

2012 North Dundas Recreation & Culture

Winter Program Brochure



www.northdundas.com

636 St. Lawrence St., Winchester, ON., K0C 2K0 Phone: (613) 774-2105 Fax: (613) 774-5699

**The winter session will begin Monday, January 16, 2012
with registrations being accepted beginning Friday, December 16, 2011.**
Please note that the Township of North Dundas Office will be closed for the holiday beginning
December 23 at noon and will re-open January 3, at 8:30 am

▪ **General program information:**

▪ **ALL PROGRAMS REQUIRE PRE-REGISTRATION**

▪ ALL PROGRAM SESSIONS AND INDIVIDUAL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION. FOR UP-TO-DATE INFORMATION, PLEASE CALL THE TOWNSHIP OFFICE AT 613- 774-2105 ext. 236

▪ **SORRY, THERE ARE NO FAMILY RATES**

▪ POST-DATED CHEQUES ARE NOT A VALID METHOD OF PAYMENT AND CHEQUES MUST BE SUBMITTED AT LEAST ONE WEEK PRIOR TO THE PROGRAM COMMENCEMENT DATE

▪ ALL PROGRAMS ARE PEANUT-FREE

▶ **Register for programs by:**

In Person – 636 St. Lawrence St., Winchester, ON.

Monday to Friday 8:30 am to 4:30 pm

Using INTERAC, VISA, MASTERCARD, CASH, or CHEQUE

By Phone – 613-774-2105 using a MASTERCARD or VISA

Online – www.northdundas.com

ONLINE REGISTRATION

The best way to register for programs is from the comfort of your home or office.

The Township of North Dundas is now offering you the ease of registration with the click of a mouse!

No More Line-Ups!!

The Township of North Dundas is very pleased to announce that a number of programs offered by the Recreation & Culture Department, are available for online registration, 24 hours a day.

WHAT YOU NEED TO KNOW

From the Municipality's website home page at www.northdundas.com you will be able to create a family account, select your activities, and then pay for your program selection using Visa or MasterCard

For more information, please contact our office at 613-774-2105.

Sign Up...Don't Line Up!

▶ **Program Policy:**

Wait Lists- If the program you are interested in is full, you have the option of making another program selection or being placed on a wait list for the program of your choice (however, there is no guarantee that a space will become available). Participants will only be contacted if a space becomes available.

Medical Information- When registering, please identify any significant health problems, allergies and/or medications for the registrant.

Registration- Once you have registered for a program, you will not be contacted prior to the program commencement date unless the program has been cancelled or rescheduled. Please assume that the program is running as scheduled and ensure that you attend the date, time, and location as listed in the program information.

Cancellation/Changes- We do our best to ensure that all programs run exactly as outlined in this brochure, but sometimes a program start date, time, location or fee may change. Programs are subject to cancellation due to insufficient registration, instructor cancellation, etc. If this situation occurs, a full refund will be issued. In the event that a class or lesson must be cancelled, every attempt will be made to have the class or lesson rescheduled. Program registrants will be notified of the class cancellation as well as the rescheduled date, if applicable. If the class cannot be rescheduled, a credit will be issued to the registrant's online account for future use.

Refunds/Withdrawals- A refund will only be given up to one week *before* the start date of the program. A \$10.00 administration fee will apply to all customer-requested refunds. A partial/full refund may be issued with a medical note depending on the circumstances that are presented.

Request for Proposal- Would you like to provide or suggest a new recreational/instructional program in the Township of North Dundas? If so, we want to hear from you! Please contact Meaghan Meerburg at the Township of North Dundas at (613) 774-2105 ext. 236 or email mmeerburg@northdundas.com

CHILD & YOUTH PROGRAMS

Musical Playground: Let's Go To The Zoo

Instructed by Paula Lund

Age: Newborn to 5 yrs.

Duration: 5 weeks

Start Date: Saturday, January 21

Time: 9:45 – 10:30 am

Location: Winchester Cultural Centre, 478 Main St.

Registration Fee: \$60.00 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. During this 5-week session, you and your little one(s) will do the elephant stomp, and swing & play like a monkey, and pretend to be a dolphin swimming in the ocean. Elephants, giraffes, kangaroos... What will we see today? Come ride on the train and join all of our friends for a fun filled trip to the Zoo!

Musical Playground: Here Comes The Marching Band

Instructed by Paula Lund

Age: Newborn to 5 yrs.

Duration: 5 weeks

Start Date: Saturday, March 3

Time: 9:45 – 10:30 am

Location: Winchester Cultural Centre, 478 Main St.

Registration Fee: \$60.00 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. During this 5-week session, you and your little one(s) will sing, dance, and move your way through the streets pretending to be part of the marching band. Explore several elements of music: beats and rhythm, concepts and contrasts, high and low, instrument families, and ensemble. Your child will have a blast playing with drums, shakers and scrapers! The whole family will enjoy finger plays, songs, circle dances, story time, and family jam.

Ballet

Age: 2-3 yrs.

Duration: 12 weeks

Start Date: Monday, January 16

Time: 5:00 – 5:45 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$85.00

This program introduces young dancers to the basics of ballet where the focus is on music, movement, creative expression and development of coordination. A place to explore and have fun! Dancers will learn different dance combinations throughout the session and will focus on learning a dance that will be performed in the year end recital. The recital will take place during the last class of the dance year (June, 2012) at the Winchester Cultural Centre (Old Town Hall). Admission will be free and recital costumes will cost a maximum of \$20.00 per registrant (this is an additional fee that is not included in the \$85.00 registration fee). This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

Tap & Jazz Dance

Age: 4-5 yrs.

Duration: 12 weeks

Start Date: Monday, January 16

Time: 5:45 – 6:30 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$85.00

A great class blending Jazz and tap technique with moves to fun, popular music. Jazz includes lots of hip wiggling and a more popular style of dancing. Tap focuses on creating rhythms and learning about connecting dance with music. Dancers will learn different dance combinations throughout the session and will focus on learning a dance for both jazz and tap that will be performed in the year end recital. The recital will take place during the last class of the dance year (June, 2012) at the Winchester Cultural Centre (Old Town Hall). Admission will be free and recital costumes will cost a maximum of \$20.00 per registrant (this is an additional fee that is not included in the \$85.00 registration fee). This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

****Register for this program AND either ZumbAtomic or JiggiJump Yoga and receive \$20 off your total registration fee!**

Art Attack!

Instructed by Jennifer Deighton

Age: 6-10 yrs.

