

## Fall/Winter Programs

REGISTRATION FOR FALL 2009 PROGRAMS will take place: **Sept. 21 to Sept. 26 at the Nick Smith Centre.** Fall 2009 programs will run for 10 weeks. They will begin on **Oct. 5** and will conclude by **Dec. 13.**

REGISTRATION OF WINTER 2010 PROGRAMS will take place: **Jan. 4 to Jan. 9, 2010 at the Nick Smith Centre.** Winter 2010 programs will run for 10 weeks. They will begin on **Jan. 9** and will conclude by **March 27.** Please note that most regular instructional programs will not take place during the March Break.



### Arnprior and Area Swim Clubs

Swimming competitively develops into a lifelong passion for fitness. Arnprior offers competitive and fitness-building opportunities for swimmers at all levels and ages. Ages 7 to high school graduate progress from SEARS I Can Swim, to Jr. Bluefish, then Bluefish. Adult swimmers join the Greyfish Masters swim club. Enjoy the benefits of professional coaching and an encouraging environment. It's never too late to start. Continue Arnprior's legacy in sports excellence.

#### *Just Starting Out:*

#### **SEARS I CAN SWIM PROGRAM (SNAPPERS)**

The SEARS I CAN SWIM teaches children the basics of competitive swimming strokes and team participation. Emphasis is on fun and enjoyment in the water. Snappers are coached by the Bluefish team swim coaches, making the transition to the next level effortless. Children start at 7 through 10 years old and are able to swim one length of the pool.

#### *Introduction to Competitive Swimming:*

#### **JUNIOR BLUEFISH: INTRODUCTION TO SWIMMING MEETS**

- Learn and improve all four competitive swim strokes.

- Improve stroke rhythm, starts and basic turns and increase endurance.
- Swimmers practise 3 hrs. per week (see schedule at registration).
- May compete as exhibition in one competitive opportunity per swimming year.

**Requirements:** Generally 9 years old or older with basic understanding of 3 strokes (breaststroke, backstroke, front crawl) or have completed the SEARS I Can Swim program.

#### *Competitive Swimming:*

#### **BLUEFISH COMPETITIVE SWIM CLUB**

- Coaches are Level 2-rated competitive swimming instructors.
- 4 to 6 training opportunities during the week (see schedule at registration).
- Opportunity for six or more Ontario-level swim meets.
- An exhilarating team atmosphere and tremendous fitness and character-building opportunity.

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### Registration for SEARS and Bluefish Swim Clubs

**Where:** Nick Smith Centre

**When:** September 21, 9 a.m. to 9 p.m. for SEARS registration; 6 to 9 p.m. for Bluefish registration

#### **Sears I Can Swim Program Registration Details**

**Fall Session 2009:** Early Oct. through Dec.; 10 weeks, 2 days/week – \$150 (register Sept. 21)

**Winter Session 2010:** Early Jan. to March (excluding March break); 10 weeks – \$150 – Level 2

**Spring Session 2010:** Early April 1 to early June; 10 weeks. 2 days/week – \$150

**Swim times/week (2):** Tuesdays and Thursdays starting at 5:30 p.m.

*More information: June Bekker (Coach): 613-623-2395; junebekker@hotmail.com*

Note: Minimum 4 swimmers required to hold SEARS sessions

#### **Junior Bluefish Swim Club**

**Fall 2009 to Spring 2010:** Begins early Oct. 2009 to late May 2010 (register Sept. 21)

**Swim times/week (2):** Mondays to Thursdays at 4-5:30 p.m. (see schedule at registration)

**More program info.:** June Bekker (Coach): 613-623-2395; junebekker@hotmail.com

**More registration info.:** Lisa Andress (Registrar/Treasurer): 613-256-0727; lisa.andress@xplornet.com

#### **Bluefish Swim Club**

**Fall 2009 to Spring 2010:** Begins early Oct. 2009 to late May 2010 (register Sept 21)

**Swim times/week (4):** Mondays to Thursdays at 4-5:30 p.m.

**More program info.:** June Bekker (Coach): 613-623-2395; junebekker@hotmail.com

**More registration info.:** Lisa Andress (Registrar/Treasurer): 613-256-0727; lisa.andress@xplornet.com

Programs & Services

## Greyfish Masters Swimming Program

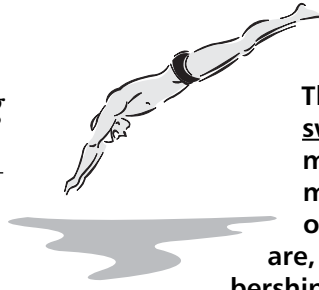
Masters swimming is a fitness program that develops your power and endurance as an adult swimmer.

