

ADULTS

FITNESS CLASSES

Register for fitness classes at mordenmb.com/fitness

Registration fees: range from \$40-\$45 for 5 weeks

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

A cardio class that incorporates elements of drumming.

Instructor: Amanda Rempel

Gentle Yoga (TH) 10-11AM

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

Partner Yoga (TH) 8-9PM

In this fun-filled Hatha Yoga Partner class, you will experience a variety of assisted postures, mirrored postures, and thai yoga massage techniques. Bring your friend, date, partner or family member. No yoga experience necessary. Instructor: Amanda Rempel

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

Pump it up 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

Walking for Mobility (TH) 10-11AM

Walk, stretch and feel refreshed! Includes the use of a pedometer and a free walking log book. Instructor: Lindsay Peters

Yoga Fundamentals (TU) 5-6PM

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

Yoga for Chronic Illness and Pilates with Paula are offered privately at the Access Event Centre— details at mordenmb.com/fitness

WOMEN'S REC HOCKEY

Sundays 7:15-8:15PM (Nov 11– Jan 27)

Open to all skills and abilities. Full equipment required.

\$10 Drop in—Schedule at mordenmb.com/hockey

MEN'S REC HOCKEY

Tuesdays 9:30-10:30PM (Jan—Mar) - 12 sessions

Full equipment required.

Registration fee: \$120. Register at mordenmb.com/hockey

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

SAT FEB 16	MULTICULTURAL WINTERFEST
SAT MAR 9	DANCE: DOWN COUNTRY LANE
FRI APR 9	NATURE & GARDEN EXPO
MAY 6-12	MENTAL HEALTH WEEK
SAT JUN 22	MORDEN'S PADDLEFEST

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



Recreation Programs Contact

Stephanie Dueck

City of Morden Recreation Programmer

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2019 WINTER/SPRING GUIDE

KIDS

YOUTH BADMINTON

AFTER SCHOOL PROGRAMS

BABYSITTING & STAY SAFE COURSE

ADULTS

FITNESS CLASSES

WOMEN'S REC HOCKEY

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COOKING CLASSES

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PUBLIC SKATING

SUBSIDIZED ICE PROGRAMS

FULL PROGRAM LISTING

mordenmb.com/programs

OTHER PROGRAM PROVIDERS

mordenmb.com/sports-groups

FINANCIAL ASSISTANCE

mordenmb.com/recreation-funding

COOKING CLASSES

WORLD COOKING CLASSES

Thursdays 6-9pm — January, March — \$60/3 classes

Instructed by local residents who have lived in and come from the various countries we are basing our classes on. Register at mordenmb.com/cooking

COOKING CLASSES— SUPPERS

Thursdays 6-9pm — Feb 4, Feb 21, Feb 28 — \$27/class

Enjoy a cooking class featuring salad, main and dessert with Chef Andre Carvalho. Register at mordenmb.com/cooking

KIDS

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

JAN 23— mugs, MAR 20— plates, APR 17-boxes, MAY 15-banks

Have fun painting pottery when you're off school early! Additional art activities and games will be available for kids who finish early.

Registration Fee: \$16/event Register at mordenmb.com/afterschool

BABYSITTING COURSE

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: APR 12

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

WINTER IDEAS

Snowshoe rentals at Morden Drugstore (free)

- mordenmb.com/snowshoes

Enjoy outdoor rinks

Enjoy ski trails at Lake Minnewasta/Golf Course

More ideas and information:

www.mordenmb.com/winter

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

STANDARD FIRST AID

SATURDAY JAN 6, 9-5PM—@Morden Fire Department

Comprehensive course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home.

Reg Fee: \$130, register at mordenmb.com/redcross