Duration: 5 weeks

Start Date: Wednesday, January 11

Time: 6:30 – 7:30 pm

Location: Winchester Arena Boardroom, 577 Main St.(located across the hall from the office, on the lower level)

Registration Fee: \$35.00

Each art class is designed to provide children with skill level/ age appropriate artistic experiences. Children will be provided with an opportunity to explore acrylic and water colour paint, sculpture, chalk/ oil pastel, clay, design and more. This class introduces your child to basic art skills and gives them opportunity to grow as a young artist.

ZumbAtomic

Age: 3-7 yrs.

Time: 6:30-7:15 pm

Duration: 12 weeks

Start Date: Wednesday, January 18

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$85.00

ZumbaAtomic® blurs the lines between fitness and entertainment with its many characters and its original music specifically designed for ZUMBA® FOR KIDS. Young dancers are given the opportunity to get into fabulous, kidtastic shape through repetition, great music, cool lyrics and fun! In each class we'll get those ZUMBA® FOR KIDS bodies moving with a fun warm-up! We'll then move from song to song with the best ZumbaAtomic® music and routines, before wrapping up with a fun cool down. Please dress children in light comfortable clothing, with socks and shoes. Each child should also have their own water bottle, clearly labelled with their name.

****Register for this program AND either Tap & Jazz for 4-5 yrs, Ballet for 3 yrs, or JiggiJump Yoga and receive \$20 off your total registration fee!**

JiggiJump Yoga

Instructed by Kristina Anderson

Age: 3-9 yrs.

Duration: 12 weeks

Start Date: Tuesday, January 17

Time: 5:30 – 6:15 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$85.00

JiggiJump Yoga is a fun, educational, active musical adventure. It's designed to get children moving, stretching, singing, balancing, breathing and most importantly - having fun. This new children's program uses play, fuelled by imagination and fun songs to get little hearts pumping and to make the connection between exciting activity and healthy living. Please ensure your child comes to class wearing comfortable clothes & running shoes and brings a bottle of water. Parents are welcome to stay and participate! Bonus: Children will receive colouring and activity papers to take home!

****Register for this program AND either Tap & Jazz for 4-5 yrs, Ballet for 3 yrs, or ZumbAtomic and receive \$20 off your total registration fee!**

Indoor Soccer

Instructed by Derek Franklin

Age: 6-8 yrs.

Duration: 10 weeks

Start Date: Monday, January 16

Time: 7:00 – 8:00 pm

Location: North Dundas District High School, 12835 Hwy 43, Chesterville

Registration Fee: \$36.00

Come out and improve your skills while have fun playing soccer with your friends indoors! The focus will be on skill development as well as good sportsmanship. Indoor non-marking running shoes are required, shin pads are optional.

Indoor Soccer

Instructed by Steve Tovell

Age: 9-12 yrs.

Duration: 10 weeks

Start Date: Monday, January 16

Time: 6:00 – 7:00 pm

Location: North Dundas District High School, 12835 Hwy 43, Chesterville

Registration Fee: \$36.00

Come out and improve your skills while have fun playing soccer with your friends indoors! The focus will be on skill development as well as good sportsmanship. Indoor non-marking running shoes are required, shin pads are optional.

Floor Hockey

Instructed by Colette Moulton

Age: 6-8 yrs.

Duration: 10 weeks

Start Date: Monday, January 16

Time: 6:00 – 7:00 pm

Location: North Dundas District High School, 12835 Hwy 43, Chesterville

Registration Fee: \$36.00

Come out and improve your skills while enjoying floor hockey with your friends indoors! Smaller teams help the coaches to focus on skill development as well as good sportsmanship. Indoor non-marking running shoes, as well as a helmet with a cage are required. Shin pads are optional.

Floor Hockey

Instructed by Colette Moulton

Age: 9-12 yrs.

Duration: 10 weeks

Start Date: Monday, January 16

Time: 7:00 – 8:00 pm

Location: North Dundas District High School, 12835 Hwy 43, Chesterville

Registration Fee: \$36.00

Come out and improve your skills while enjoying floor hockey with your friends indoors! Smaller teams help the coaches to focus on skill development as well as good sportsmanship. Indoor non-marking running shoes are required as well as a helmet with a cage. Shin pads are optional.

Just For Kids Cupcake Project Class

Instructed by Sherrie Turcotte

Ages: 5-12 yrs. when accompanied by an adult

Date: Saturday, January 21

Time: 11:30 am – 1:30 pm

Location: South Mountain Resource Room (located inside the South Mountain Library) 10543 Main St., South Mountain

Price: \$20.00

Requirements: Tupperware to take goodies home

Hey kids! Give cake decorating a try with Wilton's 1-lesson Cupcakes Class. This 2-hour class will introduce you to some of the basic skills of cake decorating as you try your hand at decorating cupcakes. Don't miss this opportunity to discover the fun of fondant, different icing tips & techniques, and more! Just bring a container to take home the cupcakes you make!

MARCH BREAK MADNESS CAMP

Age: 5-12 yrs.

Duration: March 12-16

Time: 9:00 am – 4:00 pm (with drop-off between 8-9 am and pick-up between 4-5 pm daily)

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$134.00 or \$36/day

Break from school this year with a week of utter fun, excitement, adventure, and MADNESS! Join us for cooking & baking, scavenger hunts, and tons of games! Campers will also take a trip to the local movie theatre for an afternoon out with popcorn and treats! But the fun's not over yet! Sharpen your blades for some ice skating, express your creative side with art projects, get fit and have fun with sports activities, and so much more! LET THE MADNESS BEGIN!



****Please note that the following 2 programs are not run by the Township of North Dundas. Should you be interested in registering your child for one of these fantastic programs, please contact Tim Edwards directly at the phone number listed below.**

UPWARD BASKETBALL

613-448-1758 or 613-448-1304

Program Contact: Tim Edwards

Upward Basketball is a basketball program for kids in Kindergarten and Grades 1-9. It is anchored on the belief that "Every Child is a Winner"! Through skill development, positive and engaging competition, and character development, your child will have the opportunity to grow and succeed in a league that is all about the kids.

Registration Dates: Ongoing

Registration Location: The Gathering House, 2 Water St. Chesterville

Practices Begin: First two weeks of December

Practices & Games: January and February

Location: Timothy Christian School, Williamsburg or Dixon's Corners Community Centre

K2-Kaleidoscope Kids

613-448-1758 or 613-448-1304

Program Contact: Tim Edwards

This recreation club for kids in Grades 1-6 provides a variety of fun and engaging activities in four, six-week sessions. In addition to large group games, the kids will be able to sign-up for electives such as drama, choir, scrapbooking, woodworking, crafts, cooking etc. There will be a small fee for each activity to cover the cost of materials. Registration is ongoing.