Three times a week we swim structured workouts designed to fit an individual's goals and ability. Instruction and training in any of the four competitive strokes is offered (freestyle, backstroke, butterfly, breaststroke). The program is available to anyone over 18 years old with a keen desire to improve their swimming skills and fitness level. This is not a learn-to-swim program, and new participants should be able to swim two lengths of the 25-metre pool. Prospective swimmers are welcome to try out for a week at no charge.

To improve, one should plan on swimming at least two or three times a week. In addition to the three scheduled practices, swimmers in the Masters program have access to the fitness room. Greyfish swim workouts take place Mondays and Wednesdays from 5:30-7:00 p.m. and Saturdays from 7:15-8:45 a.m.

For those with the competitive itch, Masters swim meets are run by other aquatic centres throughout the year. At these meets, events are seeded by time, and results are divided into five-year age groups. The Greyfish Masters program is an excellent way to prepare for such Masters competitions and for triathlons.

There is also plenty of scope for the more social swimmer. Greyfish Masters enjoy several social events throughout the year — monthly dinners, barbecues and breakfast after the Saturday morning swim.



The yearly membership fee is for **11 months of swimming** due to the fact that we are closed for maintenance for the month of September. This means your membership will be renewable in one year's time from date of purchase. There are, of course, options for shorter terms of membership as well.

### 2009–2010 Greyfish Fee Schedule

	1 Year	6 Months	3 Months
In Town	\$377 + 18.85 GST	\$254 + 12.70 GST	\$160 + 8.00 GST
Out of Town	\$510 + 25.50 GST	\$339 + 16.95 GST	\$216 + 10.80 GST

The registration process is slightly different this year: All membership fees will be due during our week of program registration – **September 21 to September 26, 2009**.

*Please make every effort to register within the time frame of that week!*

**To learn more about the workout structure, call the Greyfish Swim Coach, Eric Thomson, at 832-2866.**

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## FITNESS CENTRE

*Arnprior Parks & Recreation invites new members to join our expanded Fitness Centre. The Centre features a 13-station Universal weight gym, Precor treadmill, Life Cycle, Tectix ClimbMax machine, dumbbells and more! Members not familiar with the equipment must attend an orientation session prior to using the facility, at a cost of \$35. Potential members with past weight training experience must submit a letter to the department for orientation program exemption.*

## Upcoming Orientation Sessions

Orientation sessions take place regularly, as required. To register for a session, please call us at 623-7301 and leave your name and number. Our trainer will contact you to arrange a convenient time for the orientation. Orientation courses are conducted by experienced, educated trainers who specialize in cardiovascular fitness, muscular strength and endurance, weight management and flexibility training.



## Aquafit Programs

Arnprior Parks & Recreation offers a number of opportunities to participate in this exciting and fun water exercise program. Aquafit provides an excellent workout, increasing both aerobic and muscular fitness without the risk of high impact moves. Our classes are also ideally suited to those who are less mobile due to arthritis and similar conditions. Participants are encouraged to work at their own pace and to increase the intensity progressively as they are ready.

Our Aquafit instructors are all qualified, motivated and highly energetic. Safe and effective exercise routines are choreographed to upbeat music, then presented in an easy-to-follow format. Many of our patrons have been coming to Aquafit for a number of years, but we also have many new participants, both men and women, who have discovered this enjoyable and effective program. Aquafit is an amazing exercise program suited to most everyone.

### PROGRAMS OFFERED

#### Fall 2008 Aquafit — begins October 5

Monday	Wednesday	Friday
9:00 - 10:00 a.m.	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.
10:00 - 11:00 a.m.	10:00 - 11:00 a.m.	10:00 - 11:00 a.m.
8:00 - 9:00 p.m.	8:00 - 9:00 p.m.	

