)	Thursday	10:15 - 11:00 AM	383158	383159	(7&8) Shallow Water
Aqua Zumba	Friday	10:15 - 11:00 AM	383160	383161	(9) Shallow Combined

Afternoon Programs

HIIT*	Sunday	12:00 - 12:45 PM	383481	383482	(11) Combined
LunchBox	Monday	12:15 - 1:00 PM	383469	383470	(10) BoxFit
Step Circuit	Wednesday	12:15 - 1:00 PM	383465	383466	(9) Step Aerobic
Muscle Conditioning	Friday	12:15 - 1:00 PM	383484	383485	(9) Combined
Senior Spin	Wednesday	1:15 - 2:00 PM	384490	384491	(8) Spinning
Sit and be Fit	Tuesday	1:15 - 2:00 PM	383453	383454	(6) Seated Fitness
Core & More	Monday	2:00 - 3:00 PM	383467	383468	(8) Combination

For a schedule of Drop-Ins Only go to gamescomplex.com or pick up a copy at the front desk.
 Check us out on Facebook at facebook.com/canadagamescomplex. This schedule may have been updated since the time of printing.

Adult Health, Wellness and Fitness Programs

HST will be added where applicable. *Fees subject to final approval of City Council
2 – 6 week sessions starting the week of September 11 and October 23, 2017

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All Programs are free for Members but registration for high demand programs is recommended to ensure a spot.
Non Member fee is \$42 per session (6 weeks)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
Evening Programs					
Balls, Bars & Weights	Monday	5:00 - 6:00 PM	383455	383456	(10) Combined
Bootcamp	Wednesday	5:00 - 6:00 PM	383448	383449	(11) Combined
Yoga	Tuesday	5:00 - 6:30 PM	383538	383539	(7&8) Stretch
Yoga	Thursday	5:00 - 6:30 PM	383540	383541	(7&8) Stretch
Ultimate Core	Tuesday	5:00 - 6:30 PM	383463	383464	(11) Core
Pound Fitness	Thursday	5:30 - 6:20 PM	383490	383491	(10) Rhythm/Combined
Spin Bootcamp	Friday	5:30 - 6:30 PM	383525	383526	(9) Cycle/Wts
Athletic Spin	Wednesday	6:05 - 7:00 PM	383522	383527	(11) Cycle/Core
Kettlebell Advanced	Monday	6:15 - 7:00 PM	383500	383501	(10) Core & Cardio
TRX Advanced	Thursday	6:30 - 7:00 PM	383530	383531	(11) Combined
TRX Beginner	Friday	6:30 - 7:30 PM	383528	383529	(8) Core/Combined
Yoga Conditioning	Friday	6:30 - 8:00 PM	383542	383543	(7&8) Mobility
Spin	Monday	7:00 - 8:00 PM	383523	383524	(9) Cycling
Core and More	Wednesday	7:00 - 8:00 PM	383459	383460	(8) Wts/Core
Zumba	Tuesday	7:00 - 8:00 PM	383492	383493	(9) Dance Fit
Aqua Jog	Monday	7:30 - 8:30 PM	383142	383143	(9) Deep water w/floatation belts
Aqua Jog	Wednesday	7:30 - 8:30 PM	383154	383155	(9-10) Deep water w/floatation belts
Zumba	Thursday	7:30 - 8:30 PM	383496	383497	(9) Dance Fit
Zumba Toning	Monday	8:00 - 9:00 PM	383494	383494	(9) Dance Fit
Kettlebell	Wednesday	8:00 - 9:00 PM	383508	383509	(10) Core & Cardio



CANADA GAMES COMPLEX FITNESS COACHING

Are you looking to make a change??

If so, the Canada Games Complex Fitness Coaching is for you! Whether you are new to exercise and want to learn the ropes, change body composition, improve at a sport, or just feel great! Our top-quality coaches:

Possess strong educational backgrounds in Exercise Science.

Have the passion to help motivate you on your path to a healthier, more active lifestyle.

Provide individualized programming based on your personal needs or the needs of your group! There is something for everybody at the Canada Games Complex!

Below is a list packages, ranging from privates to small group, competitively priced to be accessible.

Fitness Coaching Costs (Prices subject to HST – Savings based on each session)			
Number of Sessions/Package	Private	Semi-Private (Each)	Small Group (3 to 4 people, each)
	Only \$55/h or less!	Only \$40/h ea. or less!	Only \$30/h ea. or less!
6	\$330	\$240 ea.	\$180 ea.
12	\$600 (Save 9%)	\$432 (Save 10%)	\$312 (Save 13%)
24	\$1080 (Save 18%)	\$768 (Save 20%)	\$528 (Save 27%)
48	\$1920 (Save 27%)	\$1440 (Save 25%)	\$960 (Save 33%)

Once a session package is purchased it is up to you and the Coach to determine the frequency of attendance based on your goals (2 days/wk, 3 days/wk, etc.). You are purchasing the time of the Coach, 1 Session = 1 Hour.

Please phone 684-3338 to book your free consultation and take the first step toward change.



Canada Games
Complex

Something for Everybody!


CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

AQUATICS & FITNESS


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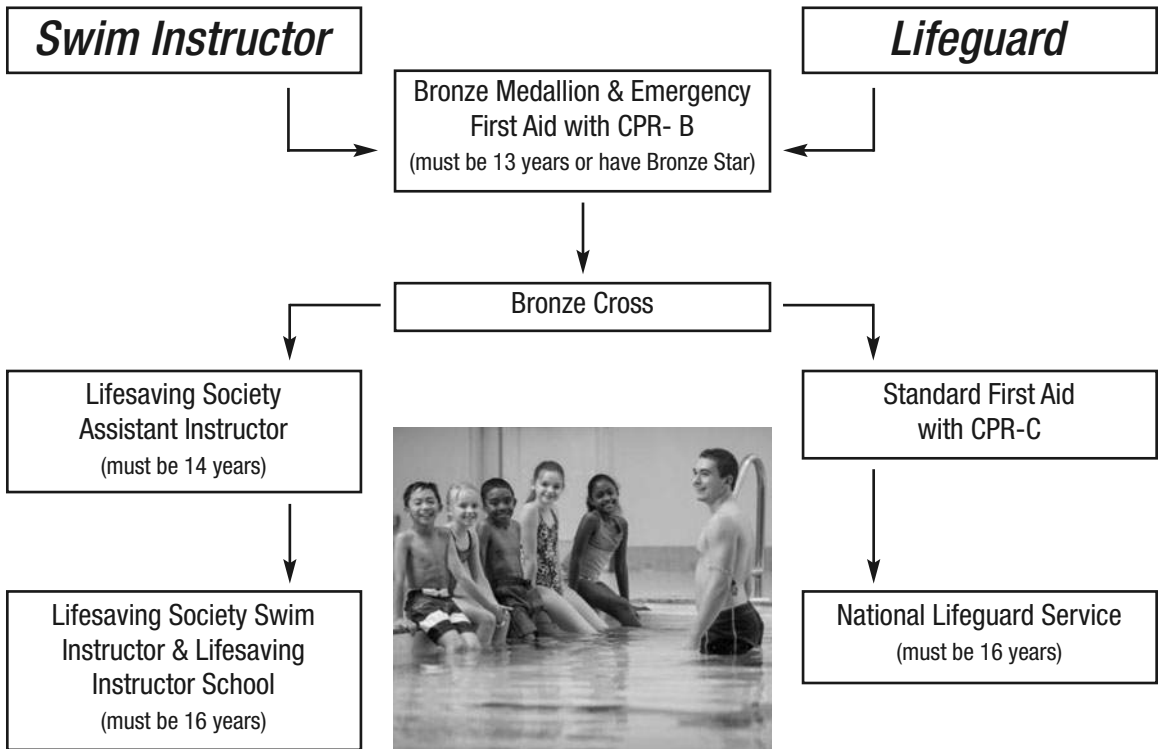
Have you always enjoyed being in an aquatic environment and you think you might like to make it your workplace?

Become a certified Lifesaving Society Swim Instructor!

Thunder Bay Aquatics is looking to expand our staff to anyone 16 and older interested in becoming certified swim instructors. We are always looking for highly motivated individuals who enjoy working with children in an aquatic setting to teach swimming lessons at any of our three facilities.

The chart below indicates which courses you need to take to become certified!

THE ROAD TO BECOMING A...



As a swimming instructor you work directly with children teaching them valuable life skills. You will become an imperative part of their growth. The starting wage for this position is \$12.78/hour.

****We are especially interested in training and hiring adult instructors who are looking for a career change or trying something new.**

Used to be a swim instructor & miss those days in the pool?

We would love to have you join our team once again!
Contact one of the pools if you need assistance getting recertified.

For more information contact our facility supervisors and we would be happy to assist you.

Canada Games Complex, Tiffany Johnson – 684-3339

Churchill Pool, Calli Graham – 625-2206

Volunteer Pool, Sean Bodkin – 625-3524



**THE BEST
PLACE TO LEARN
TO SWIM IS IN
THE WATER.**



LIFE'S BETTER WETTER

**Enroll Now In Swimming Lessons
At Volunteer & Churchill Pool.**



CHURCHILL & VOLUNTEER POOL
www.thunderbay.ca/recandculture



AQUATICS & FITNESS

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Superior by Nature

Community Aquatics

Churchill and Volunteer Pool – What’s NEW

For additional information about our programs, services or facilities please call Churchill Pool 577-2538 or Volunteer Pool 345-5143.

Registering for Private Swim Lessons

Everyone must register or re-register at the beginning of every session on the private request list. Private lessons are placed in order of registration date. No dates and times are guaranteed. The more availability you include in your request the better chance you have at receiving a spot. Call as soon as registration opens for the best possible chance at receiving the day and time you prefer. Privates will be called on the Thursday or Friday the week before lessons start to be informed of their times.

Registration Hotline Toll Free number!

Need to register for our programs long distance? Call the Registration hotline toll free number at 1-844-288-4700!

Do you want updates on what’s going on at your neighbourhood pool?

Churchill Pool and Volunteer Pool will soon be offering updates through e-mail alerts. Save yourself the disappointment of coming to the pool and finding the doors locked or the sauna not in service. We will let you know before you get here! Talk to the staff at the front desk to get signed up.

Admission Standards

As part of our commitment to providing safe and enjoyable aquatic programs for swimmers of all ages, we are continuing to enforce the admission standards provided to us by the Ministry of Health. To help us in this maintain this standard please keep the following in mind when visiting our pools:

- 1) There must be one supervising caregiver for every 2 children under the age of 6.
- 2) There must be one supervising caregiver for every 4 non-swimming children aged 6 to 9.

In both cases the supervising caregiver must be able to give immediate assistance. If you have any questions please feel free to call Volunteer Pool at 345-5143 or Churchill Pool at 577-2538.

The Aquatic Family

Instructional Family Pass

Have a child in lessons?

Volunteer and Churchill Pool offer an exceptional deal on Family Passes. It allows you and your family to swim during any of our recreation and family times. The pass is valid for the duration of lessons and is only **\$50.29** (HST included.)

Call the pool for more information.

Thinking about getting in shape this Fall?

Why not consider exercise for the whole family!!



Need help finding us?
Check out these maps!



COMPARE & SAVE!

- Single Family Swim \$10.51
- 5 Swim Pass \$47.23
- 1 year membership \$672.75

Parent and Tots!

Churchill Pool has a special swim just for you!

With children’s music playing, our warm pool and low stress environment this is the perfect opportunity to introduce your child to the water.

Tuesday/Thursday 11:30 am-1:00 pm

Nostalgia Swim (\$2)

Churchill Pool

Sunday 10:00-11:30 am

Remember, for only \$2 you can use the sauna and spa during your kids’ lessons at Volunteer Pool.