TEEN & ADULT PROGRAMS

Dynamic Hatha Yoga – For Beyond Beginners

Instructed by Emily Wilkins

Age: Teens & adults

Duration: 12 weeks

Start Date: Tuesday, January 17

Time: 6:30 – 7:30 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$82.00 + HST **Register for any 2 classes of yoga per week and pay only \$150 + HST!**

Dynamic Hatha Yoga - For Beyond Beginners is a yoga class that flows yoga asana (postures) and pranayama (breathing techniques) together, in order to challenge you physically and mentally. This class will assist you in creating mind-body awareness and will provide you with the tools to live your yoga off the mat. Enjoy ending class with traditional auming & Namaste. This class is physically dynamic and previous yoga experience is required. Please bring a yoga mat or "sticky" mat due to the floors hard and slippery surface. There are some yoga mats available if you do not have your own.

Dynamic Hatha Yoga - For Everyone

Instructed by Emily Wilkins

Age: Teens & adults

Duration: 12 weeks

Start Date & Time: Tuesday, January 17, 7:45 – 8:45 pm
OR Thursday, January 19, 6:30 – 7:30 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$82.00 + HST **Register for any 2 classes of yoga per week and pay only \$150 + HST!**

Whether you are new to yoga, have some health concerns or just want a slow paced meditative practice, this yoga class is for you. Take the time to experience and properly learn each posture while focusing on breath and relaxation. Each week will uncover a new technique, so come, learn, and enjoy! All levels are welcome.

Yin Yoga – For Everyone

Instructed by Emily Wilkins

Age: Teens & adults

Duration: 12 weeks

Start Date: Thursday, January 19

Time: 7:45 – 8:45 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$82.00 + HST **Register for any 2 classes of yoga per week and pay only \$150 + HST!**

Yin yoga is a slower style of yoga that is great for anyone. This practice focuses on the deeper tissue such as ligaments, bones, and joints which makes this type of yoga different from our other classes. Typically postures are held for 3-5 minutes (we could hold them for up to 20) and will certainly challenge you. This style of yoga is very meditative and healing for the mind and body. Yin yoga will compliment those with yang practice, those seeking greater flexibility, and those who are looking for meditation. *****Please bring with you 2 medium size blankets (wool preferred but not mandatory).***

High-Low Cardio & Muscle Strengthening

Instructed by Heather Norton

Age: Teens & adults

Duration: 12 weeks

Start Date: Monday, January 16

Time: 7:00 – 8:00 pm ALL LEVELS

Location: Chesterville Community Hall, 1 Mill St.

Registration Fee: \$82.00 + HST

This program offers a beneficial combination of fat-burning cardio & muscle strengthening workouts. Prepare to sweat while working all of your muscles through the use of bands, free weights, steps, and your own body weight. This program provides a mixture of low & high impact, core, and extensive mat work that helps tone, strengthen, and improve flexibility. Participants will also benefit from the muscle conditioning component that increases & strengthens muscle movements. This combination program is great for all ages. Mats, steps, exercise bands, and weights are all provided. Newer shoes to provide safety and comfort as well as comfortable clothes are a must.

Zumba

Instructed by Kelly Townsend

Age: Teens & adults

Duration: 12 weeks

Start Date & Time: Monday, January 16, 6:30 – 7:30 pm
Wednesday, January 18, 7:30-8:30 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$90.00 + HST **Register for this program AND one other Zumba program (Zumba or Zumba Toning) and receive \$20 off your registration fee!**

Zumba is a fusion of Latin/International music and dance themes that are used to create a dynamic, exciting and effective fitness system. The routines feature aerobic interval training with a combination of a variety of styles including Cumbia, Merengue, Salsa, Reggaeton, Hip Hop, Pop, Mambo, Rumba, Flamenco, Calypso, and Salsaton. Zumba uses music selections that include both fast and slow rhythms to help tone and sculpt the body. Dancers will feel like they are at a party and rippin' up the dance floor with friends.

Zumba Toning

Instructed by Kelly Townsend

Age: Teens & adults

Duration: 12 weeks

Start Date: Monday, January 16

Time: 7:45 – 8:45 pm

Location: Winchester Community Hall, 577 Main St.

Registration Fee: \$120.00 + HST for new registrants who do not own the toning sticks. \$100.00 + HST for returning registrants who have purchased the toning sticks through the Fall term program. **Register for this program and one Zumba program (Mondays or Wednesdays) and receive \$20 off your registration fee!**

The ZUMBA TONING program takes the original Latin-inspired dance-fitness class to a whole new level! ZUMBA TONING incorporates popular Zumba rhythms with lightweight maraca-style toning sticks, created to engage your muscles. This combination of cardio and dynamic resistive movements is an effective use of progressive lightweight training to improve overall performance. This program gives the participants a safe and effective, re-defining and exhilarating total body workout! It's double the workout of a regular Zumba program, in just ½ the time!

****REQUIREMENT** Registrants MUST have taken a minimum of 5 Zumba classes before registering for this program!**

North Dundas Ladies Volleyball League

Age: 21 yrs. +

Duration: 12 weeks

Start Date: Wednesday, January 18

Time: 7:00 pm – 8:30 pm

Location: North Dundas District High School, 12835 Hwy 43, Chesterville

Registration Fee: \$40.00 + HST

Come out and share some fun and laughs with the non-competitive Ladies Volleyball League. Registrants will be split into teams and enjoy the health benefits and team building experiences of this recreational sport.

Introduction to Two-Step Dance

Instructed by John Charman

Age: Teens & adults

Duration: 10 weeks

Start Date: Monday, January 16

Time: 7:00 – 8:00 pm

Location: Nelson Laprade Centre, 9 William St., Chesterville (by the Chesterville Public Pool)

Registration Fee: \$85.00 + HST

Two-Step Dance is one of the rhythms taught as part of Round Dancing (couples dancing). Dancers will learn the steps of the Two-Step rhythm and then learn choreographed dances. As both the men and the ladies learn how to execute the moves, there is no pressure on the men to lead the ladies; the ladies will know exactly where to step!

Some common Two-Step dances: Lovers Song; Sam's Song; Please Release Me; Very Smooth; St. Louis Blues; and many more.