#### Winter 2010 Aquafit — begins January 11

Monday	Wednesday	Friday
9:00 - 10:00 a.m.	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.
10:00 - 11:00 a.m.	10:00 - 11:00 a.m.	10:00 - 11:00 a.m.
8:00 - 9:00 p.m.	8:00 - 9:00 p.m.	

### REGISTERING FOR AQUAFIT

As with our regular pool programs, it is necessary to register in order to participate in Aquafit. Most people will register seasonally for the whole session and come regularly two or three times per week.

For those who are busy balancing family with a varied work schedule, we provide another option. The **Aquafit 10 Visit Punch Card** allows the bearer to visit any 10 of our regularly scheduled classes without having to commit to full registration. Simply present the card before the class you plan to attend and the instructor will "punch" the card. If you wish to continue after your card is completely "punched," you can simply purchase another one. The 10 Visit Punch Card costs \$61.70 (GST incl.) and has proven to be a very popular choice.

If your schedule is really hectic and you're not sure if you can even commit to 10 classes, you also have a Pay-per-visit option: you can attend any individual, regularly scheduled class at a cost of \$7.00 per class.

**Come and try Aquafit. We know you'll love it!**

## Nick Smith Centre Pool Advanced Training Courses

### FALL/WINTER 2008-09

#### *Bronze Medallion and Bronze Cross*

#### FALL

Oct. 17 to Nov. 15, plus exam  
Saturdays and Sundays  
5:30-7:30 p.m.

#### WINTER

Feb. 6 to March 7, plus exam  
Saturdays and Sundays  
5:30-7:30 p.m.

In Town: \$140.00 plus GST

Out of Town: \$170.00 plus GST

13 years prerequisite for Medallion

Bronze Medallion and Emergency First Aid prerequisite for Cross



**EMC AD (TO COME)**

## Lifestyle & Fitness Programs

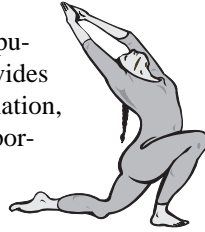
### Yoga

Yoga is quickly becoming one of the most popular programs for fun and exercise. Yoga provides many benefits: stress reduction and relaxation, increased flexibility and strength, and an opportunity to explore a healthier body-mind-soul connection through postures, breathing techniques and meditation.

Our program is led by Linda Sewell, a certified yoga instructor who is well known for her friendly, welcoming manner and competent instruction. Linda has recently founded the Gracewood Centre for Yoga and Health.

A number of options are available for those wishing to participate in this enlightening program. Please remember to bring a blanket, mat or towel to all classes for floorwork.

**Beginner Yoga** classes take place on Tuesday evenings from 7:00 to 8:30 p.m. beginning on Tuesday, September 29 and continuing for 10 weeks. Classes take place at John XXIII School on Edey St., and the cost of the session is \$150.00.



**All Levels Yoga** classes take place on Thursday evenings from 7:00 to 8:30 p.m. beginning on Thursday, October 1 and continuing for 10 weeks. Classes take place at John XXIII School on Edey St., and the cost of the session is \$150.00.

**All Levels Daytime Yoga** is conveniently scheduled for those who are staying at home or working shifts. It will operate primarily as a beginner yoga class, but those with some experience are certainly welcome. Classes take place on Wednesday mornings at 9:00 a.m. beginning Wednesday, September 30 and continuing for 10 weeks. Classes take place at the Arnprior Library and the cost of the session is \$150.00.

#### **Winter 2010 Yoga Classes:**

**Beginner Yoga** starts January 12/10

**All Levels Yoga** starts January 14/10

**Daytime Yoga** starts January 13/10

Registration for Winter programs takes place the week of January 4, 2010 at the Nick Smith Centre.

## Get Fit in the Fall with PILATES & the new and exciting "ZUMBA"!

*Lifestyle and Fitness programs led by Julia Clarke. Julia emigrated from the U.K. with her husband, Simon, having been a professional aerobic instructor and personal trainer for a number of years in England. Julia's FUN approach to classes and her larger-than-life personality provide all the motivation you need to make healthy lifestyle changes.*

#### **PILATES**

Beneficial for people of all ages and fitness levels, **Pilates** (pronounced "puh-lah-teez") conditions the body from head to toe through a series of exercises to gently stretch, tone and strengthen the muscles. Regular **Pilates** practice can improve strength, flexibility and balance, reduce stress, improve circulation and create a stronger, more flexible spine.