City of Thunder Bay Children's Aquatics Program

To Determine which Level your Child Should be In Please read the course descriptions below

PARENT & TOT 1 Ratio 1:12
Designed for the 4 to 12-month-old to learn to enjoy the water with the parent. Orientation to pool and being safe around water. This program will create a comfort level for both child and parent. Entries/exits, floats and movement.

PARENT & TOT 2 Ratio 1:12
Designed for the 12 to 24-month-old to learn to enjoy the water with the parent, Unassisted entries/exits. Floats with an aid, submersion in water, activities with instructor/other parents.

PARENT & TOT 3 Ratio 1:12
Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Your child will experience safety awareness and water skills through discovery, front and back floats, submersion and movement skills. Active parent participation is required.

PRESCHOOL A Ratio 1:4
We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll try floats on their front and back, and glides on their back while wearing a personal flotation device (PFD). They'll learn to get their face wet and blow bubbles underwater.

PRESCHOOL B Ratio 1:4
These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a personal flotation device. They'll submerge and exhale underwater. While wearing a personal flotation device they'll glide on their front and back.
Prerequisite: Completed Preschool A.

PRESCHOOL C Ratio 1:4
These youngsters will try both jumping and a side roll into deep water while wearing a personal flotation device. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.
Prerequisite: Completed Preschool B.

PRESCHOOL D Ratio 1:4
Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do side roll entries and open their eyes underwater. They'll master a short (3-5 m) swim on their front and gliding and kicking on their side.
Prerequisite: Completed Preschool C.

PRESCHOOL E Ratio 1:4
These youngsters get more adventure-some with a forward roll entry wearing a PFD and holding their breath underwater for up to 10 sec. They'll work on longer front and back crawl swims, interval training and get a giggle out of whip kick.
Prerequisite: Completed Preschool D.

SWIMMER 1 Ratio 1:4
These beginners will become comfortable jumping into water with and without a personal flotation device. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
Prerequisite: Beginner, non-swimmer or Preschool A, B or C.

SWIMMER 2 Ratio 1:4
These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a personal flotation device. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10-15 m on their front and back, and be introduced to flutter kick interval training (4 x 9-12 m).
Prerequisite: Swimmer 1 or Preschool D or E.

SWIMMER 3 Ratio 1:5
These junior swimmers will dive and do in-water front somersaults. Their new bag of tricks includes handstands and completion of the Canadian Swim to Survive® Standard. They'll work on 10 15m of front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 25 m.
Prerequisite: Swimmer 2.

SWIMMER 4 Ratio 1:5
These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Prerequisite: Swimmer 3.

SWIMMER 5 Ratio 1:6
These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Surface dives will take them down to underwater swims. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 15-25m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 10-15 m breaststroke.
Prerequisite: Swimmer 4.

SWIMMER 6 Ratio 1:6
These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.
Prerequisite: Swimmer 5.

SWIMMER 7 (ROOKIE) Ratio 1:8
Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
Prerequisite: Swimmer 6.

SWIMMER 8 (RANGER) Ratio 1:8
Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.
Prerequisite: Rookie Patrol.

SWIMMER 9 (STAR) Ratio 1:8
Swimmers are challenged with 600m workouts; 300m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.
Prerequisite: Range Patrol.

BRONZE STAR Ratio 1:12
Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim.
Prerequisite: 10 to 12 years old and Star Patrol.



CHURCHILL & VOLUNTEER POOL
www.thunderbay.ca/recandculture

AQUATICS & FITNESS

CITY OF Thunder Bay
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Community Aquatics Swimming Lessons

Swimming lessons begin the week of September 18th at Churchill Pool and Volunteer Pool.

There will be no classes on Thanksgiving (October 9th).

For specific program information please call Churchill Pool 577-2538 or Volunteer Pool 345-5143.

All programs are subject to change and/or cancellation. Lesson cancellation will take place the week prior to the start of lessons. You will be contacted by telephone of any changes.

GROUP LESSONS – Ten lessons. Parent and Tot, Preschool and Swimmer 1 classes are 30 minutes in duration. All other classes are 45 minutes unless otherwise stated.

PRIVATE LESSONS/SEMI-PRIVATE LESSONS – Five, 30 minute Lessons

Private and Semi-Private Lessons: Indicate a phone number that you can be reached on the Thursday or Friday prior to the start of the session. PRIVATE LESSONS CANNOT BE RESCHEDULED.

Rates: Group Lessons (Ten 30 or 45 minute lessons) - \$71.66

Private Lessons (Five 30 minute lessons) - \$110.25

Semi-Private Lessons (Five 30 minute lessons) – \$80.53 per child

Sir Winston Churchill Community Pool 577-2538

Monday Sept. 18

4:00 p.m.	
Preschool A	383813
Preschool B	383827
4:30 p.m.	
Swimmer 3	383900
Swimmer 4	383915
4:45 p.m.	
Preschool C	383840
Swimmer 1	383871
Swimmer 2	383886
5:15 p.m.	
Parent & Tot 1/2	383803
Swimmer 7	383947
Swimmer 8	383958
Swimmer 9	383977
5:30 p.m.	
Swimmer 1	383882
5:45 p.m.	
Preschool A	383814
Preschool B	383828
6:00 p.m.	
Swimmer 3	383903
Swimmer 4	383916
Swimmer 5	383931
Swimmer 6	383942
6:15 p.m.	
Preschool C	383841
Swimmer 1	383872
6:45 p.m.	
Parent & Tot 2/3	383807
Preschool D	383851
Preschool E	383860
Swimmer 2	383888
Tuesday Sept. 19	
4:00 p.m.	
Preschool D	383852
Preschool E	383861
Swimmer 5	383932

Swimmer 6	383943
Swimmer 7	383948
Swimmer 8	383960
Swimmer 9	383970
4:30 p.m.	
Swimmer 3	383905
Swimmer 4	383918
4:45 p.m.	
Preschool C	383842
Swimmer 1	383873
Swimmer 2	383889
5:15 p.m.	
Preschool A	383815
Preschool B	383829
5:30 p.m.	
Parent & Tot 2/3	383808
5:45 p.m.	
Swimmer 2	383890
6:00 p.m.	
Preschool A	383816
Preschool B	323830
Preschool C	383850
6:15 p.m.	
Swimmer 5	383933
Swimmer 6	383944
6:30 p.m.	
Parent & Tot 1/2	383804
Swimmer 1	383874
7:00 p.m.	
Swimmer 2	383891
Swimmer 3	383904
Swimmer 4	383920
Wednesday Sept. 20	
4:00 p.m.	
Preschool A	383817
Preschool B	383832
Swimmer 4	383921
4:30 p.m.	
Parent & Tot 2/3	383809
Preschool C	383843

5:00 p.m.	
Preschool A	383818
Preschool B	383833
Swimmer 1	383875
5:30 p.m.	
Preschool C	383844
Preschool D	383853
Preschool E	383862
6:00 p.m.	
Preschool A	383819
Preschool B	383831
Swimmer 1	383876
Swimmer 2	383893
Swimmer 5	383924
Swimmer 6	383935
6:30 p.m.	
Parent & Tot 1/2	383806
Swimmer 3	383907
6:45 p.m.	
Swimmer 2	383894
Swimmer 7	383951
Swimmer 8	383968
Swimmer 9	383972

Thursday Sept. 21

4:00 p.m.	
Preschool A	383820
Preschool B	383834
Preschool C	383846
Swimmer 2	383896
4:30 p.m.	
Parent & Tot 1/2	383802
Swimmer 5	383925
Swimmer 6	383936
5:15 p.m.	
Preschool A	383821
Preschool B	383835
Swimmer 3	383898
Swimmer 4	383914
5:45 p.m.	
Swimmer 2	383895

Swimmer 7	383953
Swimmer 8	383963
Swimmer 9	383973
6:00 p.m.	
Preschool A	383822
Preschool B	383836
Preschool C	383845
6:15 p.m.	
Swimmer 3	383911
6:30 p.m.	
Parent & Tot 2/3	383810
Swimmer 1	383878
7:00 p.m.	
Swimmer 4	383913
7:15 p.m.	
Preschool D	383858
Preschool E	383864

Friday Sept. 22

4:00 p.m.	
Parent & Tot 2/3	383811
Swimmer 1	383880
Swimmer 3	383899
Swimmer 7	383954
Swimmer 8	383965
Swimmer 9	383974
4:30 p.m.	
Preschool C	383847
Preschool D	383855
Preschool E	383868
Bronze Star (90min)	383801
4:45 p.m.	
Swimmer 5	383927
Swimmer 6	383938
5:15 p.m.	
Swimmer 2	383897
Swimmer 4	383917

5:30 p.m.	
Preschool A	383823
Preschool B	383837
Swimmer 1	383879

Saturday Sept. 23

9:00 a.m.	
Preschool A	383824
Preschool B	383838
Preschool C	383849
Swimmer 1	383881
9:30 a.m.	
Swimmer 2	383883
Swimmer 3	383901
Swimmer 4	383912
Swimmer 5	383928
Swimmer 6	383939
10:15 a.m.	
Parent & Tot 1/2	383805
Preschool D	383856
Preschool E	383865
Swimmer 2	383884
10:45 a.m.	
Preschool C	383848
Swimmer 1	383869
11:15 a.m.	
Parent & Tot 2/3	383812
11:45 a.m.	
Preschool A	383825
Preschool B	383839
Swimmer 2	383885
12:15 p.m.	
Swimmer 7	383956
Swimmer 8	383967
Swimmer 9	383976
12:30 p.m.	
Preschool D	383857
Preschool E	383866
Swimmer 1	383870

Community Aquatics Leadership Schedule

For specific program information please call Churchill Pool 577-2538 or Volunteer Pool 345-5143

Course/Program	Day	Time	Barcode	Fee	Additional Materials
Bronze Medallion & Emergency First Aid - Churchill Pool	Sunday	5:00-7:00	383800	\$102.80	Lifesaving Manual \$41.15
Bronze Medallion & Emergency First Aid - Volunteer Pool	Sunday	10:00-12:00	375747	\$102.80	Lifesaving Manual \$41.15
Bronze Cross – Churchill Pool	Sunday	5:00-7:00	383799	\$97.19	Lifesaving Manual \$41.15
Bronze Cross – Volunteer Pool	Sunday	10:00-12:00	383305	\$97.19	Lifesaving Manual \$41.15
4 Strokes 4 Fun Level 1 – Churchill Pool	Tues./Thurs.	6:30-7:30	383788	\$75.76 (1 day)	Second Day \$30.90
4 Strokes 4 Fun Level 1 – Volunteer Pool	Wednesday/ Friday	6:30-7:30 5:00-6:00	383297	\$75.76 (1 day)	Second Day \$30.90
4 Strokes 4 Fun Level 2 – Churchill Pool	Tues./Thurs.	6:30-7:30	383789	\$75.76 (1 day)	Second Day \$30.90
4 Strokes 4 Fun Level 2 – Volunteer Pool	Wednesday/ Friday	6:30-7:30 5:00-6:00	383298	\$75.76 (1 day)	Second Day \$30.90