****Register for this program AND Introduction to Modern Square Dancing and receive \$20 off your total registration fee!**

Introduction to Modern Square Dancing

Instructed by Wendy VanderMeulen

Age: Teens & adults

Duration: 10 weeks

Start Date: Monday, January 16

Time: 8:00 – 9:30 pm

Location: Nelson Laprade Centre, 9 William St., Chesterville (by the Chesterville Public Pool)

Registration Fee: \$95.00 + HST

"Not the same old song and dance routine." MSD is not traditional, old country square dancing! We teach the steps and then put them together in any sequence the Caller chooses. No two dances are ever the same and the music is not always country - it can be jazz, alternative, pop, classic rock... anything that has a good beat. Done in groups of eight, MSD is the ultimate social dance form! No special clothes required. No partner required. Come for fun and wear comfortable shoes!

****Register for this program AND Introduction to Two-Step Dance and receive \$20 off your total registration fee!**

Ballroom Dancing Practices

Age: All ages - youth, adults & seniors; singles or partners

2011/12 Dates:

Dec. 17, Dec. 31**, Jan. 14, Jan. 28**, Feb. 11, Feb. 25, Mar. 10, Mar. 24, Apr. 7**, Apr. 21, May 5, May 19, Jun. 2, Jun. 16**, Jun. 30, Jul. 14, Jul. 28, Aug. 11, Aug. 25

****On these dates we will be having our mini-pot lucks. Finger food only, no cooking.**

Time: 7:00 – 10:00 pm

Location: Chesterville Community Centre, 1 Mill St.

Drop-In Fee: \$4.00/person or \$7.00 per couple

Come out and practice your Ballroom Dancing steps and skills and steps in a relaxed & social environment with wonderful music and great friends. You do not need to be registered for dance classes to attend these practices.

This is open to anyone in the area, from beginner to advanced, who wish to dance.

For more information, please call Dennis Taylor at 613-448-3633

Ballroom Dancing

Instructed by Dennis Taylor

Age: Teens & adults

Location: Chesterville Community Centre, 1 Mill St.

Those wishing to learn ballroom dance steps are encouraged to sign up for any one or more of the 4-week dance classes. All instruction for each 4-week program is on the one specified type of dance. Each set of 4-week classes is independent of all other classes in its group (A or B), so you can sign-up for more than 1 class at a time. Each class costs \$ 32.00 + HST and will be offered if 6 or more individuals sign-up to take it. Level 5 and 7 and 9 classes cost \$72.00 + HST, run for 2 four week periods, and will be offered if 6 or more individuals register to take them.

All the Beginner classes are introductory classes to begin and move by week 3 and 4 into new steps using what was learned in week 1 and 2. All the Intermediate classes build on what was learned in Beginner classes, with more advanced stepping. You must have completed the Beginner class for a particular dance type in order to move into the Intermediate class for that same dance.

First session classes begin the week of January 17th and last until the week of February 9th.

Second session classes begin the week of February 14st and last until the week of March 8th.

Classes being offered are:

First session:

Tuesday

6:30 Beginner Rumba
7:30 Beginner Waltz
8:30 Beginner Cha Cha

Wednesday

6:30 Intermediate Rumba
7:30 Intermediate Waltz
8:30 Intermediate Cha Cha

Thursday

6:30 Level 5 (1st half)
7:30 Level 7 (1st half)
8:30 Beginner Bachata

Second session:

Tuesday

6:30 Beginner Foxtrot
7:30 Beginner Triple Swing
8:30 Beginner Samba

Wednesday

6:30 Intermediate Foxtrot
7:30 Intermediate T. Swing
8:30 Intermediate Samba

Thursday

6:30 Level 5 (2nd half)
7:30 Level 7 (2nd half)
8:30 Beginner Mumbo

Beginner Rumba

This class will introduce the basics of Rumba over 4 weeks. Participants will be shown up to 10 steps in Rumba. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Waltz

This class will introduce the basics of Waltz over 4 weeks. Participants will be shown up to 7 steps in Waltz. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Cha Cha

This class will introduce the basics of Cha Cha over 4 weeks. Participants will be shown up to 9 steps in Cha Cha. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Foxtrot

This class will introduce the basics of Foxtrot over 4 weeks. Participants will be shown up to 8 steps in Foxtrot. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Triple Swing

This class will introduce the basics of Triple Swing over 4 weeks. Participants will be shown up to 10 steps in Triple Swing. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Samba

This class will introduce the basics of Samba over 4 weeks. Participants will be shown up to 8 steps in Samba. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Bachata

This class will introduce the basics of Bachata over 4 weeks. Participants will be shown up to 4 to 6 steps in Bachata. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Beginner Mumbo

This class will introduce the basics of Mumbo over 4 weeks. Participants will be shown up to 4 or more steps in Mumbo. Those who wish to master the steps will need to practice at home and at practice dances. Each class will begin with a review of previous classes.

Intermediate Rumba

Prerequisite will be completion and mastery of Beginner Rumba steps.

For those who have mastered the Rumba steps from Beginner Rumba, an additional 5 steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Rumba will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Waltz

Prerequisite will be completion and mastery of Beginner Waltz steps.

For those who have mastered the Waltz steps from Beginner Waltz, an additional 6 steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Waltz will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Cha Cha

Prerequisite will be completion and mastery of Beginner Cha Cha steps.

For those who have mastered the Cha Cha steps from Beginner Cha Cha, an additional 6 steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Cha Cha will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Foxtrot

Prerequisite will be completion and mastery of Beginner Foxtrot steps.

For those who have mastered the Foxtrot steps from Beginner Foxtrot, an additional 4 or 5 steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Foxtrot will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Triple Swing

Prerequisite will be completion and mastery of Beginner Triple Swing steps.

For those who have mastered the Triple Swing steps from Beginner Triple Swing, an additional 6 or 7 steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Triple Swing will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Samba

Prerequisite will be completion and mastery of Beginner Samba steps.

For those who have mastered the Samba steps from Beginner Samba, an additional 6 steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Samba will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Bachata

Prerequisite will be completion and mastery of Beginner Bachata steps.

For those who have mastered the Bachata steps from Beginner Bachata, an additional 4 or more steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Bachata will definitely need to practice either at home or at practice dances in order to master the new steps.

Intermediate Mumbo

Prerequisite will be completion and mastery of Beginner Mumbo steps.

For those who have mastered the Mumbo steps from Beginner Mumbo, an additional 4 or more steps will be introduced with continued emphasis being put on technique. Those moving into Intermediate Mumbo will definitely need to practice either at home or at practice dances in order to master the new steps.

SENIORS PROGRAMS

Nor-Dun Seniors' Support Services, a Carefor Agency, offering a variety of Community Support Services.