**Fall 2009 Pilates Program:** Wednesdays at 6:30 p.m. at A.J. Charbonneau Public School, beginning October 7 and continuing for 10 weeks. The cost is \$100.00. Please register in advance at the Nick Smith Centre.

**Winter 2010 Program:** Begins January 13 and continues for 10 weeks. The location is A.J. Charbonneau Public School and the cost is \$100.00.

The regular Fall 2008 program will take place Wednesdays at 6:30 p.m. at A.J. Charbonneau Public School, beginning October 8 and continuing for 10 weeks. The cost is \$100.00. Please register in advance at the Nick Smith Centre.

The Winter 2009 program will begin January 14 and continue for 10 weeks. The location is A.J. Charbonneau Public School and the cost is \$100.00.

#### **ZUMBA — IT'S NEW!**

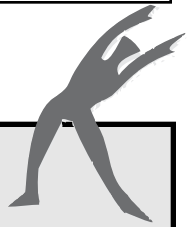
Let's face it, working out can be healthy, rewarding and beneficial, but it's never been known to be much fun UNTIL NOW!

"ZUMBA" fuses hypnotic latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. We want you to want to work out, to love working out, to get hooked! Zumba participants achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got Zumba! And don't worry, you don't have to be a dancer to take Zumba; you just need to be someone who wants to have fun!

**Fall 2009 Zumba Program:** Wednesdays at 7:45 p.m. at A.J. Charbonneau Public School, beginning Oct. 7 and continuing for 10 weeks. The cost is \$100.00. Please register in advance at the Nick Smith Centre.

**Winter 2009 Program:** Begins Jan. 13 and continues for 10 weeks. The location is A.J. Charbonneau Public School and the cost is \$100.00.

*On Wed., Sept. 30, come and give Pilates and/or ZUMBA a try for FREE! There's no obligation and we're sure you'll love them both!! The Pilates class takes place at A.J. Charbonneau Public School at 6:30 p.m. Bring a towel or mat for floorwork. The free ZUMBA class will take place at 7:45 p.m. If you enjoy the class, and we're sure you will ... then you can continue by registering in the Fall 2009 program for 10 more classes.*



## Karate Program

In the martial arts training of "Tenchi Karate Budo" there is a great emphasis placed on providing a safe atmosphere in which a variety of persons of both genders and different backgrounds can train. Arnprior Parks and Recreation has partnered with Sensei Dan Cazabon to offer quality Karate instruction.

Our goal is to provide martial arts instruction, guidance and social interaction that are necessary for students to learn about the martial arts path and to educate and direct students towards a real understanding of the true nature of Karate Budo.

The instructor, Sensei Dan Cazabon, has been teaching Karate as a Black Belt since 1993 in North Bay where his students still maintain a club. Sensei Cazabon moved to the Ottawa Valley in 2005 as a French schoolteacher and has recently moved to

Arnprior in 2007. Sensei Cazabon is a 3rd dan in Tenchi Karate Budo but also has training in other styles of martial arts such as Judo, Aikido, Kobudo, Shito Ryu Karate, Tai Chi and Hapkido.

### Program Details:

Classes take place on Tuesday and Thursday evenings:

**Karate for Kids ages 6-12 years:** 6:00 to 7:00 p.m.

Cost: \$75.00

**Karate for Adults:** 7:00 to 9:00 p.m.

Cost: \$110.00

Fall Program starts October 13/2009

Winter program starts January 12/2010

Registration: Week of Sept. 21

Registration: Week of Jan. 4



### Adult Watercolour Painting Class with Debbie Laventure

Debbie brings her wealth of experience in helping participants to learn watercolour techniques and to develop style. No drawing or painting experience is necessary; everyone is welcome to take part in this relaxed class.

Classes will take place at the Nick Smith Centre; each session consists of four, two-hour classes for a cost of \$50.00. Both new and returning students are welcome in any session as you work at your own pace. Please register in advance at the Nick Smith Centre.

If you have any questions about the program or about materials and supplies, please feel free to contact Debbie directly at 623-5139.

