

ADULTS

FITNESS CLASSES

Register for fitness classes at mordenmb.com/fitness

Registration fees: range from \$20-\$45 for 5 weeks

Cardio Drumming (W) 5-6PM / 7-8PM

A cardio class that incorporates elements of drumming.

Instructor: Amanda Rempel

Kickboxing (TH) 7:30-8:30PM

Learn the basics of muay thai kickboxing for self defense or for a cardio workout. The class will have a warm-up, drills and cool down. There will be no combat. Instructor: Kyle Pulley

Power Yoga (M) 8:15-9:15PM

This is a sequenced based yoga class that improves flexibility, strength and self-awareness. Be prepared to sweat and be challenged! Instructor: Amanda Friesen

Total Body Fitness (TH) 6:15-7:15PM

This class uses small equipment to work both your large and small muscles for full body toning. Be prepared to sweat and be challenged! Instructor: Amanda Rempel

Yoga (TH) 5:05-6:05PM

This class uses a combination of postures, movement and breath to work on strength, flexibility and balance. Beginner Friendly. Instructor: Amanda Rempel

Yoga for Chronic Illness (M) 2-3PM, (TH) 10-11AM

A gentle yoga practice with the intention to help with relaxation, as well as to maintain or rebuild strength, mobility and flexibility. Lots of modifications are offered. Instructor: Lindsay Peters

Yoga Fundamentals (W) 6-7PM

This class focuses on the fundamentals of yoga, including proper alignment in poses and how to connect the breath to the poses. Instructor: Lindsay Peters

WOMEN'S REC HOCKEY

Sundays 7:15-8:15PM (Nov 11– Jan 27) - 10 sessions

Open to all skills and abilities. Full equipment required.

Registration fee: \$100. Register at mordenmb.com/hockey

MEN'S REC HOCKEY

Tuesdays 9:30-10:30PM (Nov—Mar) - 18 sessions

Open to all skills and abilities. Full equipment required.

Registration fee: \$180. Register at mordenmb.com/hockey

WORLD COOKING CLASSES

3 sessions: November, January, March/ Thursdays 6-9pm

Experience cooking cuisine from around the world. Instructed by local residents who have lived in and come from the various countries we are basing our classes on. Limited to one 3-class series registration per person. Register at mordenmb.com/cooking

FREE PUBLIC SKATING

FREE Public Skating is sponsored by local organizations and groups and by City of Morden.

FREE skate lending is also available and run by volunteers. Skates were donated with funding from the Clark Elder Memorial Fund.

SCHEDULE:

OCTOBER– MARCH

Fridays 7:15-8:15PM

Sundays 12:15-1:45PM

SCHEDULE:

MAY-AUGUST

Sundays 7:00-8:30PM

There are some cancellations due to other events. Please check the calendar online to confirm events

mordenmb.com/publicskating

or pick up the monthly flyer with Public Skate updates at the Access Event Centre

EVENTS

SEP 28-30	CULTURE DAYS
FRI OCT 27	HALLOWEEN FAMILY PARTY
FRI NOV 23	TREE LIGHTING CEREMONY
TUE DEC 18	WALK OR BIKE TOUR OF LIGHTS

————Details at mordenmb.com/events————



Recreation Programs Contact

Stephanie Dueck

City of Morden Recreation Programmer

111-D Gilmour Street | Morden, MB R6M 1N9
(204) 822-5431, opt. 3 | sdueck@mordenmb.com



2018 FALL GUIDE

KIDS

REC HOCKEY

YOUTH BASKETBALL

YOUTH BADMINTON

AFTER SCHOOL PROGRAMS

ADULTS

FITNESS CLASSES

WOMEN'S REC HOCKEY

MEN'S REC HOCKEY

COOKING CLASSES

DROP IN SPORTS

EMERGENCY FIRST AID

PUBLIC SKATING

SUBSIDIZED ICE PROGRAMS

FULL PROGRAM LISTING

mordenmb.com/programs

OTHER PROGRAM PROVIDERS

mordenmb.com/sports-groups

FINANCIAL ASSISTANCE

mordenmb.com/recreation-funding

KIDS

REC HOCKEY

SATURDAY MORNING (GR 1-4: 8-9am, GR 5-8: 9:15-10:15am)
Build on hockey skills with drills and enjoy scrimmage with fellow participants. A limited number of games with other Rec Hockey programs may be organized. Full equipment is required.
Registration fee: \$100. Register at mordenmb.com/hockey