There are 3 sites in North Dundas:

- Nor-Dun Centre at 517A Albert Street in Winchester
- Nelson LaPrade Centre at 9 William Street in Chesterville
- Mountain Township Ag Hall at 2967 Lough Road in South Mountain

Activities and services are arranged for physically disabled adults and seniors. You can participate in activities at any one or all of the sites. Fees are set according to the event and services. New participants will be asked to provide some basic information, such as emergency contacts, that will be kept on file.

Chair Yoga is offered at all three sites. Please call the Centre for dates and times.

REGULAR ACTIVITIES

Activities for Nor-Dun Centre in Winchester

Diners Meal every Monday, Wednesday & Friday at 12:00 pm

Bid Euchre is every Thursday at 12:30 pm, except for the 3rd week of the month, at which time Euchre will take place on Friday instead of Thursday

Exercise class is every Wednesday at 9:30 am

Hot Dog Fundraiser Night at 4:00pm on the 4th Thursday of the month

Activities for Nelson LaPrade Centre in Chesterville

Diners Meal every 1st & 3rd Tuesday of the month at 12:30 pm

Euchre is every Thursday at 1:00 pm. **Tai Chi** classes every Thursday at 2:30pm.

Activities for Mountain Township Ag Hall in South Mountain

Diners Meal every Thursday of the month at 12:30 pm

Euchre is the 3rd Thursday of every month at 1:00 pm

For more monthly details, be sure to check the local newspapers the last week of every month or contact the Nor-Dun Centre at (613) 774-6109, or e-mail crooney@carefor.ca OR ngibson@carefor.ca.

Winchester Golden Years

Roberta Giberson: 613-774-4273

The Golden Years, age 50+, meet the third Thursday of each month, except for July, August, and December.

Meetings are held at 11 am at the Winchester Lion's Hall. On these days, meetings are followed by a potluck lunch at 12 noon, and then entertainment.

Our seniors group plays Euchre the second and forth Thursdays of the month. Euchre begins at 7:30 pm and is held at the Winchester Lion's Hall. For more information, please call Ray Robertson at 613-774-2134.

The Golden Years also have a choral group, which entertain at the hospital the first Tuesday of the month. Practices are held on the third Tuesday of the month at 1 pm at the Lion's Hall.

Golden Years welcome any new members.

Mountain Seniors Club

Audrey Gibson: 613-989-5319

Meetings take place the last Wednesday of each month at the Mountain Hall. The meetings will begin at 11:30 am and will include a potluck luncheon, followed by a short program. Please bring along your favourite dish to share! Meetings will take place all year, with the exception of July & August.

CERTIFICATION & INTEREST COURSES

Decorating Basics Certification Course

Instructed by Sherrie Turcotte

Ages: Teens, adults and youth age 10-15 yrs. when accompanied by an adult

Start Date: Thursday, January 19

Time: 6:30 – 8:30 pm

Duration: 4 weeks

Location: South Mountain Resource Room (located inside the South Mountain Library) 10543 Main St.

Registration Fee: \$80.00 + HST ***Includes a certificate of completion as well as the course book & kit*

The Wilton Method Decorating Basics Course is the perfect place to start! Your instructor will show you the right way to decorate, step by step, so that you experience the excitement of successfully decorating your first cake in a Wilton Method Course. You'll understand how to bake a great cake, see how to make and colour icing and learn the best way to ice the cake. You will also practice the three fundamentals of decorating, enabling you to approach each technique the right way, for great results. Along the way, you'll learn to create icing drop flowers, rosettes, shells, pompom flowers, leaves, shaggy mums, and the ribbon rose. You'll also decorate cookies, cupcakes... and of course cakes!

**** Please note that at the time of registration for this program, participants will be emailed a list of required materials & supplies for each class**

Smart Serve Training

Age: 18 yrs. +

Date: Call to schedule your individual appointment

Location: Township of North Dundas Office, 636 St. Lawrence St., Winchester

Registration Fee: \$40.00 + HST **Manual & certificate included*

The Smart Serve Training Program was designed to promote the responsible service of alcohol as it pertains to the current liquor laws in the Province of Ontario. This training program provides valuable information to individuals regarding responsible service and sale of alcoholic beverages. It will enable you to take a pro-active approach to serving alcohol responsibly. The Smart Serve Training program allows the registrant to watch the Smart Serve video, take the chapter quizzes, and complete the test at their own pace. Appointments can be scheduled throughout the year at the registrant's convenience. Upon successful completion, the registrant will receive their Smart Serve card and pin within 3-6 weeks.

North Dundas Recreation



Gift Certificates

Gift Certificate

This certificate entitles (name): _____

To (program or dollar amt.): _____



'Promoting healthy lifestyles for healthy futures'

P.O. Box 489, 636 St. Lawrence Street, Winchester, Ontario K0C 2K0
Tel. (613) 774-2105 Fax (613) 774-5699

Authorized by: _____

Certificate Number: _____

*Not redeemable for cash.
*Cannot be redeemed for online transactions, must be redeemed in person.



These certificates make a great gift for any holiday or special occasion! To purchase one today, please visit the Township Office at 636 St. Lawrence St. in Winchester. Online purchase is not yet available.

Check out the Township of North Dundas

Recreation & Culture

web page on

www.northdundas.com

For more information about recreation & culture in North Dundas including:

- ▶ Public Swimming/Skating
- ▶ The Latest Edition of the North Dundas Resource Guide
- ▶ Programs, Courses & Initiatives
- ▶ Subsidies and Support
- ▶ Community Contacts
- ▶ Employment, Co-op & Community Service Opps.
- ▶ Program Registration
- ▶ Recreation Hall & Facility Info., Rentals & Rates
- ▶ Community Events
- ▶ Camps
- ▶ Sign- Up For Mailers
- ▶ AND MORE!!

North Dundas Recreation is also on 

Recreation Department EMPLOYMENT OPPORTUNITIES

MARCH BREAK DAY CAMP LEADERS (3)

Responsible for working in a day camp setting with other camp leaders and camp volunteers, as well as 12-30 children and youth. Duties include assisting with program planning and organization as well as daily execution of planned programs, activities, and field trips. Camp leaders will also be working hands-on with camp registrants, communicating with parents and special guests, supervising participants, reporting and recording all incidents and accidents that occur, as well as other duties as assigned. Candidates for this position must be mature role-models for the campers and must be outgoing, well organized, imaginative, great problem solvers, responsible, caring, and resourceful. Candidates are also expected to actively participate in all daily activities. Previous experience working with children as well as First Aid & Level C CPR certification are considered assets.

TERM: March 12-16, 2012
6277

PAY: \$10.86-10.91/hr.