#### Fall Session 1

Fridays, 10:00 a.m.-12:00 noon: Sept. 26, Oct. 3, 10, 17. Cost: \$50 + GST

#### Fall Session 2

Fridays, 10:00 a.m.-12:00 noon: Oct. 24, 31, Nov. 7, 14. Cost: \$50 + GST

#### Winter Session 1

Fridays, 10:00 a.m.-12:00 noon: Feb. 6, 13, 20, 27. Cost: \$50 + GST



## Heart Wise Exercise

Heart Wise exercise programs are intended for participants who are interested or concerned about their heart health. The University Of Ottawa Heart Institute, the County Of Renfrew Paramedic Service, the Province Of Ontario and other community agencies are encouraging persons with cardiac conditions to participate in many regular fitness programs that have been identified as a "Heart Wise Exercise Program." Aquafitness at the Nick Smith Centre is a Heart Wise Program!

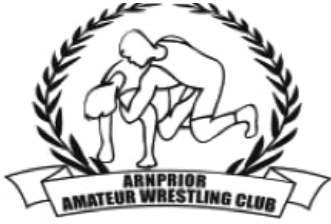
To be a recognized Heart Wise Exercise site, an organization must ensure that the following criteria are met:

- encourages regular, daily aerobic exercise;
- incorporates and encourages warm-up, cool-down and self-monitoring with all exercise sessions;
- accepts participants to exercise at low intensity, and has progressive options to increase intensity if appropriate;
- accepts participants with a known history of cardiac disease — provided they have physician approval;
- provides health screening for all participants; and
- has an emergency plan that is documented and known to all exercise leaders, including current CPR certification, phone access to Paramedic Services and the presence of an Automated External Defibrillator.

## REGISTRATION

Registration for **Fall 2009** programs: **September 21-26**. Fall programs will then begin as of October 5.

Registration for **Winter 2010** programs: **January 4-9**. Winter programs will then begin as of January 9.



## Take the Challenge Join Wrestling this fall!

The **Arnprior Amateur Wrestling Club** is a community-based non-profit organization sanctioned under the Ontario Amateur Wrestling Association with a mandate to provide amateur athletes, from the age of 8 and up, male or female, the opportunity to learn, participate and compete in the unique sport of Freestyle and Greco-Roman wrestling.

Wrestling is considered one of the most demanding sports, physically as well as mentally. Flexibility, strength, endurance and a sharp mind are the main components needed to become a good wrestler. All muscle groups are used in this sport. Many athletes who participate in other sports take up wrestling as a way to stay in shape during the off-season. The mental aspect of the sport is considered as important as the physical. A wrestler has to be constantly reacting and planning for the next move, whether it is offence or defence. With matches only lasting four to six minutes, everything happens very quickly, so strategy plays a large role in the outcome. A good wrestler has to be sharp and well focused to be successful.

We focus on the development of wrestling fundamentals and the unique skills of each athlete, allowing them to better achieve their full potential. We provide a supportive "team" environment

where athletes can thrive and propel one another to greater success. It is through the sport of wrestling that we aim to build character and integrity in each athlete.

Wrestling is considered an individual sport, so the amount of success will depend on your own individual effort. The club team competes at various tournaments throughout the season. Every wrestler can compete, no matter what skill level they are, against someone their own age and weight.

If you are looking for a sport to challenge yourself or to just get some exercise, wrestling is the one for you. Our coaching staff is eager to meet and introduce you to this great sport. One of our local boys, Coady Yach, who has competed nationally as well as internationally, will be a coach for the Arnprior Amateur Wrestling Club this year.

To join the **Arnprior Amateur Wrestling Club**, registration is October 6, 2008 from 7:00 p.m. to 8:30 p.m. at the Kenwood Athletic Centre, 1 Kenwood Place. Cost is \$110.00 plus the Ontario Wrestling fee. The season runs from November to April. Practices are held at the Kenwood Athletic Club.

**For further information, contact Nathan Woods at 613-623-9616.**



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## Krista's Circuit H2O

Circuit H2O is a new and exciting approach to exercising in the water. If you're looking for a more intense and rigorous aquatic workout, then this may be just the class for you! It's perfectly suited to those who are comfortable in the water and those with a basic level of fitness. Don't be scared off by this; it's just not a class for absolute beginners, that's all. This exhilarating class is led by Krista Jefferies, so we know you'll have a great workout and a lot of fun too!

