

## ADULTS

### FITNESS CLASSES

Register for fitness classes at [mordenmb.com/fitness](http://mordenmb.com/fitness)

Classes run January—April

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

#### Walking for Mobility (M) 10:00-11:00AM

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

#### 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

#### Yoga Fundamentals (TU) 5:00-6:00PM

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

#### Cardio Drumming (W) 5:00-6:00PM / 7:00-8:00PM

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

#### Pump it up Yoga (TH) 5:05-6:05PM

A flow yoga that incorporates light weights to sculpt, stretch and challenge every muscle group. Previous yoga experience is recommended; alternatively, previous works with weights would be acceptable. Instructor: Amanda Rempel.

#### 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

#### Partner Yoga (TH) 8:00-9:00PM (FEATURED FEB 14-MAR 14)

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

Yoga for Chronic Illness (Lindsay Peters), Pilates with Paula, and Hatha Yoga (Amanda Rempel) are offered privately at the Access Event Centre— details at [mordenmb.com/fitness](http://mordenmb.com/fitness)

### FITNESS FOR FAMILIES

#### Family Yoga (SA) 2:00-3:00PM (FEATURED MAR 9—APR 13)

The fun and joyful class begins with thoughtfully tuning in, followed by a fun, mindful, playful and meditative practice that includes postures, partner poses and group poses. Class concludes with relaxation and guided imagery. Instructors: Amanda Friesen & Amanda Rempel.

\*No class on March 23 or March 30

## FREE PUBLIC SKATING

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

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

**OCTOBER– MARCH**

Fridays 7:15-8:15PM

**MAY-AUGUST**

Sundays 7:00-8:30PM

There are some cancellations due to other events.

Pick up a flyer at the Access Event Centre, or find schedule at [mordenmb.com/publicskating](http://mordenmb.com/publicskating)

## EVENTS

SAT FEB 16	MULTICULTURAL WINTERFEST
SAT MAR 9	DANCE: DOWN COUNTRY LANE
FRI APR 5	NATURE & GARDEN EXPO
MAY 6-12	MENTAL HEALTH WEEK
SAT JUN 22	MORDEN'S PADDLEFEST

————Details at [mordenmb.com/events](http://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](mailto:sdueck@mordenmb.com)



## 2019 WINTER/SPRING GUIDE

### KIDS

YOUTH BADMINTON

AFTER SCHOOL PROGRAMS

BABYSITTING & STAY SAFE COURSE

### ADULTS

FITNESS CLASSES

WOMEN'S REC HOCKEY

MEN'S REC HOCKEY

COOKING CLASSES

DROP IN SPORTS

STANDARD FIRST AID

PUBLIC SKATING

SUBSIDIZED ICE PROGRAMS

### FULL PROGRAM LISTING

[mordenmb.com/programs](http://mordenmb.com/programs)

### OTHER PROGRAM PROVIDERS

[mordenmb.com/sports-groups](http://mordenmb.com/sports-groups)

### FINANCIAL ASSISTANCE

[mordenmb.com/recreation-funding](http://mordenmb.com/recreation-funding)

## KIDS

### Youth Badminton

FRIDAYS — MAR-JUN (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](http://mordenmb.com/badminton)

### After School Programs

Watch for new program details at [mordenmb.com/afterschool](http://mordenmb.com/afterschool)

Programs may include Kids Fit Fun and Explore Outdoors— details pending.

### Early Dismissal 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](http://mordenmb.com/afterschool)

## SAFETY/ FIRST AID COURSES

### Standard First Aid Course

SATURDAY JAN 26, 9:00-5:00PM—@Morden Fire Department

Reg Fee: \$130, register at [mordenmb.com/redcross](http://mordenmb.com/redcross)

### Babysitting Course

JAN 18 + 19 / JULY 4

This course offers basic first aid and caregiving skills for youth ages 11-15. Registration fee: \$55 Register at [mordenmb.com/redcross](http://mordenmb.com/redcross)

### Stay Safe Course

APR 12, 9:00AM-3:00PM

The course offers basic first aid and safety skills for youth 9-13 years old. Registration fee: \$45 Register at [mordenmb.com/redcross](http://mordenmb.com/redcross)

## ADULT COOKING CLASSES

### World Cooking Classes

Thursdays 6:00-9:00PM — 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](http://mordenmb.com/cooking)

### Cooking Classes with Andre Carvalho

Thursdays 6:00-9:00PM — 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](http://mordenmb.com/cooking)

## ADULT CREATIVE PROGRAMS

### Memory Lane Mondays

Mondays 7:00-9:00PM — February 4 - 25 — \$2 drop in

This program offers an opportunity for creative expression & play for adults! Activities will include playdough & paint, toys & games from the past, cardboard construction and Pinterest crafts.

Facilitator: Sharla Kinsman.

## SUBSIDIZED ICE PROGRAMS

These programs are subsidized by  
City of Morden.

Find schedules online at  
[mordenmb.com/ice-programs](http://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](http://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](http://mordenmb.com/iceprograms)

## WINTER IDEAS

Snowshoe rentals at Morden Drugstore (free)

- [mordenmb.com/snowshoes](http://mordenmb.com/snowshoes)

Enjoy outdoor rinks

Enjoy ski trails at Lake Minnewasta/Golf Course

**More ideas and information:**

[www.mordenmb.com/winter](http://www.mordenmb.com/winter)

## ADULT DROP IN SPORTS

### PICKLEBALL CLUB

ACCESS EVENT CENTRE — \$25 for Sept-May program  
SUNDAY 2:30-5:30pm (COMPETITIVE), 6:00-9:00PM (REC)  
MONDAY 9:00-11:00AM

### MORDEN TABLE TENNIS CLUB

ACCESS EVENT CENTRE — \$30 for Sept-June program  
MONDAY 6:30-8:30pm. All ages welcome!

### DROP IN BASKETBALL

MORDEN COLLEGIATE INSTITUTE — Free! Sign in on site  
MONDAY 9:00-10:30PM

### DROP IN VOLLEYBALL

ECOLE MORDEN MIDDLE SCHOOL —Free! Sign in on site  
TUESDAY 8:30-10:30PM

### DROP IN BADMINTON

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

**Sessions are occasionally cancelled for other events!**

**Confirm drop in sport schedules at**

**[mordenmb.com/adultsports](http://mordenmb.com/adultsports)**

### WOMEN'S REC HOCKEY

Sundays 7:15-8:15PM (Nov 11– Jan 27)

Full equipment required.

\$10 Drop in. Schedule at [mordenmb.com/hockey](http://mordenmb.com/hockey)

### MEN'S REC HOCKEY

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

Full equipment required. \$10 Drop in (if enough are fully registered)  
Registration fee: \$120. Register at [mordenmb.com/hockey](http://mordenmb.com/hockey)

### SENIORS' BOWLING

Thursdays 1:30-3:00PM

Pay as you go Bowling at Valley Bowling Lanes in Winkler!  
3 Games for \$10.50 or \$3.50/game—Optional Shoe Rental- \$1.  
Optional Carpooling leaving from the Access Event Centre.

Register [mordenmb.com/bowling](http://mordenmb.com/bowling), 204-822-5431 opt.3,  
sdueck@mordenmb.com