REFERENCE #

Please submit your resume & cover letter to:

Meaghan Meerburg, Community Development Programmer
Township of North Dundas
P.O. Box 489
Winchester, ON, K0C 2K OR fax 613-774-5699
DEADLINE: February 3, 2012

RECREATION SUPPORT

RECREATION LIBRARY

The Township of North Dundas Recreation & Culture Department is pleased to offer the first known *Recreation Library* in the area. The Township currently owns various sorts of recreation equipment such as a camping tent, coolers, skates, nets, balls, life jackets, skateboards, bicycles, helmets, baseball gloves, sticks, bats, and much more. All items are available for community use at no charge. This lending program functions like a library, with all new borrowers being asked to apply for a membership account at the time of their first loan request. At this time and thereafter, equipment will be signed-out and back in by a staff member at the Township of North Dundas Office. This program is great for all individuals, families, community groups, schools, churches, clubs, and teams residing in North Dundas. The Township of North Dundas Recreation & Culture Dept. is always accepting donations of gently used or new recreation equipment as well as monetary donations to help sustain and expand the Recreation Library. **For a detailed list of Recreation Library items available for loan, please see below.** If you would like to make a donation, please do so at the Township Office, located at 636 St. Lawrence St., in Winchester. For more information, to reserve equipment, or to schedule an appointment to borrow items, please contact Meaghan Meerburg, Community Development Programmer, at (613) 774-2105 ext. 236 or email mmeerburg@northdundas.com.

RECREATION LIBRARY

Inventory List

- | | |
|---|--|
| 2 - aerobic step and riser sets | 2 - boccee ball sets |
| 3 - infant boater vests (life jacket) | 7 - bike helmets (children's, youth, and adults sizes available) |
| 5 - child boater vests | 2 - pairs of wrist and ankle weights |
| 5 - youth boater vests | 2 - sets of lifeline cables (heavy-duty elastic bands with handles on the end for strengthening exercises) |
| 6 - adult boater vests (Universal) | 4 - skateboards |
| 1 - 6 man tent | 2 - yoga mats |
| 1 - camp propane stove with 2 burners (propane not included) | 2 - frisbees |
| 2 - LED camp lanterns | 7 - skipping ropes |
| 1 - 13 pc. set of camping enamel cookware | 6 - bubble wands |
| 1 - 3 pc. cooler set | 8 - basketballs |
| 2 - backyard game combo sets [1 beach ball, 1 water football, 2 velcro magic mitts & ball, 2 lawn tennis rackets & ball, 1 flying disc, and 2 Jai-Lites (curved plastic catchers) & 1 ball] | 10 - soccer balls |
| 2 - adult fishing rod, reel, and tackle sets | 1 - soccer net |
| 2 - youth fishing rod, reel, and tackle sets | 4 - soccer corner flags |
| 2 - adult bicycles | 17 - pinnies/vests |
| 3 - youth bicycles | 1 - home plate |
| 1 - child, 6 speed bicycle | 2 - indoor goalie sticks |
| 1 - air compressor | 5 - stability balls |
| 1 - megaphone | 6 - indoor soccer balls |
| 50 - pairs of snowshoes (2 sizes) | 5 - badminton racquets |
| 3 - baseball gloves (right & left handed available) | 12 - badminton birdies |
| 1 - 30" aluminum baseball bat | 4 - footballs |
| 1 - 34" aluminum baseball bat | 16 - flag football belts |
| 12 - pairs of soccer socks/shin pads (various sizes) | 3 - plastic red flags |
| 15 - pairs of soccer shoes (various sizes) | 8 - indoor hockey sticks |
| 8 - canoe paddles | 3 - volleyballs |
| | 2 - sets of golf clubs |
| | 2 - bosu balls |
| | 2 - sets of yoga blocks |

To borrow any number of the items listed above, please contact Meaghan Meerburg at the Township of North Dundas Office by calling (613) 774-2105 ext. 236 or visit 636 St. Lawrence Street, in Winchester

JUMP START

Canadian Tire believes that all kids should have the chance to run, skate, play, and grow. That's why the Canadian Tire *Jump Start* program was started. *Jump Start* is a community-based, charitable program, developed and carried out by the Canadian Tire Foundation for Families. *Jump Start* helps kids between the ages of 4 to 18, who are in financial need, to participate in organized sports and recreational activities such as hockey, dance, and swimming, by providing financial assistance with program registration fees. During the registration evaluation process, community partners use a confidential procedure to select and refer children who meet the criteria and who could benefit from the program. In order to apply for *Jump Start*, parents and guardians may visit the Township of North Dundas Office, located at 636 St. Lawrence St. in Winchester to fill out an application in person. The form can also be downloaded from the Township of North Dundas website at www.northdundas.com and then emailed to mguy@northdundas.com. For more information on the *Jump Start* program, please call Mark Guy at 613-774-2105 ext. 223. All financial aid is confidential and help will be given, if requested, to fill out the short application.

BMR'S HELPING HAND

Winchester BMR believes that children who are in financial need, should have the proper safe equipment to participate in organized sport & recreation. *BMR's Helping Hand* program, sponsored by Winchester BMR, is able to assist in subsidising required sport equipment to qualified applicants. Together with the Township of North Dundas *Recreation Library*, the required equipment will be sourced and provided **free of charge**, for the duration of the sport season. The equipment will then be returned at the end of the season and become a part of the *Recreation Library*. Start-up consumable equipment needs will be provided at a subsidised rate, as future applicants cannot re-use this equipment. In order to apply for *BMR's Helping Hand*, parents and guardians may visit the Township of North Dundas office, located at 636 St. Lawrence St. in Winchester to fill out an application or email your request to mmeerburg@northdundas.com. For more information about the BMR's Helping Hand program, please contact Meaghan Meerburg at 613-774-2105 ext. 236. All financial aid is confidential and help will be given, if requested, to fill out the short application.

NORTH DUNDAS INCLUSION

The Township of North Dundas realizes that recreational opportunities always have their affiliated costs and that sometimes, these costs can make participation unaffordable. In order to eliminate these financial barriers, the Township of North Dundas has developed a new fund called *North Dundas Inclusion*. While many great financial aids already exist and are available to residents of North Dundas, we realize that there are still some gaps that need to be filled. Regardless of whether you would like to inquire about participation for an infant, child, youth, teen, adult or senior, financial aid for the program or course that you would like to register for, is available. All financial aid is confidential. To find out if you qualify, or to find out more about this program or other aids, please contact Meaghan Meerburg at 613-774-2105 ext. 236.