New! Daytime Circuit H2O — This fall, we're piloting a new daytime Circuit class. It's slightly less intense than the evening class and it's a great opportunity for older adults to try a new kind of Aquafit class! Krista will follow the same basic format as her evening classes ... a series of different "stations" with focussed and fun exercises, along with appropriate warm-up and cool-down but with less intensity — so it's appropriate for anyone. Come and give it a try; we know you'll love it.

**Free introductory class. Come and give it a try with no obligation. If you love it, then you have the option of registering for a full session of five classes. Free class takes place on Tuesday, October 6 at 2:00 p.m.**

Daytime Circuit H2O: Tuesdays at 2:00 p.m.  
Begins Tuesday, October 13. Cost: \$50.00.

### Here are some details:

- The program takes place twice per week: Tuesday and Thursday evenings at 8:00 pm.
- It begins on October 5 and continues for 8 weeks.
- Class size is limited, so you'll need to register if you want to participate. Registration begins September 21. There is no drop-in fee or Punch Card for this class.
- Cost of this specialized, twice-weekly program is \$96.

# the Arnprior ASD School of Dance

*with locations in Arnprior  
and Renfrew*

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**Competitive**

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at 623-5938 for more information  
[monica@arnpriorschoolofdance.com](mailto:monica@arnpriorschoolofdance.com)

[www.arnpriorschoolofdance.com](http://www.arnpriorschoolofdance.com)

## A New Instructional Program from Red Cross

As part of Red Cross's commitment to offering high-quality training to the Canadian public, a new learn-to-swim program has been introduced comprising two components: **Red Cross Swim Preschool**, for children from 3 to 5 years of age (as well as babies in Aquatots); and **Red Cross Swim Kids**, for 6-year-old children and older.

The Red Cross Swim Preschool Program consists of four levels: Salamander, Sunfish, Crocodile and Whale. Children from 3 to 5 years will participate in this program.

The Red Cross Swim Kids Program consists of 10 levels: Level 1 through Level 10. Children 6 years and older will participate in this program.

If you are enrolling for the first time, then please follow this registration guide. Please remember that the following chart is a guide only; placement in swim programs depends on many variables including age, skill proficiency, previous experience and readiness.

### PARTICIPANT REQUIREMENTS

3 to 5 years and just starting out. Some comfort in the water is desirable.

Can comfortably float and put face in the water. Can enter shallow water safely and glide on front and back

Can jump into chest-deep water, do front and back floats, and swim on front for 2 metres

Can float front and back, exhale through mouth and nose, flutter kick while gliding on front and back; swim 5 metres continuously

Deep water activities, front and back glides with kick for 5 metres and swim 10 metres continuously

Can swim front crawl at least 5 metres, arms recovering above water and swim 15 metres continuously

Can surface support 45 seconds, swim front crawl at least 10 metres; swim on back with kick 10 metres and swim continuously for 25 metres

Can swim front and back crawl at least 15 metres; perform whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously

Can swim front and back crawl at least 25 metres; swim elementary backstroke at least 15 metres and swim 75 metres continuously

Can swim front and back crawl at least 50 metres, elementary backstroke 25 metres, whip kick on front 15 metres and swim continuously for 150 metres

Can swim front and back crawl at least 75 metres, elementary backstroke and breaststroke 25 metres and swim 300 metres continuously

Can swim front and back crawl at least 100 metres, elementary backstroke and breaststroke 25 metres and swim continuously 400 metres



### ENROLL IN LEVEL

Salamander (3-5 yrs)

Sunfish (3-5 yrs)

Level 1 (6+ yrs)

Crocodile (3-5 yrs)

Level 1 (6+ yrs)

Whale (3-5 yrs)

Level 2 (6+ yrs)

Level 3 (6+ yrs)

Level 4 (6+ yrs)

Level 5 (6+ yrs)

Level 6 (6+ yrs)

Level 7 (6+ yrs)

Level 8 (6+ yrs)

Level 9 (6+ yrs)

Level 10 (6+ yrs)

If you are enrolled at 5 years of age and turn 6 while continuing to participate in lessons, then please use the following guidelines to make the change from the Preschool program to the Swim Kids program.