Community Aquatics – Volunteer Pool 345-5143



Monday Sept. 18	Tuesday Sept. 19	Wednesday Sept. 20	Thursday Sept. 21	Friday Sept. 22	Saturday Sept. 23
4:00 p.m. Swimmer 5 383406 Swimmer 6 383413	4:00 p.m. Preschool A 383323 Preschool B 383333 Swimmer 2 383373 Swimmer 7/8 383416	10:00 a.m. Parent & Tot 383309 4:00 p.m. Preschool A 383326 Preschool B 383336 Swimmer 5 383403 Swimmer 6 383410	4:00 p.m. Parent & Tot 1/2 383312 Swimmer 2 383378 Swimmer 5 383404 Swimmer 6 383411	4:00 p.m. Preschool D/E 383356 4:30 p.m. Swimmer 3 383385 Swimmer 4 383398 Swimmer 7/8 383417	10:00 a.m. Preschool A 383330 Preschool B 383340 Swimmer 1 383369 Swimmer 5 383405 Swimmer 6 383412
4:30 p.m. Swimmer 3 383382 Swimmer 4 383392	4:30 p.m. Swimmer 1 383362 Swimmer 3 383384	4:30 p.m. Swimmer 3 383386 Swimmer 4 383396	4:30 p.m. Preschool D/E 383356 4:45 p.m. Swimmer 3 383385 Swimmer 4 383398 Swimmer 7/8 383417	4:45 p.m. Swimmer 3 383385 Swimmer 4 383398 Swimmer 7/8 383417	10:30 a.m. Parent & Tot 1/2 383313 Preschool D/E 383358 Swimmer 2 383380
4:45 p.m. Preschool C 383342 Swimmer 1 383360 Swimmer 2 383371	4:45 p.m. Parent & Tot 2/3 383315 Preschool C 383344	4:45 p.m. Preschool D/E 383355 Swimmer 1 383365	5:00 p.m. Preschool C 383348 5:30 p.m. Preschool A 383328 Preschool B 383338 Swimmer 1 383367	5:00 p.m. Preschool C 383348 5:30 p.m. Preschool A 383328 Preschool B 383338 Swimmer 1 383367	10:45 a.m. Swimmer 3 383390 Swimmer 4 383400
5:15 p.m. Preschool A 383320 Preschool B 383331 Preschool D/E 383353	5:00 p.m. Swimmer 2 383374 5:15 p.m. Preschool A 383324 Preschool B 383334	5:15 p.m. Parent & Tot 1/2 383311 Preschool C 383346 Swimmer 2 383376 Swimmer 8/9 383421	5:00 p.m. Preschool C 383348 5:30 p.m. Preschool A 383328 Preschool B 383338 Swimmer 1 383367	5:30 p.m. Swimmer 5 383401 Swimmer 6 383408	11:00 a.m. Preschool C 383351 Swimmer 1 383370
5:30 p.m. Swimmer 5 383401 Swimmer 6 383408	5:30 p.m. Swimmer 1 383363	5:45 p.m. Swimmer 3 383387 Swimmer 4 383397	5:00 p.m. Preschool C 383348 5:30 p.m. Preschool A 383328 Preschool B 383338 Swimmer 1 383367	5:45 p.m. Parent & Tot 2/3 383314 Preschool C 383343	11:30 a.m. Preschool A 383319 Preschool B 383341 Swimmer 2 383381 Swimmer 8/9 383423 Bronze Star (1.5h) 383308
5:45 p.m. Parent & Tot 2/3 383314 Preschool C 383343	5:45 p.m. Preschool C 383345 Preschool D/E 383354	6:00 p.m. Preschool A 383327 Preschool B 383337	5:45 p.m. Swimmer 3 383387 Swimmer 4 383397	6:00 p.m. Swimmer 7/8 383415	12:00 p.m. Parent & Tot 2/3 383318 Preschool C 383352
6:00 p.m. Swimmer 7/8 383415	6:00 p.m. Swimmer 8/9 383420	6:30 p.m. Parent & Tot 2/3 383316 Swimmer 1 383366	6:00 p.m. Preschool A 383327 Preschool B 383337	6:15 p.m. Preschool A 383321 Preschool B 383332 Swimmer 2 383372	12:15 p.m. Swimmer 3 383391 Swimmer 4 383395
6:15 p.m. Preschool A 383321 Preschool B 383332 Swimmer 2 383372	6:15 p.m. Swimmer 4 383394 6:15 p.m. Preschool A 383325 Preschool B 383335	6:45 p.m. Swimmer 2 383377	6:30 p.m. Parent & Tot 2/3 383316 Swimmer 1 383366	6:30 p.m. Swimmer 1 383361 Swimmer 2 383372	12:30 p.m. Preschool D/E 383359 Swimmer 1 383364
6:30 p.m. Swimmer 1 383361 Swimmer 2 383372	6:45 p.m. Swimmer 2 383375 Swimmer 3 383388 Swimmer 5 383402 Swimmer 6 383409	7:00 p.m. Preschool C 383347	6:45 p.m. Swimmer 2 383377	6:45 p.m. Swimmer 3 383383 Swimmer 4 383393 Swimmer 8/9 383419	
7:00 p.m. Preschool A 383322			7:00 p.m. Swimmer 2 383379		

CHURCHILL & VOLUNTEER POOL
www.thunderbay.ca/recandculture



AQUATICS & FITNESS
CITY OF Thunder Bay Superior by Nature

Community Aquatics is always looking for enthusiastic Lifesaving Society certified swimming instructors to teach swimming lessons. Please call Churchill Pool at 577-2538 or Volunteer Pool at 345-5143 if you are interested!

Community Aquatics – Fitness Programs

Fitness Classes begin the week of September XX at Churchill Pool & Volunteer Pool

For Specific Level Information
please call Churchill Pool 577-2538
or Volunteer Pool 345-5143



Churchill Pool Fitness Schedule

Aquabics	Barcode
Monday10:45 am – 11:30 am	383792
Wednesday10:45 am – 11:30 am	383794
Friday10:45 am – 11:30 am	383796
Tuesday7:45 pm – 8:30 pm	383793
Thursday7:45 pm – 8:30 pm	383795
Arthritis Management	Barcode
Tuesday9:30 am – 10:15 am	383790
Thursday9:30 am – 10:15 am	383791
Water Walk	Barcode
Monday2:00 pm – 2:45 pm	383985
Thursday2:00 pm – 2:45 pm	383986

Volunteer Pool Fitness Schedule

Aquabics	Barcode
Monday10:05 am – 11:00 am	383300
Tuesday10:05 am – 11:00 am	383301
Tuesday8:00 pm – 8:45 pm	383302
Thursday10:05 am – 11:00 am	383303
Thursday8:00 pm – 8:45 pm	383304
Aqua Extravaganza	Barcode
Monday1:15 pm – 2:00 pm	383299

Have an Aquabics Swipe Card?

Please call Churchill Pool at 577-2538 or Volunteer Pool at 345-5143 prior to the first class of a session in case of a cancellation

Parent & Tot Fitness Class At Churchill Pool

This class is designed to be an exciting, social, and fun time for both parent and baby. Introduce your little one to the water while getting a mini workout for yourself at the same time. For children 3 months and older.

Wednesday 11:30 am – 12:00 pm
Barcode # 383797

Friday 11:30 – 12:00 pm
Barcode # 383798

Community Aquatics Fitness Deals!!!

- Enroll one of your children in swimming lessons and you may purchase an Instructional Family Pass for only \$53.36! Good for any Public or Family Swims at Churchill Pool and Volunteer Pool
- Can't attend every class? We also sell swipe cards that are valid for all of our fitness programs.
– \$59.31 for a book of 10 – \$88.57 for a book of 15

AQUA ADULTS!

Community Aquatics offers lessons to adults who are looking to learn how to swim or simply improve their existing skills. Call for more information.
Churchill Pool: 577-2538 or Volunteer Pool: 345-5143

Community Aquatics is always looking for highly motivated people to instruct our dynamic AquaFit classes.

Call Churchill Pool 577-2538 or Volunteer Pool 345-5143 if you are interested.

Volunteer Pool Community Centre Contacts

Fitness Over Fifty with Lynda DePiero
Email: bldipper@tbaytel.net
Phone: Lynda 767-4942

Shotokan School of Karate
Phone: Sensei John Charry 622-1151
or find them on Facebook

Operational Protective Strategies Self Defence
Phone: Sean Mulligan
807-628-2289

Thunder Bay Judo Dojo
Website: thunderbayjudo.com
Facebook: Thunder Bay Judo Dojo
Phone: Sensei Pat 345-9669

Toshikai Dojo
Website: senseisusan.com
Email: senseisusan@tbaytel.net
Phone/Text: 474-8886

Community Aquatics Recreational Swims

For specific swim information please call Churchill Pool 577-2538 or Volunteer Pool 345-5143.

CHURCHILL POOL 577-2538

Lengths

Monday - Friday6:00 - 9:30 a.m.
Monday - Friday12:00 - 1:00 p.m.

Public Swims

Friday7:00 - 8:30 p.m.
Saturday2:00 - 5:00 p.m.
.....6:00 - 8:00 p.m.
Sunday1:30 - 5:00 p.m.

Family Swim/Lengths

Mon/Wed/Fri.....9:30 - 10:45 a.m.
Friday6:00 - 7:00 p.m.
Monday & Wednesday7:30 - 9:00 p.m.

Parent & Tot Swims

Tuesday & Thursday.....11:30 - 1:00 p.m.

Nostalgia Swim (\$2.00)

Sunday.....10:00 - 11:30 a.m.



VOLUNTEER POOL 345-5143

Lengths

Monday - Friday6:00 - 10:00 a.m.
Monday - Friday11:30 a.m. - 1:00 p.m.
Monday - Thursday7:30 - 9:00 p.m.
Saturday.....8:00 - 10:00 am

Public Swims

Friday7:00 - 8:30 p.m.
Saturday2:00 - 3:30 p.m.
Sunday1:30 - 3:30 p.m.

Family and Adult Swims

Wednesday10:30 - 11:30 a.m.
Wednesday1:00 - 2:30 p.m.
Friday6:00 - 7:00 p.m.
Saturday3:30 - 5:00 p.m.
.....6:00 - 8:00 p.m.
Sunday3:30 - 5:00 p.m.

Family and Community Swims

Thursday6:00 - 7:30 p.m.

Swimming Rates

	Single Swim	Book Pass	3 Month Membership	6 Month Membership	1 Year Membership
Children under 2 years	No Charge	No Charge	No Charge	No Charge	No Charge
Child (2-13 years)	\$3.03	\$24.22	N/A	N/A	N/A
Student (14 and over)	\$3.77	\$32.09	\$100.85	\$151.87	\$252.72
Adult	\$6.15	\$52.06	\$164.54	\$244.68	\$408.66
Older Adult (60+)	\$4.84	\$41.19	\$127.80	\$193.57	\$320.22
Family	\$10.51	\$47.23	\$271.71	\$401.04	\$672.75



BIRTHDAY PARTIES

Let us take the stress out of Birthday Parties. We provide exclusive use of the pools and sauna for one hour and then pizza and refreshments in our birthday room. Book ahead to ensure a spot!

Cost: \$151.28 (up to 12 children)
Come during our regular public swim and get all of the above for a reduced rate.

Cost: \$117.53 (up to 12 children)
Extra pizza can be ordered.

Call: Churchill Pool at 577-2538 Volunteer Pool at 345-5143

DAYTIME SCHOOL RENTALS

Location	Times	Cost	Contact
Volunteer Pool	Thurs./Fri. 1:30-2:30pm Friday 10:15-11:15am	\$70.15/hr	345-5143
Churchill Pool	Weekdays 1:00-3:30pm	\$70.15/hr	577-2538

Each time slot can accommodate up to 60 students or 2 classes and includes 2 lifeguards

Book Passes: A Great Deal

Both Churchill and Volunteer Pool offer 10-swim passes for seniors, adults, students and children. Buying one of these great passes allows you to save approximately the cost of two swims. They are perfect for someone planning on regularly attending adult lengths or one of our public or family swims. Also a great gift idea!!

5-swim passes are also available for families!

Child (10 swims)	\$24.22
Student (10 swims)	\$32.09
Adult (10 swims)	\$52.06
Older Adult (10 swims)	\$41.19
Family (5 swims)	\$47.23

Support Persons –

No fee if accompanied by a person with a PAL (Personal Attendant for Leisure) Card.

Special Needs Swim: This time slot is available for individuals with special needs and their support workers. It is designed to ensure that people with exceptionalities can enjoy our facility without the commotion that is sometimes associated with public and family swims. Support workers are admitted free of charge.