KIDSPORT

KidSport believes that no child should be left on the sidelines and that all kids should be given the opportunity to experience the positive benefits of organized sport. KidSport accomplishes this by providing financial support for registration fees and/or equipment purchases. Grants are given out for local children 18 years old or younger and range from \$50 to \$250. In order to apply to KidSport, parents and guardians may visit the Township of North Dundas Office, located at 636 St. Lawrence St. in Winchester to fill out an application or email your request to mmeerburg@northdundas.com. For more information about the KidSport program, please contact Meaghan Meerburg at 613-774-2105 ext. 236. All financial aid is confidential and help will be given, if requested, to fill out the short application.

NORTH DUNDAS SPORTS EQUIPMENT SALE, SWAP & DONATE

The Recreation & Culture Department is pleased to announce the commencement of a Facebook page for North Dundas sports enthusiasts. Please become a fan of the new ***North Dundas Sports Equipment Sale, Swap & Donate*** page and peruse or post an ad or two! Much like a Kijiji page for sports equipment (only please), residents are urged to post ads for any equipment that you have for sale or that you are looking for. We urge residents to use this great, new community resource and help us spread the word! Please help us to create, foster & promote opportunities for affordable recreation in the Township of North Dundas. For more information, please contact Meaghan Meerburg at the Township of North Dundas office at 613-774-2105 ext. 236.

CHILDREN'S ARTS TAX CREDIT

To better recognize the costs associated with children's artistic, cultural, recreational and developmental activities, Budget 2011 builds on the Government's record of helping families by proposing to introduce a 15-per-cent non-refundable Children's Arts Tax Credit. The credit will be available for a wide range of activities that contribute to a child's development, and that are not eligible for the Children's Fitness Tax Credit. The credit will be provided on up to \$500 of eligible fees per child in respect of qualifying children's programs, and will otherwise be based on eligibility conditions for the Children's Fitness Tax Credit. In this regard, the credit will be available for children under the age of 16 years for registration costs associated with participation in qualifying supervised activities. In respect of children eligible for the Disability Tax Credit, the age limit will be raised by two years and an additional \$500 non-refundable amount will be provided. This measure will apply to eligible expenses paid starting in the 2011 taxation year. It is estimated to reduce federal revenues by \$25 million in 2010-11, and by \$100 million in each of 2011-12 and 2012-13. For more information, please visit: <http://www.cra-arc.gc.ca/gncy/bdgt/2011/qa01-eng.html>

CHILDREN'S FITNESS TAX CREDIT

The children's fitness tax credit allows parents to claim up to \$500 per year for fees that relate to the cost of registering their, their spouse's, or their 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 amount, at the beginning of the year in which an eligible fitness expense was paid. If the child qualifies for the disability amount and is under 18 years of age at the beginning of the year, an additional amount of \$500 can be claimed provided that a minimum of \$100 is paid on registration or membership fees for a prescribed program of physical activity. To qualify for the children's fitness tax credit, a program must:

- be ongoing (either a minimum of eight weeks duration or, in the case of children's camps, five consecutive days);
- be supervised;
- be suitable for children; and
- require a significant amount of physical activity that contributes to cardio respiratory endurance, **plus** one or more of:
 - muscular strength,
 - muscular endurance,
 - flexibility, and/or
 - balance.

Physical activity includes strenuous games like hockey or soccer, activities such as golf lessons, horse-back riding, sailing and bowling as well as others that require a similar level of physical activity.

For more information, please visit: www.cra-arc.gc.ca/fitness/

211

Phone Number: 211
www.211ontario.ca

211 is an easy-to-remember, three-digit, non-emergency telephone number that connects callers to a full range of community, social, government and health service information. If your situation is not an emergency, and you don't know where to go for the information you need, dial 211. A trained operator will assess your situation and help you find the best services and programs to provide assistance. Everyone can benefit from using 211 – from individuals, families and professionals, to community agencies and people facing barriers due to languages, poverty or personal difficulty. Bilingual and certified information and referral specialists answer 211 calls seven days a week. It is complemented by an on-line directory. 211 is free, confidential, and available in over 150 languages

Emotional Health

Financial Issues

Family Recreation Programs

Coping with Disabilities

Stress & Bereavement

Employment Skills

Citizenship

Parenting and Child Care

Support for Seniors

Sexuality

Education and More



211Canada.ca



The North Dundas
GREEN FOOD BAG

With branches in Winchester, Chesterville
& South Mountain

Sponsored by:



Organized by the Township of North Dundas, the **Green Food Bag Program** provides a non-profit, fresh fruit and vegetable distribution system that is available for purchase by all North Dundas residents (regardless of income level). Bags can be purchased, in advance only, for the very value added price of just \$10.00 (cash only) and there is no limit on the number of bags that an individual, couple, or family can purchase at one time. With many registration locations in North Dundas, registration is made easy and accessible. Each month the contents of the bags will change to reflect seasonal produce as well as market prices, availability, and customer feedback. To give an example of what a bag might contain for this low price, the October 2011 Green Food Bag's contents included: 5 pears, 2 grapefruit, 6 kiwi, 2 green peppers, 2 lbs. of carrots, 5 lbs. of potatoes, 2 lbs. of onions, 2 lbs. of carrots, 1 head of cauliflower, 1 head of iceberg lettuce, 1 bunch of celery, and 1 tomato. The *Green Food Bags* are available for purchase in advance only, requiring registration and payment to be submitted by the submission deadline, which is the second last Friday of each month. Bags are then available for pick-up on the last Friday of the month between designated pick-up times. For detailed information on this incredible, edible program, or to access a printable order form, please visit the Recreation & Culture web page on www.northdundas.com, and click on "Community Initiatives"; or contact Meaghan Meerburg at the Township Office by calling (613) 774-2105 ext. 236 or stop by 636 St. Lawrence St. in Winchester.

Customer Testimonials:

"Great! Can't beat the price and it feeds my family."

"Love it! I will be telling all of my family!"

"Lots of food for little money"

"The quality of the produce that is purchased for this program at Mike Dean's is amazing. Because of the quality and value of the Green Food Bag program, my family is eating more fruits and vegetables."

The Township of North Dundas would like to thank all of our Green Food Bag supporters, volunteers, and loyal customers for their dedication throughout yet another wonderful year. The Green Food Bag program would not exist without all of you! Thank you 😊

Green Food Bag Gift Certificates

Gift Certificate	
This certificate entitles (name): _____	
To: <u>1 Green Food Bag</u>	
Green Food Bag Program	
	Authorized by: _____
	Certificate Number: _____
Not redeemable for cash.	
P.O. Box 489, 636 St. Lawrence Street, Winchester, Ontario K0C 2K0	
Tel. (613) 774-2105 Fax (613) 774-5699	



These certificates make a great gift for any holiday or special occasion! To purchase one today, please visit the Township Office at 636 St. Lawrence St. in Winchester.

