







105 Connell Park Road Woodstock, NB E7M 1M5 Phone: (506) 325-4671 www.woodstocknbrecreation.com



AUR Motor Centre USER'S NOTICE

As of **September 1st, 2017** ALL USERS of the AYR Motor Centre **MUST** obtain a **Resident ID Card annually from September - September** from reception for the following:

- Pool Lessons (including private lessons)
- Fitness Memberships
- Programs Facilited by the AYR Motor Centre
- Outside Associations using the AYR Motor Centre (Woodstock Minor Hockey, Woodstock Skating Club, Western Valley Swim Team, Triple C Synchro)

WHAT DO I NEED?

Proof of residency **MUST** be provided

- Homeowners: Photo ID & Property Tax Bill
- Renter: Photo ID & Copy of a current Bill indicating residential address

WHAT HAPPENS AFTER I PAY?

 You will be given a resident card number that you will need to show when you register for any sport or recreation activity within the community which utilizes the AYR Motor Centre.

BACKGROUND

The Town of Woodstock receives taxation support to operate Recreation Programs and Facilities from the following Local Service Districts: (Look on your property tax bill to see which Local Service District you live in.)

- Northampton LSD
- Richmond LSD
- Wakefield (inside) LSD
- Woodstock LSD
- Woodstock First Nation

Class 2: The Local Service Districts of Upper/Lower Northampton and Debec voted not to support the facilities/programs and are therefore subject to a user fee of \$400.00/person (maximum of \$800.00/family) to participate in programs that are rate subsidized by the Town of Woodstock. AMENDED BY TOWN COUNCIL, August 28, 2017: User fees for the non-participating LSDs to change to \$200.00 individual, maximum \$400.00/family.

Class 3: For all other participants outside of the above LSDs, the following user fee will be charged: \$100 per participant to a maximum of \$200.00 per family per calendar year.

If participants of Class 2 (Non-Contributing LSD Users) or Class 3 (Residents living outside the LSD catchment area) looking to sign up for programs/memberships and have NOT paid the annual user fee (for the family or associated participants) they are required to pay 50% more of program or membership

October - December, 2018

PLEASE NOTE STATUTORY HOLIDAYS

Monday, October 8, Sunday, November 11, Tuesday, December 25, Wednesday, December 26

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Recreation Department

Fall quickly found its way to us, but the dedicated staff at the AYR Motor Centre are ready to receive it! The start of a new school year brings a certain kind of hustle-and-bustle to our versatile facility. Here is what's new as we move into fall.

I would like to thank the Woodstock Rotary Club and Canadian Tire Woodstock for sponsoring Youth Zone again this year. Providing a FREE opportunity for students in grade 6-9 from Monday-Thursday 3:30-5 pm to socialize and be active after school.

We have added a new session of swimming lessons on Sundays, to allow busy families the additional opportunity to allow their youth to attain this very important life skill.

The Western Valley Jr. C Panthers have re-located to the AYR Motor Centre this season and will be hosting Atlantics in March 2019. We welcome everyone to come enjoy our local athletes.

The AYR Motor Centre is now permitting certified local fitness trainers the ability to train clients at the Tim Horton's Wellness Centre. If you are a certified trainer looking to utilize our fitness facility, please contact

kelly.foster@town.woodstock.nb.ca for further details

We are looking forward to seeing you.





Kelly Foster Hallett Director of Recreation Facility Manager kelly.foster@town.woodstock.nb.ca

"Your worst day is someone else's best day - remember to be kind."

Kelly Foster Hallett Director of Recreation Facility Manager

Did you know? AUR Motor Centre

AUR Motor Centre

has gift cards you may purchase for use in the 2nd Home Café & Grill Programs & Memberships.

A GREAT GIFT IDEA!!