Tuesday & Thursday 10:30-11:30 am

Adult Community Fitness

Fall 2017 Fitness & Wellness Programs

Register at 625-TIME (8463) or 625-2351

For detailed information on Fitness & Wellness Programs call 684-3324

HST will be added to all Fees.

If your schedule does not allow for you to regularly partake in one of our fitness programs, feel free to purchase a Punch Card. This punch card offers maximum flexibility.

The Punch card is good for a one year period from the date of purchase. This also includes drop in classes at the Canada Games Complex. Some restrictions may apply.

Please check prior to attending to make sure the class is running.

Like us on



For more updates on Community Programs

please like us on facebook under City of Thunder Bay

Community Fitness.

Please register early! Classes need a minimum in order to run.



Adult Community Fitness & Wellness Programs

To register call 625-(TIME) or 625-2351

Zumba with Share*

Join Share on Mondays for the Zumba Fitness Party in your neighborhood!

Instructor: Share Smith-Baxter

Location: Westmount School, 120 Begin St. W.

Mondays • Session 1 (7 weeks)

No class October 9

Fee: \$43.75 & HST

September 11 to October 30 • 5:30 - 6:30 pm

Code: 381938

Mondays • Session 2 (6 weeks)

Fee: \$37.50 & HST

November 6 to December 11 • 5:30 - 6:30 pm

Code: 381939

Senior Fitness*

Are you 55 or over? Join us and have fun moving to the music through a variety of exercises designed to increase muscular strength and range of movement. With the use of bands and weights and gentle cardio you will enjoy being challenged but also encouraged to work at your own pace.

Instructor: Evelyn Harrison

Location: Westmount School, 120 Begin St. W.

Mondays & Wednesdays • Session 1

No class October 9

Fee: \$55.66 & HST

September 11 to October 18 • 7:00 - 8:00 pm

Code: 382092

Mondays & Wednesdays • Session 2

Fee: \$60.72 & HST

October 23 to November 29 • 7:00 - 8:00 pm

Code: 382093

20/20/20 Workout* Mondays

3 workouts in one! With 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core and stretching. This class is for all levels of fitness.

Instructor: Lee Vaillant

Location: C.D. Howe School, 30 Wishart Cres.

Mondays • Session 1 (7 weeks)

No class October 9

Fee: \$43.75 & HST

September 11 to October 30 • 6:45 - 7:45 pm

Code: 381946

Mondays • Session 2 (6 weeks)

Fee: \$37.50 & HST

November 6 to December 11 • 6:45 - 7:45 pm

Code: 381948

Meditation for Wellness* - NEW

Join this 6 week class where you will experience many different meditations. It's easier than you may think! Each week you will be guided into a deep relaxed state where all of your stresses and tensions melt away leaving you feeling more balanced and harmonized. Meditation has been known to manage symptoms and reduce risks such as high blood pressure, stress and pain and sleep issues.

Instructors: Gary Savitsky

Location: McKellar Park School, 301 Archibald St. N.

Mondays • Session 1 (6 weeks)

No class October 9

Fee: \$37.50 & HST

September 11 to October 23 • 6:15 - 7:15 pm

Code: 384541

Mondays • Session 2 (6 weeks)

Fee: \$37.50 & HST

October 30 to December 4 • 6:15 - 7:15 pm

Code: 384541

Introduction to Yoga with Jan* - NEW

Yoga is great for everyone, regardless of age or physical ability. This introductory class will give you the opportunity to connect with your body and mind through basic yoga postures, breathing exercises and a variety of simple meditation techniques. You will learn ways to modify yoga to meet your personal needs or abilities. **Please bring a blanket, water & yoga mat to each class.**

Instructor: Jan Adams

Location: Ogden School, 600 McKenzie St. (Rainbow Room)

Tuesdays • Session 1 (7 weeks)

Fee: \$43.75 & HST

September 12 to October 24 • 5:00 - 6:00 pm

Code: 382438

Tuesdays • Session 2 (6 weeks)

Fee: \$37.50 & HST

November 7 to December 12 • 5:00 - 6:00 pm

Code: 382441

Yoga for Every Body* - NEW

Prerequisite: must have previous Yoga experience. Your body is your personal yoga teacher and this all levels yoga class is designed so that everyone can practice at their own personal level. Classes will include physical postures, breathing exercises and meditation techniques allowing you to enjoy a balanced practice that will strengthen your body and challenge your mind. Come and explore your limits. **Please bring a blanket, water & yoga mat to each class.**

Instructor: Jan Adams

Location: Ogden School, 600 McKenzie St. (Rainbow Room)

Tuesdays • Session 1 (6 weeks)

Fee: \$43.75 & HST

September 12 to October 24 • 6:15 - 7:15 pm

Code: 382439

Tuesdays • Session 2 (6 weeks)

Fee: \$37.50 & HST

November 7 to December 12 • 6:15 - 7:15 pm

Code: 382440

6 Week Body Balance* - NEW

Our instructor is a Certified Health and Wellness Coach and Fitness Instructor. Not only will she challenge you to a full body-weight workout, she will provide you with healthy lifestyle tips to rebalance your body. If you are looking for more energy, strength and better overall health don't pass this by! Each week a different topic will be discussed along with an energizing workout. This class focuses on your mind and body in relation to healthy food choices, positive thinking, moving your body, and what you can do to work towards your journey living and breathing a healthier lifestyle.

Instructor: Maddie Penko

Location: Ogden School gym, 600 McKenzie St.

Tuesdays • Session 1 (6 weeks)

Fee: \$37.50 & HST

September 12 to October 17 • 7:00 - 8:00 pm

Code: 382488

Tuesdays • Session 2 (6 weeks)

Fee: \$37.50 & HST

November 7 to December 12 • 7:00 - 8:00 pm

Code: 382489

Adult Community Fitness & Wellness Programs

To register call 625-(TIME) or 625-2351

Functional Fitness* Tuesdays

Are you just getting back into fitness or do you want to improve your everyday real life activities? With the use of hand weights, real life functional movement patterns such as twisting, bending, push pull, lunging and, squats, you will be feeling better in no time! Balance, core training and flexibility will target weaknesses you may not realize you had.

Instructor: Stephanie Needham
Location: Westmount School, 120 Begin St. W. (small gym)

Tuesdays • Session 1 (6 weeks)
Fee: \$37.50 & HST
September 12 to October 17 • 7:00 - 8:00 pm
Code: 382939

Tuesdays • Session 2 (6 weeks)
Fee: \$37.50 & HST
November 7 to December 12 • 7:00 - 8:00 pm
Code: 382941

Yoga Fit

Flow into power with this Hybrid class of asana (poses) to strengthen the body and restore calm. With conditioning movements you will improve posture, balance, focus and flexibility while improving overall well-being.

Instructor: Taina Chahal
Location: Ecole de La Verendrye, 175 High St

Wednesdays • Session 1 (6 weeks)
Fee: \$37.50 & HST
September 13 to October 17 • 6:30 - 7:30 pm
Code: 381944

Wednesdays • Session 2 (6 weeks)
Fee: \$37.50 & HST
November 1 to December 6 • 6:30 - 7:30 pm
Code: 381945

Zumba with Donna* - NEW

If you have ever wondered if you can take a Zumba class and get through it? Or do you feel like you have 2 left feet and perhaps it might be embarrassing? Not in this class! Give it a try. Join Donna for the Zumba Fitness Party in your neighborhood!

Instructor: Donna Salo
Location: Vance Chapman School, 1000 Huron Cres.

Thursdays • Session 1 (7 weeks)
Fee: \$43.75 & HST
September 14 to October 26 • 6:00 - 7:00 pm
Code: 381940

Thursdays • Session 2 (6 weeks)
Fee: \$37.50 & HST
November 2 to December 7 • 6:00 - 7:00 pm
Code: 381941

20/20/20 Workout* Thursdays

3 workouts in one! With 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core and stretching. This class is for all levels of fitness.

Instructor: Lee Vaillant
Location: C.D. Howe School, 30 Wishart Cres

Thursdays • Session 1 (7 weeks)
Fee: \$43.75 & HST
September 14 to October 26 • 6:45 - 7:45 pm
Code: 381947

Thursdays • Session 2 (6 weeks)
Fee: \$37.50 & HST
November 9 to December 14 • 6:45 - 7:45 pm
Code: 381949

Hoop Play* - NEW

Learn how to hula hoop for fun and fitness at a weekly cardio hoop dance class for Adults! This is a beginner class and a great starting point for anyone learning how to hula hoop. Not only will you have a blast, your strength, balance and coordination and flexibility as well as range of motion will improve. No experience necessary, no equipment needed. Hoops will be provided.

Instructor: Gloria Ranger
Location: Ecole Gron Morgan, 174 Marlborough St.

Thursdays • Session 1 (6 weeks)
Fee: \$37.50 & HST
September 14 to October 19 • 5:30 - 6:30 pm
Code: 384543

Thursdays • Session 2 (6 weeks)
Fee: \$37.50 & HST
November 2 to December 7 • 5:30 - 6:30 pm
Code: 384544

Functional Fitness* Thursdays

Are you just getting back into fitness or do you want to improve your everyday real life activities? With the use of hand weights, real life functional movement patterns such as twisting, bending, push pull, lunging and squatting you will be feeling better in no time! Balance, core training and flexibility will target weaknesses you may not realize you had.

Instructor: Stephanie Needham
Location: Westmount School, 120 Begin St. W

Thursdays • Session 1 (6 weeks)
Fee: \$37.50 & HST
September 14 to October 19 • 7:00 - 8:00 pm
Code: 382938

Thursdays • Session 2 (6 weeks)
Fee: \$37.0 & HST
November 2 to December 7 • 7:00 - 8:00 pm
Code: 382940

Fitness Punch Card

The Fitness Punch Card offers maximum flexibility and is perfect for those who need to accommodate a busy schedule. Your Fitness Punch Card is good for a one year period from the date of purchase which also includes drop in classes at the Canada Games Complex. Please call the Active Living Coordinator at 684-3324 prior to the first class in case of class cancellation. *Note: Support Person- No fee if supporting a person with a PAL (Personal Attendant for Leisure Card)*

9X Punch Card
Fee: \$65.00 & HST
Code: 382088

*Classes that allow punch card users



COMMUNITY GROUPS INDEX



COMMUNITY GROUPS
www.thunderbay.ca/thekey

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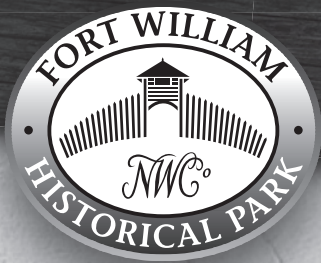
The Joint Advertising Committee is pleased to provide this section of The Key for use by organizations which provide community programs and services related to recreation and education. The groups using this space have paid a fee. The member agencies of the J.A.C. are not responsible in any way for the programs and services listed in the Community Groups section. Information requests should be directed to the appropriate group or organization.

the key

the key **COMMUNITY GROUPS INDEX**

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Preserving the Past
While Building the Future

VOLUNTEERS
WANTED!

DARE TO SCARE?

Help make Fort William Historical Park the most terrifying place this October by volunteering at Haunted Fort Night!

E-MAIL VOLUNTEER@FWHP.CA TODAY!

HAUNTED FORT NIGHT

October

5th – 8th

12th – 15th

19th – 22nd

26th – 29th

\$15 per person

- Tours start at 7pm nightly
- Reservations required
- Recommended for ages 12 and up
- Visit www.fwhp.ca for more details

CALL 807-473-2344 TO RESERVE TODAY!