Community **BULLETIN BOARD**

Blood Donor Clinics

Please drop-in to make your donation or call 1-888-2-DONATE to book an appointment.

Date: Thursday, January 26
Thursday, March 22

Time: 1:00 – 8:00 pm

Location: Winchester Public School, 547 Louise St. South

Local Buy, Sell, Swap & Giveaway Resources

North Dundas Full Circles:

<http://groups.yahoo.com/group/NorthDundasFullCircles>

SWAP (Sharing With All People):

www.facebook.com/groups/230165173690126

North Dundas Sports Equipment Sale, Swap & Donate:

Find us on Facebook!

Chesterville Winter Carnival

February 10, 11 & 12, 2012. This year's carnival will have family fun, a Carnival Queen, a Snowflake Prince & Princess, two full breakfast, community sponsored suppers, a Saturday night dance and silent auction, tournaments, children's events & entertainers, a bigger & better 3 on 3 hockey tournament, and so much more! For more information or to be on the Chesterville Winter Carnival committee please contact Shelley McLeod at 613-448-1580 or Tanya VanOers at 613-774-7049

The Ormond Harmony Cloverdale Recreation Association Presents:

Bowling

Date: Saturday, January 28th

Time: 7:00 pm (to be confirmed)

Location: Chesterville Bowling Lanes

Price: \$3 per game

Coordinator: Paul Porteous
613-774-3900

Must call to reserve!

Green Food Bag Upcoming Deadlines

Registration Deadline: January 20th

Pick-up Date: January 27th

Registration Deadline: February 17th

Pick-up Date: February 24th

Registration Deadline: March 23rd

Pick-up Date: March 30th

Swimming

Date: Saturday, February 11th & March 10th

Time: Details to be confirmed

Location: Details to be confirmed

Price: \$2 per person

Coordinator: Heather McDiarmid
613-445-3847

This holiday season, give a gift that will make a difference in your community

North Dundas proudly aids and supports a wide variety of services that enhance the lives of those in our communities. This holiday, please remember that donations are greatly appreciated by these organizations and by the lives that they impact. Should you wish to make a donation on your own behalf or in lieu of giving a present to someone you know, please contact Meaghan Meerburg, Community Development Programmer for the Township of North Dundas by calling 613-774-2105 ext. 236 or email mmeerburg@northdundas.com.

Based on the type of donation you wish to make or the organization that you wish to support, you will be given the appropriate contact information to do so.



Please remember — a little means a lot.

ARENA CLOSURE DATES

Saturday, December 24, at 8:00 am to Tuesday, December 27, at 8:00 am. Both arenas.

Saturday, December 31, at 8:00 am to Monday, January 2, 2012 at 4:00 pm. Both arenas.

***Please note that closure dates & times are subject to change, please watch for updates in the Winchester Press 'Remarks' Column or call the Township of North Dundas Office at 613-774-2105.*

2011-12 Regular Public Skating Hours (Effective Until March 31)

<u>Winchester Arena</u>		<u>Parent & Tots Skating</u>		<u>Chesterville Arena</u>	
Monday	4:00-5:00 pm	<u>Chesterville:</u>		Monday	4:00-5:00 pm
Wednesday	4:00-5:00 pm	Wednesdays	10:00-11:30 am	Tuesday	4:00-5:00 p
Friday	4:00-5:00 pm	<u>Winchester:</u>		Friday	4:00-5:00 pm
Saturday	7:00-8:00 pm	Thursdays	10:00-11:30 am	Saturday	1:00-2:00 pin
Sunday	12:30-1:30 pm			Sunday	12:00-1:00 pm



Christmas Break Public Skating Hours

<u>Winchester Arena</u>		<u>Chesterville Arena</u>	
Thursday, December 29	4:00 pm to 5:00 pm	Thursday, December 29	3:00 pm to 4:00 pm
Friday, December 30	4:00 pm to 5:00 pm	Friday, December 30	4:00 pm to 5:00 pm
Monday, January 2	4:00 pm to 5:00 pm	Monday, January 2	4:00 pm to 5:00 pm
Tuesday, January 3	2:00 pm to 3:00 pm	Tuesday, January 3	4:00 pm to 5:00 pm
Wednesday, January 4	4:00 pm to 5:00 pm	Wednesday, January 4	4:00 pm to 5:00 pm
Thursday, January 5	2:00 pm to 3:00 pm	Thursday, January 5	3:00 pm to 4:00 pm
Friday, January 6	4:00 pm to 5:00 pm	Friday, January 6	4:00 pm to 5:00 pm
Sunday, January 8	12:30 pm to 1:30 pm	Saturday, January 7	1:00 pm to 2:00 pm
		Sunday, January 8	12:00 pm to 1:00 pm

March Break 2012 Public Skating Hours

<u>Winchester Arena</u>		<u>Chesterville Arena</u>	
Sunday, March 11	12:30 pm to 1:30 pm	Saturday, March 10	1:00 pm to 2:00 pm
Monday, March 12	4:00 pm to 5:30 pm	Sunday, March 11	12:00 pm to 1:00 pm
Tuesday, March 13	3:00 pm to 4:00 pm	Monday, March 12	4:00 pm to 5:00 pm
Wednesday, March 14	4:00 pm to 5:00 pm	Tuesday, March 13	4:00 pm to 5:00 pm
Thursday, March 15	11:00 am to 12:00 pm	Wednesday, March 14	4:00 pm to 5:00 pm
Friday, March 16	4:00 pm to 5:00 pm	Thursday, March 15	3:00 pm to 4:00 pm
Saturday, March 17	7:00 pm to 8:00 pm	Friday, March 16	4:00 pm to 5:00 pm
		Saturday, March 17	1:00 pm to 2:00 pm
		Sunday, March 18	12:00 pm to 1:00 pm

** PUBLIC SKATING CANCELLATION DATES **

<u>Winchester Arena</u>		<u>Chesterville Arena</u>	
Saturday, November 19	7pm to 7:30pm only	Saturday, December 10	No public skating
Saturday, December 10	No public skating	Sunday, December 11	No public skating
Sunday, December 11	No public skating	Tuesday, December 27	No public skating
Saturday, January 7	No public skating	Saturday, March 24	No public skating
Monday, February 20	No public skating		
Saturday, March 10	No public skating		

For more information, please contact Mark Guy at
613-774-2105 ext. 223 or mguy@northdundas.com