#### If they took Red Cross Preschool ...

Salamander Level

Sunfish Level

Crocodile Level

Crocodile Level

Whale Level

#### ...and they completed or incompleted the level ...

Completed or incompleted

Completed or incompleted

Incompleted

Completed

Completed or incompleted

#### ... then enroll them in Swim Kids level...

Level 1

Level 2

Level 2

Level 3

Level 3

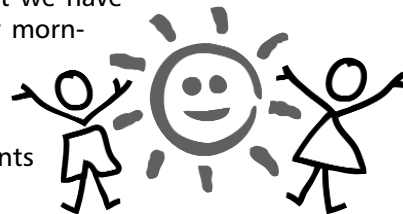
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## Little People's Program

**WOW!!** Look what's new at **Little People's**: We are excited to announce that we have extended our program to include Monday, Tuesday, Wednesday and Thursday mornings from 9:00 to 11:00 am ..... we've made it more flexible for you to attend; you can come for two days per week, three days, or you can attend all four days each week, it's your choice! ..... and that's not all; each Thursday morning we will conclude with a 30-minute recreational play in the pool and parents can attend this swim if they wish!



The **Little People's Program** is offered at the Nick Smith Centre every Fall, Winter and Spring session. It is open to any child who is toilet-trained and over the age of two. Participants in this program should wear comfortable clothing and shoes and they should bring a drink along with them each day. Our Little People enjoy various games, song, crafts, stories and special events while enhancing skills of sharing, co-operation and interaction. Special themes each week afford the opportunity to explore areas of particular interest. On occasion, we also host special guests. All of this and much more is offered under the guidance of very caring and experienced staff.

The program will run for 10 weeks in total and you have some choice on the number of days you attend per week:

- \$132 for two days per week OR
- \$199 for three days per week OR
- \$236 for four days per week

If you plan on attending less than four days per week, we will ask you to let us know which days of the week you will be coming.

Registration for the Fall 2009 session begins September 21 and the programs actually starts on October 5. Registration for the Winter 2010 session begins January 4 and the program will start on January 11. Registration must be made in person at the Nick Smith Centre; please ask for a **Little People's Registration Form**, then complete it and return it to us.



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– ask about our ice hut rentals!

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Authorized dealer of: Lund Boats, Mercury Engines, Fabritek Pontoons, Mission Trailers, Candock Dock Systems, Naylor Boat Lifts

**69 Lindsay Lane, White Lake**

Located on the snowmobile trail at White Lake: Visit us to get your trail permit & map! Open this winter to fuel & service snowmobiles. Ask about our park & ride program!

Call us at 613-623-2568 or visit us online at [www.WhiteLakeMarina.ca](http://www.WhiteLakeMarina.ca).



# Curling Rocks!

The Arnprior Curling Club presents



The Timbits Curling Program for the 2009-2010 season.



## PROGRAMS AVAILABLE

Little Rocks (ages 7 to 12)  
Bantam/Junior (ages 13 to 17)

Cost: \$60

Little Rocks: **Tuesdays @ 4:00 p.m.**, Nov. 3 to Feb. 23

Bantams: **Thursdays @ 5:00 p.m.**

Registration at the Arnprior Curling Club during Open House: Oct. 13, 14 and 15 from 6:00 – 8:00 p.m.

For more information, please visit [www.arnprior.ovca.com](http://www.arnprior.ovca.com) and click on the link for **Timbits Curling**



## IT'S A PARTY!!!!

### BIRTHDAY PARTIES ALL AGES • PACKAGE PRICES

Birthday parties must be booked at least seven days in advance of the event.

#### PACKAGE A: POOL

1 hour swimming plus 1 hour to enjoy pizza, pop and cake and free swim pass

up to 20 people \$240.00 + GST

up to 30 people \$268.00 + GST

#### PACKAGE B: POOL

1 hour swimming plus 1 hour facility rental (you supply food)

up to 25 people \$129.00 + GST

#### PACKAGE C: SKATING

A 1 hour skating party can be booked, as ice time permits, at the rate of \$106.50 as noted in our schedule of arena rates. There is no limit to the number of participants (within reason).

Customized packages can sometimes be arranged. For bookings or other information, contact the Parks & Recreation Department at 623-7301.