COMMUNITY GROUPS
www.thunderbay.ca/thekey



the key

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Fall Youth Programs

NEW PROGRAMING and LOWER PRICES

All programs run for 10 weeks. Classes begin on September 11, 2017. All classes will follow Boulder Bears newly developed skill progression model and be instructed by certified climbing instructors. Participants will be provided with progress reports at the end of each session to encourage advancement within the sport of rock climbing. All students will receive skill based instruction on climbing technique, safety rope skills and fitness. All registration includes instruction, rental harness and day pass. Specific climbing shoes can be rented for an additional \$30 per session for once a week classes and \$60 per session for twice a week classes.

Kids That Rock: This program is geared to children 7 years of age and under. COST: \$140 per climber. Classes will run on Monday or Wednesday 5:30 to 6:30.

Summiteers: This program is designed for climbers between the ages of 8 and 11. Classes will run Tuesday or Thursday from 5:30 to 7:00. COST: \$230 per climber.

Crimpers: This program is the twice a week option for the Summiteers program. COST: \$450 per climber. These classes will run Tuesday and Thursday from 5:30 to 7:00.

Jibs: This program is for people 12 and up. Classes will run Monday or Wednesday from 7:00 to 8:30. COST: \$230 per climber.

Dynos: This is the twice a week option for the Jibs program. COST: \$450 per climber. Classes will run Monday and Wednesday for 7:00 to 8:30

Don't forget to come visit Boulder Bear the mascot.

BLAZE

BASKETBALL

In partnership with Lakehead University Men's Basketball, Blaze Basketball enters its thirteenth season of providing basketball instruction in a fun learning environment for boys from grades 1-12 by teaching the basic fundamentals of the game, sportsmanship, teamwork, rules of the game and more.



Beginner Program

Fee \$160
Boys in grades 1 to 2
(1) 1 hour session per week/20 weeks > Oct. to March.
Dates to be determined.
Includes jersey, t-shirt and ball.

Novice Program

Fee \$300
Boys in grades 3 to 4
(2) 1 hour sessions per week/20 weeks > Oct. to March.
Dates to be determined.
Includes jersey, t-shirt and ball.

Junior Program

Fee \$325
Boys in grades 5 & 6
(2) 1^{1/4} hour sessions per week/20 weeks > Oct. to March.
Note: Saturday sessions will be league games.
Dates to be determined.
Includes jersey, t-shirt and ball.

Senior Program

Fee \$375
Boys in grades 7 & 8
(2) 1.5 hour sessions per week/20 weeks > Oct. to March.
Note: Saturday sessions will be league games.
Dates to be determined.
Includes jersey, t-shirt and ball.

High School Program

Fee \$175
Boys in grades 9 to 12
(8) 2 hour sessions

Designed to get you ready for the high school season.
Mid-Oct. to Mid-Nov.
Dates to be determined.
Includes jersey and t-shirt.



For more information on Blaze Basketball and to register please visit our website: www.tbayblaze.com
Register online beginning September 1, 2017
For more information on LU Men's Basketball visit www.thunderwolves.ca





BOYS & GIRLS Amateur Wrestling

Regional Training Centre for the
Canadian Amateur Wrestling Association



LWC Wolf Pups - \$150 - Oct. 3 - Dec 21

Ages 5-7 - Tues. & Thurs. 6:45-7:45pm

Hammarskjold HS wrestling room

ELEMENTARY SESSION - \$360 - Oct. 3 - April

Ages 8-13 - Tues. & Thurs. 6:30-8:00pm

*Two locations: Hammarskjold HS wrestling room
and Kingsway Park School*

HIGH SCHOOL SESSION - \$360 - Oct. 4 - April

Ages 14-18 - Wed. 7:00-8:30pm & Sat. 10am-12

in the Hammarskjold HS wrestling room

**All Program Registrations
Thursday, September 28th
6:30pm at Hammarskjold HS**

E-mail us at: lwcwolves@gmail.com

Visit us on Facebook @ Lakehead Wrestling Club

The Lakehead Wrestling Club & N.W.O. Amateur Wrestling are affiliated with the Ontario Amateur Wrestling Association



WANT TO ADVERTISE IN THE WINTER 2018 KEY?

DEADLINE IS: OCTOBER 13, 2017

Call Kristi at 625-3388 or email: klees@thunderbay.ca

2017/2018 Indoor Recreational House League



*Skills for Life
on and off the Field!*

*Our house league
will be run on
state-of-the-art turf!*

New home of Lakehead Express Soccer Club!
GOAL SPORTS & REC CENTRE
(Formerly Confederation College Bubble)

- Price \$215
- Mini Kickers ages 3 - 8 will receive instruction
 - Youth ages 9 - 14
- Small sided games allow for better skill development
 - Full uniform to keep, player awards
 - League runs Saturdays from Nov.-Mar.

In-Person Registrations will be at Intercity Mall on the following dates:

Saturday Sept 9, 10 am-4 pm
Saturday Sept 16, 10 am- 4 pm

Cash & cheques are accepted

Uniform sizes will be taken @ registration.

- U5 2014, 2013 (must be 3 by Sept 30)
- U7 2012, 2011
- U9 2010, 2009
- U11 2008, 2007
- Jr Division 2006, 2005, 2004

***Online Registration
begins August 1!***

Credit cards accepted only

*Refund policy is available on our website.
Registration is closed September 30*

***Interested in playing
competitive soccer?***

Check the website for more information & tryout dates.

**more information at:
www.lexsoccer.ca**



FUNDamentals Program Indoor 2017

We are pleased that the FUNdamentals program is going to carry on during the indoor season at Lakehead Express Soccer Club. The program caters to girls and boys aged 5-9 who are showing interest in soccer at an early age.

What does the program offer?

- Focus on individual ball skills and control every session
- Social Interaction with teammates – making new friends
- Improves self confidence
- A focussed topic each session
- Sessions that have a little more structure than house league
- Fun learning environment
- Challenges players of all abilities

More information will be available at house league registrations.



2017 Fall Football Registrations

Season Runs September 05 to October 28, 2017

For Players Ages 6 - 13 years

Tyke - 2010-2011

Atom - 2008-2009

Peewee - 2006-2007

Bantam - 2004-2005

Cost: Tyke - \$200.00

All other divisions - \$300.00

All Equipment is included (except cleats)

Registration

August 30 & 31, 2017

from 6 - 8 pm at the Chapples Clubhouse at 535 Chapples Park Dr.
Players MUST be present at registration to be fitted with equipment

Now accepting INTERAC debit payments!!

Watch our promotional video on our website to learn more!

**For more information please call 627-1727, visit our
website www.tbmfa.com**

or find us on Facebook

<https://www.facebook.com/tbmfa.knights>

THUNDERBOLTS SWIMMING

REGISTER TODAY AT
WWW.THUNDERBOLTS.CA

COMMUNITY GROUPS
www.thunderbay.ca/thekey



Established in 1999

Swim with the Northwest Narwhals

Competitive Swimming Club
Affiliated with the Ontario/Canadian Swimming Associations

Competitive swimming instruction: ages 5 & up
The swimmer determines the level of competitiveness.

Swim fast, Swim fun, Swim Narwhals

CJ Sanders Fieldhouse Lakehead University
We accept registration any time of the year, call 768-0519 or 621 5499

Head Coach: David Iwanyszyn
davidi@nwnarwhal.com
768 - 0519
www.nwnarwhal.com



Narwhal Pup Pre-Competitive Program

Do you have a child between the ages of 5-9 that may have an interest in Competitive swimming?

- The Narwhal Pup pre-competitive program could be perfect for them!
 - Swimmers will learn and enhance skills such as turns, dives, breaststroke, butterfly, streamline position and more!
- All pre-competitive pups have the opportunity to enroll in swim meets, but it is NOT mandatory.

First Session - September 18th-Dec 1st
Second Session - January 8th- March 30th
Third Session - April 2nd-June 15th

- Each Session will end in a progress report indicating what each swimmer has accomplished.
- Criteria: must be able to swim 25m (1Length) of the pool back crawl and front crawl which is equivalent to Swimmer Level 4.

WWW.NARWHAL.COM -- davidi_nwn@hotmail.com -- 768-0519



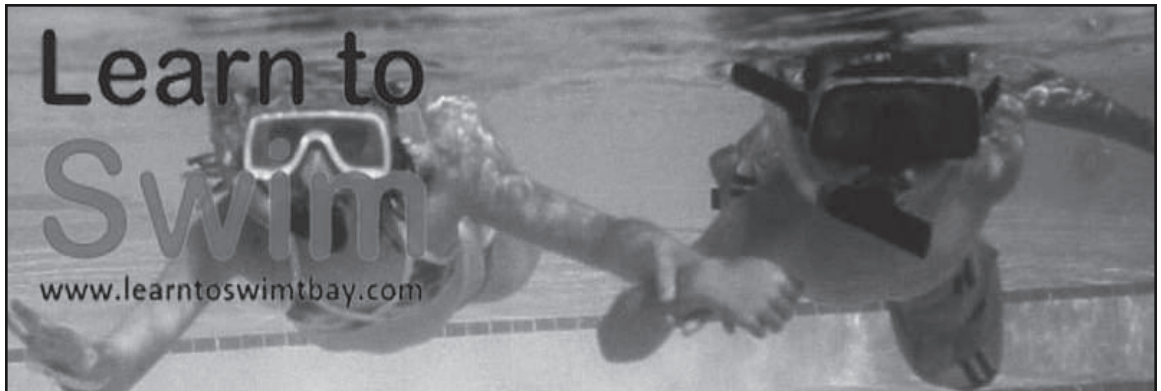
If you are 6 years or older, love being in the water, making new friends, performing gymnastics or practicing dancing then synchronized swimming is for you!

We are holding registration for our 2017-18 recreational program. Our recreational program will run Tuesday evenings or Saturday mornings at Lakehead University Pool, from September through April, and includes two watershows (December and April). Registration will take place at the Lakehead University Pool on Wed., Sept. 13 from 5-6:30pm and Sat., Sept. 16 from 10am-12pm.

TBSSC is Northwestern Ontario's only synchronized swim Club, sanctioned by Synchro Canada. Our coaches are certified under Synchro Canada's Coaching Development Program and we are the premiere Synchro Club in Canada to become a Respect in Sport for Parents partner.

**For more information on our programs,
please email us:
thunderbaysynchro2@gmail.com or
visit our website at www.thunderbaysynchro.ca**

the key
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To register call or email
628-7470 hilary@learntoswimtbay.com



Session 1: Sept 16-Nov 3

Session 2: Nov 4-Dec 22

Lessons offered:

mon-fri 3-8pm & weekends 8-6pm

Session 1: Sept 16-Nov 3

Session 2: Nov 4-Dec 22

Lessons offered:

tues/wed/thurs 3-8pm & Saturday 8-1pm



Nor'Wester Hotel & Conference Centre



Session 1: Sept 16-Nov 3

Session 2: Nov 4-Dec 22

Lessons offered:

mon/wed/fri 6-8pm & tues/thurs 6:30-8pm

ONLINE REGISTRATION AVAILABLE AT
learntoswimtbay.com



YOU'LL FLIP FOR US

Register Now For Our Fall Recreational Session

The BEST Instruction in:

- Recreational Gymnastics
- Parkour
- Tumbling
- Competitive Gymnastics
- Private Lessons/Groups
- Birthdays
- Chalk Shop Retail Store

Proud Partner of Concordia University Wisconsin Falcons Acrobatics & Tumbling

Follow us on social media



344-FLIP

ultimategymnastics.ca

Thunder Bay Gymnastics Association

The Only Not-For-Profit Gymnastics Club In Thunder Bay!

FALL 2017



WE'RE CELEBRATING OUR 50TH ANNIVERSARY!

1967-2017

WATCH FOR SPECIAL EVENTS HAPPENING THIS FALL 2017!

Regular Registration
Aug 1-Sept 4, 2017

CLASSES BEGIN
SEPTEMBER 4, 2017

We offer:

- Toddler Classes
- Recreational Classes
- Male & Female Classes
- Birthday Parties
- Tumble Cheer Classes
- Facility Rentals
- School Electives!