YOUTH BASKETBALL

OCT-FEB FRIDAY (GR 1-4: 6:30-7:30pm, GR 5-8: 7:30-8:30pm)
Build on basketball skills with drills and games! Enjoy scrimmage with fellow participants.
Registration fee: \$50 Register at mordenmb.com/basketball

YOUTH BADMINTON

FEB-MAY FRIDAY (GR 1-4: 6:30-7:30pm, GR 5-8: 7:30-8:30pm)
Build on badminton skills with drills and games! Enjoy games with fellow participants.
Registration fee: \$50 Register at mordenmb.com/badminton

AFTER SCHOOL PROGRAMS

Watch for new program details at mordenmb.com/afterschool

EARLY CLOSING ART ATTACK

OCT 17, NOV 21
Have fun painting pottery when you're off school early! There will be a couple pottery pieces to choose from. Pottery will be fired and available for pick-up the following week.
Registration Fee: \$16/event Register at mordenmb.com/adterschool

BABYSITTING COURSE

OCT 18 + 19 / JAN 18 + 19 / JULY 4
This course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.
Registration fee: \$55 Register at mordenmb.com/redcross

STAY SAFE COURSE

Date: NOV 16
The course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.
Registration fee: \$45 Register at mordenmb.com/redcross

SUBSIDIZED ICE PROGRAMS

*These programs are subsidized by
City of Morden.*

*Find schedules online at
mordenmb.com/ice-programs*

FREE PARENT & TOT SKATE

OCTOBER-MAY (Kids 5 and under)

TUESDAY 10:30-11:30AM

THURSDAY 1:30-2:30PM

FREE SENIORS' ICE

OCTOBER-APRIL (55+)

TUESDAY & THURSDAY

11:30-12:15PM SKATE

12:30-1:15PM STICK & PUCK

\$2 HOMESCHOOL SKATE/PUCKS

OCTOBER—MARCH

THURSDAY 2:30-3:30PM

ALTERNATES BETWEEN SKATE & PUCKS

schedule: mordenmb.com/iceprograms

\$5 EARLY MORNING SKATE/PUCKS

7:00-8:00AM

MONDAY & WEDNESDAY SKATE

TUESDAY & THURSDAY STICK & PUCK

\$5 PD DAYS & EARLY CLOSINGS

SEE SCHEDULE ONLINE

mordenmb.com/iceprograms

ADULT DROP IN SPORTS

PICKLEBALL CLUB

ACCESS EVENT CENTRE
SUNDAY 2:30-5:30pm (COMPETITIVE), 6-9pm (REC)
MONDAY 9-11am
Registration fee: \$25 for Sept-May program

MORDEN TABLE TENNIS CLUB

ACCESS EVENT CENTRE
MONDAY 6:30-8:30pm
This is an all age program- kids are welcome too!
Registration fee: \$30 for Sept-June program

DROP IN BASKETBALL

MORDEN COLLEGIATE INSTITUTE
MONDAY 9:00-10:30pm
Free! Sign in/register on site

DROP IN VOLLEYBALL

ECOLE MORDEN MIDDLE SCHOOL
TUESDAY 8:30-10:30pm
Free! Sign in/register on site

DROP IN BADMINTON

MORDEN COLLEGIATE INSTITUTE
1st/2nd/4th FRIDAY 9:00-10:30pm
Free! Sign in/register on site

Sessions are occasionally cancelled
for other events!

Confirm drop in sport schedules at

mordenmb.com/adultsports

EMERGENCY FIRST AID

OCT 18, 9-5PM
This is a basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home.
Reg Fee: \$130, register at mordenmb.com/redcross