GO TO: **tbga.ca**
for class lists & pricing



807-628-8474 / tbga.ca / tbgatwisters@tbaytel.net



GIANT GYMNASTICS

Bounce your way to Giant Gymnastics today!



www.giantgymnastics.ca

Programs Offered:

- Gymnastics
- Tumbling
- Trampoline / Foam Pit
- Cheer
- Drop In Classes
- Birthday Parties
- March Break Camp
- PA Day Programs
- Summer Camp
- The highest Level NCCP certified Recreational gymnastics coaches in Thunder Bay
- School Programs

Giant Gymnastics is Northwestern Ontario's largest gymnastics facility offering a wide range of programs. Visit our website to explore the many classes offered to fit a busy family's schedule



807-683-3730

512 Marks St S. (FWCI)
(parking off Marks St.)

COMMUNITY GROUPS
www.thunderbay.ca/thekey

the key
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Kakabeka Falls Curling Club

www.kakabekafallscurlingclub.com

Check us out on Facebook!

Registration: Tues. September 12, 6:30-9:30pm

***Mens:** Mon.&Thurs. * **Ladies:** Wed. ***Mixed** Weekly Fri or Sat 6:30&8:15

Never curled but want to learn? Yes you can!

ADULT INSTRUCTIONAL LEAGUE – 8 weeks beginning October 24th

Call: Don @ 475-5173 or email linda.vellinga@gmail.com

***** New Member Discount *****

Need more Information: Contact Mike @ 473-5062

www.kakabekafallscurlingclub.com

*** We're only a short drive***

Junior & Little Rocks (Ages 7-21) Saturday Mornings

Registration October 14 - 10am-12pm

**Jan. – Jones & Associates Men's Spiel March – Recreation World RV BBQ Spiel
December – Throwback Bonspiel**

Non- Member Rentals Available – Tuesdays, Saturdays & Sundays

*"The Kakabeka Falls Curling Club is committed to providing a community-oriented facility
with a friendly atmosphere."*



PACC

Port Arthur Curling Club

2017/

2018

SEASON

A VARIETY OF LEAGUES AND TIMES TO SUIT EVERY ONE!

EVENING CURLING

Mon – Thur – open to mens,
ladies and mixed teams!

MIXED CURLING

Fri & Sat evenings
Fun for every level!
Trivia and game nights!

WOMEN'S EVENING

Tues & Thurs at 5 pm
New individuals, teams and spares
welcome! Contact Erica at 629-0065

LADIES DAYTIME

Tues & Thurs at 1:00pm
All levels welcome!
Contact Susan at 344-3250

NEW! STICK LEAGUE

Shorter games that are great
for anyone with knee problems!

GO SLOW SENIOR

Tues/Thur OR Wed/Fri
At 9:30 am Contact Brian
at 767-2649

MENS LOOSE ENDS

Mon & Wed at 1 pm
No experience necessary!
Contact Bill at 344-3368

JUNIOR CURLING

Sat 10 am – 11:30 am
Ages 12 – 20
Get your kids started early!
Contact Kady at 632-8527

STICKS AND STONES

Sat 10 am – 11:30 am
Ages 6 – 11
Little rocks for little kids!
Contact Kady at 632-8527

ICE RENTALS, BONSPIELS AND MORE!

COME TRY CURLING AT PACC!

344-0111 or email Don@pacurling.com



Be Active Outdoors



Recreational and Competitive X-Country Ski Programs for the whole family.

Learn to Ski

Try-it Ski Clinics (ages 6 – 13) ----- Jan 13 to Feb 10 (5 weeks), Sat 1:30 to 3:00pm
 Adaptive Try-it Ski Clinic (ages 6 – 13) ----- Jan 13 to Feb 10 (5 weeks), Sat 1:30 to 3:00pm
 Jackrabbit Ski Program (ages 3 - 10) ----- Dec 9 to Mar 3, Sat 11am or Thu 6 pm & Sat 11am
 Recreational Technique: Beginners (ages 20+) ----- Dec 9 to Feb 24, Sat 1:00 to 2:30 pm

Recreation & Skill Development

Kids Running Wild: Dryland Games (ages 7 - 13) --- Sep 14 to Nov 18, Thu 5:30 pm & some Saturdays
 Super Saturdays on Snow: (ages 7 - 13) ----- Dec 9 to Feb 24, Sat 1:30 to 3:00 pm
 Track Attack Ski Program (ages 10 - 12) ----- Sep 14 to Mar 8, Sat 11am & Thu 6 pm
 Lynx Adventurers/Ski Touring (ages 10 - 13) ----- Dec 9 to Mar 3, Sat 11am & Thu 6 pm
 Junior Adventurers (ages 14 - 19) ----- Dec 9 to Mar 3, 1-2 times/week Thu & Sat
 Recreational Technique: Intermediate (ages 20+) -- Dec 9 to Feb 24, Sat 1:00 to 2:30 pm
 Get Fit for Sleeping Giant (Adults) ----- Dec 10 to Mar 4, Sun 1:00 to 2:30 pm

Competition

Midget Ski Team (ages 12 - 13) ----- 3 times/week – Tues, Thu, Sat – Sep to Mar
 Junior Race Team (ages 14 - 19) ----- 3 times/week – Tues, Thu, Sat – year round
 Senior Race Team (ages 20+) ----- 3 times/week – Tues, Thu, Sat – year round
 Citizen/Masters Race Team (ages 20+) ----- 2 times/week – Tues, Thu, Sat – Sep to Mar

Junior Leadership

Jr. Leadership Team (ages 14 – 19) ----- various training and leadership opportunities

➔ **Lappe Nordic Open House - Sat Oct. 14th, 10 am to 3 pm** ←

Note: Adaptive and inclusive ski programs are offered for children, youth, and adults.

Contact: **Head Coach & Program Coordinator:** Kevin Shields: 346-8084 kshields.lappe@gmail.com

www.lappenordic.ca

follow us on Facebook



KAMVIEW
NORDIC CENTRE

EMBRACE WINTER! TRY CROSS COUNTRY SKIING



Early Skill Development

Jackrabbits & Beyond Track Attack
 Biathlon Bears
 Big Thunder Bridging Program
 Skiing in the Schools

Racing, Skill Development, Cross Training/Fitness

Big Thunder Junior Racers, Development & Racing Team: Ages 9-19
 Big Thunder Masters
 Lake Superior Biathlon



Lifelong Recreation and Fitness

Big Thunder Masters
 Steps & Strides: Adult Beginner & Intermediate
 Community Group Ski & Snowshoe Outings
 Group & Private Lessons



For more information, call 475-7081, or check out our websites:

tbnordictrails.com

btnordic.ca

lakesuperiorbiathlon.com



Lake Superior Biathlon

www.lakesuperiorbiathlon.com



For Children Age 8-14

Combines Freestyle Cross Country Skiing and Marksmanship Shooting

Learning new skills in a fun and safe environment

Youth and Adult Recreational and Competitive Programs Available

Cost: \$210.00

When: Sundays

Time: 11:00am - 12:30pm

Duration: 16 Oct 2017 - 31 Mar 201

Registration form available on website

Email: info@lakesuperiorbiathlon.com

CURRENT RIVER MIGHTY-MITES

(C.R.R.A.) For Girls & Boys 4-8 years old

To learn and enjoy the basics, fundamentals, skills & respect for the game of hockey.

We offer:

- Equal practice and ice times for every player. Approx. 65 hours ice for a \$400 season
- Christmas Party, Carnival and Tournament
- Players Free Banquet and Awards

Registration times at Current River Rec Centre:

Wednesday, August 16, 23, 30

6:00-8:00pm

Saturday, August 19, 26

11am - 1:00pm

Wednesday, September 6, 13, 20

6:00-8:00pm

Saturday, September 9, 16

11am - 1:00pm

\$400.00 for the season

For more information call 683-8451



WE CAN POWER YOUR DREAMS

NEW at



**Come join the action
Strengthen your skills
Have some fun**

Can Power Skate

Is an action packed high energy, group based format, focusing on balance, power, agility, speed and endurance. It is an excellent compliment to those who are or will be entering the world of hockey and ringette.

Pre Power Skate

We also offer pre power skate, an opportunity to learn in a Fun, group based, positive environment, the basic fundamentals and skills for the younger up and coming hockey and ringette players.

With 15 years coaching experience, let our Skate Canada certified, professional coach and her passion for the sport, bring your skater to a new level of performance.

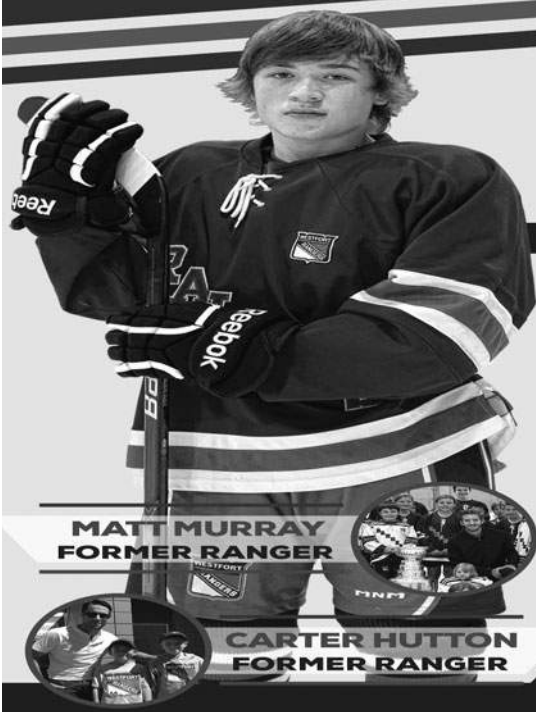
Programs designed and endorsed by Skate Canada

**For further details and information be sure to visit our website at
www.thunderbayfsc.org**



YOU DON'T HAVE TO BE FROM WESTFORT TO SAY...

I AM A RANGER!



MATT MURRAY
FORMER RANGER

CARTER HUTTON
FORMER RANGER

REGISTER IN PERSON:

JUNE 21&22
AUG 30&31

CON COLLEGE / 6:30PM-8:30PM

IP1, NOVICE, ATOM, PEEWEE

REGISTER ONLINE NOW:

WestfortRangers.ca

RANGERS HOCKEY WHAT WE OFFER

- ✓ PARTNERSHIP WITH FOX SCHOOL OF HOCKEY
- ✓ ADVANCED AND EXPERIENCED COACHING
- ✓ COMMITMENT TO PLAYER DEVELOPMENT & FUN
- ✓ POSITIVE TEAM EXPERIENCES FOR ALL AGES & LEVELS
- ✓ SET IP SCHEDULE (NBG ARENA-THU@5:30, SAT@2)



Register Online: www.westfortrangers.ca
Contact Gord Kinisky: westfortgord@tbaytel.net



Neebing Minor Hockey Association 2017-2018 SEASON REGISTRATION

This season all registrations will be done online at www.neebinghockey.com

Payment must be made in person at one of two Neebing Minor Hockey Registration nights:

Thursday, Aug 31/17 or **Tuesday, Sept 5/17, 6pm - 8pm** Confederation College

IP1 \$290 (2013,2012, 2011 born players) includes at least 40 hrs ice time

Novice \$355 (2010, 2009 born players)

Atom A \$400 (2008, 2007 born players)

PWA \$525 (2006, 2005 born players)

AA tryouts add \$20.

Players wishing to participate in the AA draft must register online by Aug 28th and must attend the Neebing Minor registration nights for payment of fees. They also must attend the Lakehead Minor Hockey registration for jersey pickup and group assignment.

For more information go to www.neebinghockey.com or email neebingregistrar@tbaytel.net

Neebing Minor Hockey participates in a city-wide schedule, including playoffs, through Lakehead Minor Hockey



KC MINOR HOCKEY ASSOCIATION



<http://kcmha.ca/>

Over 50 Years of Developmental Hockey - A Proud Tradition!

Initiation Program (IP-1) & NOVICE

KC has always offered a developmental program designed to teach young players the fundamental skills necessary to excel at the World's fastest game. Our program meets or exceeds all Hockey Canada recommendations for developmental hockey. Register with KC and watch your child develop skills and friendships that will last a lifetime!

Single "A" Registration

IP (2011, 2012, 2013)	\$290.00
Novice (2009/2010)	\$355.00
Atom A (2007, 2008)	\$400.00
PeeWee A (2005, 2006)	\$525.00

Fees and registration information will be posted on
<http://kcmha.ca/>

Register Online at : <http://kcmha.ca/>

"AA" Registration

Atom AA (2007/2008)	\$420.00
PeeWee AA (2005/2006)	\$545.00

KC offers full single "A" and "AA" programs, for all players in the Atom and Pee Wee divisions. Prospective "AA" players register **on line through Lakehead Minor Hockey**

IP1, Novice & Single "A" Registration Dates:

Wednesday September 6 (6:00-8:00pm)

Thursday September 7 (6:00-8:00pm)

At the KC Hall : 301 May St. S

For Further Information
Please call:

Kevin Kozar
629-9143
Andy Sheare
621-8314

*****KC IS NOW ACCEPTING MASTERCARD, VISA AND DEBIT DURING REGISTRATION*****

First time registrants, please bring a copy of the player's birth certificate and health card to register

GRANDVIEW RECREATION HOCKEY ASSOCIATION



We offer:

- Equal ice time for all players
- Players play a variety of positions
- No fundraising or out-of-town travel
- Instructions provided on a regular basis
- Players play against others of equal ability
- No intentional body contact rules in all divisions
- Children with special needs are equally welcome

DIVISION	BIRTH YEAR	REGISTRATION FEE
Stinger	2011 - 2012	\$325.00
Mighty Mite	2008 - 2010	\$500.00
Pee Wee	2005 - 2007	\$500.00
Bantam	2002 - 2004	\$500.00
Senior	1997 - 2001	\$450.00

Registration for new players and returning players who miss the early registration will be taken on a first-come, first-served basis at the Volunteer Pool Recreation Centre located at 180 Martha Street on the following dates:

September 6th & 7th- 6:30pm - 8:00pm
September 13th & 14th - 6:30pm - 8:00pm

Please visit our website at www.grandviewrecreationhockeyassociation.com or phone 768-1429



NORWEST MINOR HOCKEY ASSOCIATION



REGISTRATION FOR THE 2017—2018 HOCKEY SEASON IS NOW OPEN!

REGISTRATION FEES FOR THE 2017 — 2018 SEASON

IP1	Born in 2011, 2012 or 2013	\$290
Novice	Born in 2009 or 2010	\$355
Atom A	Born in 2007 or 2008	\$400
Atom AA	Born in 2007 or 2008	\$420
Peewee A	Born in 2005 or 2006	\$525
Peewee AA	Born in 2005 or 2006	\$545

For bantam and midget player registration, please visit the Thunder Bay Minor Hockey Association website.
<http://www.tbmha.com>

REGISTRATIONS MUST BE COMPLETED ONLINE

Registration is not considered complete until fees are paid

AA REGISTRATIONS MUST PAY BY AUGUST 31, 2017.

After each team is drafted individual teams will collect additional funds for the year to cover additional team related expenses. Amount will vary by team.

PAYMENTS CAN BE MADE IN PERSON AT NORWEST ARENA ON THE FOLLOWING DAYS:

Tuesday August 29, 2017 from 6:30pm — 8:00pm

Thursday August 31, 2017 from 6:30pm — 8:00pm

Thursday September 7, 2017 from 6:30pm — 8:00pm

FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT:

www.norweststarshockey.ca

PLEASE CONTACT KATIE AT (807) 473-3575 FOR ADDITIONAL INFORMATION.

Learn & Enhance Skills with CanSkate & Pre-Power



presented by the
**THUNDER BAY
FIGURE SKATING CLUB**



CanSkate is Skate Canada's flagship Learn-to-Skate program — the only national program of its kind — designed for beginners of all ages. Developed by experts to teach the fundamentals of skating in a progressive and sequential manner, Can Skate focuses on fun, participation and basic skills development.

Registration:

September 9th from noon – 3pm

Oliver Road Community Centre

CANSKATE

All CanSkaters will have fun learning a variety of skating skills through the use of circuits, props, teaching aids and music. Skaters receive incentives each lesson, along with badges and certificates, as they achieve levels.

PRE-POWER

Our Pre-Power Program is suitable for younger skaters who would like to improve upon the fundamentals of hockey by working on basic skating skills, drills and techniques such as pushing and use of edges.



FOR MORE INFORMATION VISIT
WWW.THUNDERBAYFSC.ORG OR CALL 633-1175



COMMUNITY GROUPS
www.thunderbay.ca/thekey

the key

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START WHERE THE PROS DO!

The **Fort William Figure Skating Club** offers the **BEST** learn-to-skate program. **FUN, FOCUSED** skills for **ALL** skating sports!



t Robert Bortuzzo, St. Louis Blues
Former CanSkater

CanSkate and CanPower registration for the 2017-2018 season will be available **ONLINE** beginning September 5, 2017
Go to: www.fortwilliamfsc.com

Got Questions? Email
fortwilliamfsc@gmail.com

Proud Supporter of: **t**



FORT WILLIAM
FIGURE SKATING CLUB

Do you like to

SKATE FAST?

Join us! We're the



FREE SKATES!

We provide the skates and guards! We will teach you how to sharpen your skates with our equipment. You keep your skates for the season - or trade them in for a bigger size if needed!

FREE TRIAL!

Our season runs from September - March. Come out to the Grandview Arena in September and try speed skating for free!

For more information, visit us at
www.thunderblades.ca
or email us at info@thunderblades.ca



LEARN to Skate!

The City's Recreation & Culture Division Skating Programs are a favourite with Thunder Bay families! Programs are available for a wide range of ages and abilities.

Check out the details on pages 65-68 in this issue of The Key

For further information please call 625-8463



Recreation & Culture Division

Jkrasy's Kreative Arts

Formally with Slightly Off Broadway

Jessica Krasnichuk is a local artist who has been teaching voice, drama, and dance for the past 4 years with the former Slightly Off Broadway. She is a graduate of Randolph Academy for the Performing Arts and is excited to take on this new venture!

Classes will begin in late September 2017

Registration opens September 4th 2017

Possible classes being offered are:

Princess Ballet 3-4 yr olds

Intro to Musical Theatre 4-6 yr olds

Grooving Kiddies 4-6 yr olds Ballet/Tap/Jazz

Jr. Combo 7-11 yr olds Ballet/Tap/Jazz

Kids Hip Hop 7-11 yr olds

Kids Musical Theatre (sing/dance/act) 7-11 yr olds

Teen Musical Theatre (sing/dance/act) 12-18 yr olds

Jessica will also be offering private vocal lessons out of her home studio.

For more info please call 355-4066 or email jkrasyarts@gmail.com



Northwestern Ontario Sports Hall of Fame & Museum



Exhibits
Sports Library
Archives
Educational Programs

Celebrating Sports History



OPEN YEAR ROUND
Tuesday to Saturday
12 - 5 pm

• 36th Annual Induction Ceremonies •
Saturday, September 30th, 2017

219 May Street South (beside City Hall)
(807) 622-2852 nwosport@tbaytel.net
www.nwosportshalloffame.com

Magnus
Theatre
in Education

**FALL
SESSIONS**

Magnus Theatre in Education is the premiere theatre training facility in the Thunder Bay area. Our classes and masterclasses are taught by professional actors, directors and educators.

MAGNUS MINIS/YOUTH (Ages 6 – 8 and Ages 9 -12)

\$110

Saturdays @ 10:00 am - 11:15 am (ages 6-8) / 11:30 am - 12:45 pm (ages 9-12); Sept. 16th – Nov. 11th (no class Oct. 7th)

Develop self-expression and creativity while building self-confidence. Students will explore improvisation, creative movement, playbuilding and imaginative theatre games. Final presentation of their own creation in the classroom for invited guests.

THE ACTOR'S TOOLBOX (Ages 13 – 18)

\$189*

Wednesdays @ 6:00 pm - 7:30 pm; Sept. 20th – Nov. 22nd

This dynamic course will enable young actors to develop voice, body and creative potential through stimulating exercises, improvisation and ensemble work.

THEATRE SKILLS FOR BUSINESS (Ages 18+)

\$199*

Tuesdays @ 7:00 pm - 8:30 pm; Oct. 3rd to Nov. 7th

Using practical theatre skills, participants will learn to enhance communication and collaboration in a professional environment. Includes public speaking, business communication and addressing challenges in your workplace.

PLAYWRITING WORKSHOP (Ages 16+)

\$199*

Wednesdays @ 7:00 pm – 8:30 pm; Oct. 4th - Nov. 8th

Students will explore the process of writing their own play, including topics such as scene structure, action, events, characters and dialogue. Whether a first timer or an experienced playwright, you will develop the skills to create your own script.

PA DAY PROGRAM (Ages 6 – 12)

\$50 /

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Our Studio is equipped
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For more information contact Eric Hibbert, (807) 629-4067
Kevin Chony, (807) 620-7866 or zorya@tbaytel.net
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6:30-7:30 - BEGINNERS 7-12 YEARS

7:30 - 8:30 TEEN/ADULTS

THURSDAYS - 8 Week Sessions

6:15-7:00 PARENT/PRESCHOOLER 2-3 years

5:30-6:15 SCOTCHERISE (Highland Aerobics)

SATURDAYS - SEPT. 16 - MAY 12

9:00-9:30 TARTAN TOTS - 4 YEARS

9:30-10:15 FIRST STEPS 5 & 6 YEARS

10:15-11:15 BEGINNERS 7-12 YEARS

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E.MAIL morganschoolofhighlanddancing@hotmail.com
WEBSITE - www.morgansschool.com

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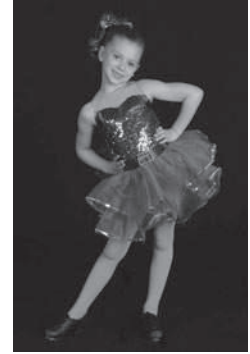
FOR FURTHER INFORMATION PLEASE CALL 622-7879





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Evening classes offered at the Jumbo Gardens Community Centre include:

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270 Windsor Street (Junot Street Entrance)

Fall 2017 Tai Chi Programmes

Starts September 11 and ends October 28
Prices include HST

Contact Master Peng at 628-4305 or taichi@tbaytel.net



COURSE	DAY	TIME	FEE
Tai Chi for Arthritis beginners (seated and standing)	Mon	12 - 1 pm	\$50
Chen 5 & 18 forms beginners	M/W	1 - 2 pm	\$70
Chen Style Sword	M/W	2 - 3 pm	\$85
Chen Style Old Frame 1 & 2	M/W	3 - 4 pm	\$85
Tai Chi 8 & 16 forms beginners	M/W	6 - 7 pm	\$85
Tai Chi 24 & 48 forms beginners	M/W	7 - 8 pm	\$85
Tai Chi Sword 32 & 42 forms	M/W	8 - 9 pm	\$85
Tai Chi 48 forms and Sword	T/T	9:30 - 10:30am	\$70
Tai Chi Fan 30 Forms beginners	T/T	5:30 - 6:30pm	\$85

COURSE	DAY	TIME	FEE
Chen Essential 18 forms beginners	T/T	6:30 - 7:30pm	\$85
Chen Old Frame 1 & Push Hands beginners	T/T	7:30 - 8:30pm	\$85
Tai Chi 8, 16, 24 forms beginners	W/F	9:30 - 10:30am	\$70
Tai Chi and Qigong beginners	Sat	10 - 11 noon	\$50
Yang Long Form practice	Sat	11 - 12 noon	\$45
Broadsword beginners	Sat	12 - 1 pm	\$60
Tai Chi Fan 42 Forms beginners	Sat	1 - 2 pm	\$60

Free tryout for your first class
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Contact Master Peng about New Asian Tours

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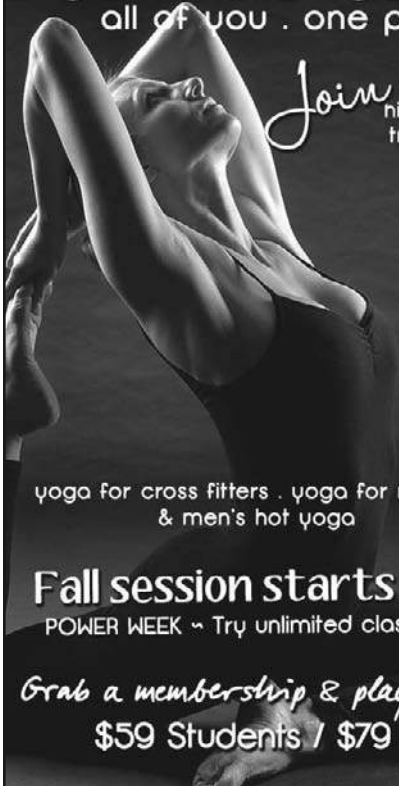
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call Linda (768-1246) or Faye (345-5262)

Christmas Concert: **Wednesday, December 6th**



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Dance:

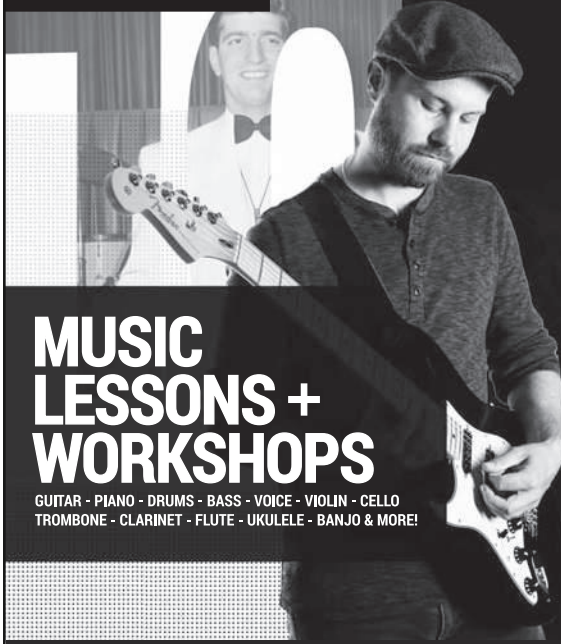
March 22 - 25, 2018
Deadline: January 27, 2018

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Check out the website for Syllabus and
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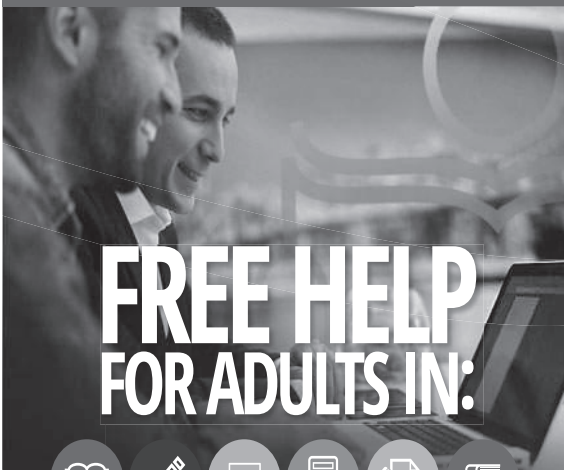
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Foot Care Nurse Program

Designed to provide students with the knowledge and clinical experience necessary to function as a foot care nurse within a health care team.

For more information and to register visit:
www.confederationcollege.ca/footcare



Confederation
COLLEGE

KIDS!
LEARN FINNISH FOR FREE
at Thunder Bay Finnish Language School



- * Music, Folk Dance
- * Crafts
- * Heritage Sports at Tapiola Sports Park
- * Cultural Events

Classes on Mondays 6:00–8:00p.m.
at Algonquin Ave. School

For Students Gr. JK to Gr. 8
Beginning Mon, September 11, 2017

Celebrating 50 years of heritage language instruction
For information contact 625-5262



Lakehead
Public
Schools



LEARN TO SEW

With Sewing by Cherlyne

CHILDREN/TEEN/ADULT
Small group sizes so everyone receives personal attention.

Beginners, Intermediate
Drop In Adult Classes
Sewing machine and tools supplied
Classes held at - 1526 Victoria Ave. E.

Classes begin September 2017
For class schedule contact
cherylrossetti@hotmail.com

Or
Phone/577-5370
Prokid's supporter

Thunder Bay Police Youth Corps

COMMUNITY GROUPS
www.thunderbay.ca/thekey



"25th Year"

Open House
&
Registration

Date:
Wednesday September 27

Time:
7:00 pm

Location:
Moose Hall # 947,
434 Fort William Road

Free for youth 13-15 yrs of age
to join
with the opportunity to stay
until the age of 19.



EARN VOLUNTEER HOURS
More Info: www.tbpoliceyouthcorps.com



Join Us For Fun, Challenges, Friends !

2511 Lake Superior Scottish Regiment Army Cadets

If you're 12 to 18, have fun while learning life & work skills like teamwork, leadership, citizenship & self-confidence. *Everyone is Welcome !*

NO COST TO JOIN !

Activities Include...and many more

- | | |
|-----------------------------------|---|
| .marksmanship air rifle training | .fall, winter, spring camping & survival weekend training |
| .trekking & expedition activities | .sports, fitness, orienteering |
| .marching & parade training | .skiing & biathlon |
| | .community events/volunteer hours |
| | .summer camps |

Parents, Family, Friends, Past LSSR Cadets

Do you have an interest in assisting the LSSR Cadets . . .

SUPPORT OPPORTUNITIES AVAILABLE & PARENTS COMMITTEE

For more information visit the LSSR Cadets at the

O'Kelly Armoury, 317 Park Avenue

Register *any Wednesday* Night September – June 6:15 pm – 9:15 pm

Open Houses Sept 6, Sept 13, Sept 20

Proud to be LSSR Cadets ! . . . 63 Years in Thunder Bay



345-9101

www.facebook.com/2511LSSRArmyCadets

E-mail: 2511army@cadets.gc.ca

the key

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Open House

August 31, 2017
7:00-9:00pm
HMCS Griffon
(125 N. Algoma St)



We welcome new cadets at any time throughout the year

Navy League Cadet Corps #28 Thunder
Ages -9-12
Wednesdays 6:45-8:45

Royal Canadian Sea Cadet Corps #42 Vindictive
Ages 12-19
Thursdays 6:45 -9:15 pm



HAVING FUN.
BUILDING SKILLS.
MAKING FRIENDS.



For more information about our programs visit our website at:

www.thundernavyleaguecadets.com

or call 345-5109 (leave a message please)





National Défense
Defence nationale

Early Registration

O'Kelly Armoury, 317 Park Avenue
August 28, 7:00 - 8:30pm

Open House

O'Kelly Armoury, 317 Park Avenue
September 11, 6:15 - 9:00pm



COMMUNITY GROUPS
www.thunderbay.ca/thekey

GIVE ARMY CADETS A TRY!

If you're between 12 & 18, want to meet new friends and try something new, then we have just the thing for you!

With 2294 Army Cadets, you get to experience exciting activities and challenges supervised by trained adult leaders.

Activities Include:

- camping & survival
- leadership training
- expedition activities
- community service
- biathlon & marksmanship
- summer camps
- military marching & parades
- and so much more!

JOIN US TODAY!



[facebook.com/2294RCACC](https://www.facebook.com/2294RCACC)
Monday nights, 6:15 ~ 9:15pm
September ~ June

NO COST TO JOIN!

Health card, birth certificate, and parent/guardian signature are required at the time of registration

2294 18 Svc Bn Army Cadets
O'Kelly Armoury, 317 Park Avenue
Thunder Bay, ON P7B 1C7
Phone: (807) 346-4457

the key

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the key **COMMUNITY CONTACTS SECTION**

DEADLINE DATE FOR THE WINTER ISSUE IS OCTOBER 13, 2017

Culture

Chaban Ukrainian Dance	344-3993
Fay Gleeson Dance Centre	926-2000
Growing with Musik	355-5520
Lakehead Choral Group	345-5262
Magnus Theatre Company	345-5552
Sounds of Superior Chorus	475-5173
Studio One Dance	345-6254
Thunder Bay Art Gallery	577-6427
Thunder Bay Finnish Language School.....	625-5262
Zorya Ukrainian Dance Association	577-2100

Recreation

Dance Basics.....	627-2625
Dance Dynamics Studio	766-0066
Dream Dance	474-3046
Fitness Over Fifty	767-4942
Fort William Historical Park	473-2344
Giant Gymnastics.....	683-3730
JKrasy's Kreative Arts.....	355-4066
Lake Superior Scottish Regiment.....	345-9101
Laughter Yoga.....	933-4815
Navy League of Canada	577-3235
Peng You Tai Chi	628-4305
Royal Canadian Army Cadet Corps	346-4457
Sewing by Cherlyne.....	577-5370
Silver Fox Yoga	628-6555
Spirit of Dance.....	623-4789
Thunder Bay Police Youth Corps.....	344-3969
Woodworking	632-3654

Sports

Fort William Figure Skating Club	627-6034
Grandview Recreational Hockey Association ...	768-1429
Kakabeka Falls Curling Club	631-1206
KC Hockey	622-8244
Lappe Nordic Ski Club	346-8084
Narwhal Swim Club	768-0579
Neebing Minor Hockey.....	475-5315
Northwestern Ontario Badminton Association..	577-1324
Northwestern Ontario Sports Hall of Fame	622-2852
Port Arthur Curling and Athletic Club	344-0111
Soengkono World Class Martial Arts School ...	623-0900
Thunder Bay Minor Football Association.....	627-1727
Thunder Bay Synchronized Swimming Club	475-8987
Thunder Bay Thunder Bolts Swim Club	344-9802
Toshikai Dojo Isshin Ryu Karate	474-8886
Ultimate Gymnastics	344-3547



Education

Kindermusik of Thunder Bay	www.susans.ca
Lakehead Suzuki Strings	621-9464
Music Workshop	708-2449
Thunder Bay Literacy Group.....	475-7211
Thunder Bay Public Library	345-8275
Valente's Music	626-3499

*The Joint Advertising Committee invites community groups/organizations in this reference listing.
If interested please contact Kristi at klees@thunderbay.ca*



Lakehead
UNIVERSITY

Continuing Education
and Distributed Learning

LEARNING THAT FITS YOUR LIFE!

Interested in taking a single course, completing a certificate or degree, or expanding your professional skills? Continuing Education & Distributed Learning has an extensive selection of flexible year-round options for you.

Register now for **ONLINE** and **ON-CAMPUS** courses starting in September and January!

**EXCEPTIONAL.
UNCONVENTIONAL.**

FALL and WINTER 2017/2018
lakeheadu.ca/cedl

Our students continue to add to our rich and diverse collection of student success stories.

Sir Winston Churchill Collegiate and Vocational Institute International Baccalaureate Programme student Lahama Naeem is the Lakehead District School Board Student Trustee for the 2017-2018 school year. Lahama is proud to have the opportunity to represent all Lakehead Public Schools students.

In addition to focusing on her rigorous studies, Lahama is intensely involved in numerous school and community activities.

Following secondary school, Lahama is interested in attending medical school to become a pediatric physician or psychiatrist.



Lahama Naeem
Success Stories