AUR Motor Centre TEAM DIRECTORY



Jill Dunnett

Program Coordinator
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Tobi Pirie
Tourism & Event Coordinator
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Harry Bradbury
Maintenance Lead Hand



Randy MacFarlane Maintenance



Barb Clark Maintenance



Katherine Wetmore

Maintenance



Jake Haley Maintenance



Dennis Charlton Maintenance



Judy Porter Custodial Services



Bonnie Weir Custodial Services



Lisa Grace Custodial Services



Carla Sproul
Custodial Services



Angelica Lozier Custodial Services



Matt Phinney Field House Monitor













DAILY RATES - As of September 1, 2018

	Youth/Senior	Adult (Tot)	Family (4)		
Public Swim	\$4.00 (under 5 free)	\$5.00	\$11.00		
Lap Swim	\$4.00	\$5.00	-		
Tot Swim	\$5.00	\$5.00	_		
Tot Swim (25) Punch Card	\$100.00				
Inclusive	\$3.00	-	_		
Aquasize	\$2.00 (50+)				

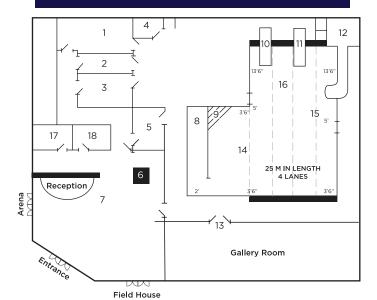
GROUP RENTAL RATES * Per Hour / As of September 1, 2018

Swimmer #	Private	Non-Profit
1-25	\$126.00	\$77.00
26-50	\$142.00	\$85.00
51-75	\$181.00	\$110.00
76-100	\$205.00	\$123.00
101+	\$251.00	\$152.00

AQUATIC FACILITY HOURS:

Monday - Friday Saturday - Sunday 6 am - 10 pm 8 am - 10 pm

CLOSED STATUTORY HOLIDAYS



LEGEND

- 1 Female Change Room
- 2 Family Change Room
- 3 Male Change Room
- 4 Equipment Room
- 5 Pool Office
- 6 Boot Cubbies
- 7 Front Lobby
- 8 Ramp into Shallow End of Pool
- 9 Stairs into Shallow End of Pool
- 10 1 Metre Springboard
- 11 3 Metre Springboard
- 12 Slide
- 13 Gallery Room
- 14 Shallow End of Pool
- 15 Middle End of Pool
- 16 Deep End of Pool
- 17 Female Public Washroom
- 18 Male Public Washroom

AQUATIC FACILITY RULES

- Any child **5 years and under** must be accompanied by an adult within arms' reach at all times.
- Any persons with intellectual or physical needs of any age, who is unable to swim alone/requires a floatation device, must be accompanied by a parent or support worker in the water at all times.
- Any child wearing a floatation device including, but not limited to; lifejackets and Puddle Jumpers must also be accompanied by an adult and the adult must remain within arms reach at all times.
- No scuba goggles (covering nose).
- Diving in the deep end only. (Including any entries that are not feet first).
- No running on the deck, as it is very slippery and dangerous.
- Hands off others at all times, with the exception to parents/guardians of young children.
- Please face the water when making an entry.
- When jumping off the diving boards, rope or slide, jump straight off and swim to the closest side of the pool to prevent collisions with other swimmers.
- If you are trying the diving boards or slide and decide that it is not for you, please face the ladder while descending. The steps are very slippery and steep. They are not meant to be climbed as stairs.
- One person at a time on the diving boards and slide. Please wait at the bottom until the person ahead of you has entered the water.
- Please do not jump onto toys from the side of the pool or stand on them in the water.



From left: Doug Meed, Elizabeth Mayzik and Tim Williamson.

FALL AQUATIC FACILITY SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Lap Swim 6 - 8:45 am				
		School Rental Swim for Life Lessons 9-10 am				
Tot Swim 10-10:30 am	Daycare 10-10:30 am	50+ Aquasize 10-11 am	Tot Swim 10-10:30 am		Swim for Life	
	vim for Life Lessons 1:30 am		School Rental — Swi 10:30-1		Lessons	Triple C 10 am - Noon
		School Swim 11 am - noon		Daycare 11:30 am - Noon	10 am - Noon	
	Lap Swim 12-1 pm		School Swim for Life Lessons 11:45 am -12:45 pm Lap Swim 12-1 pm		Lap Swim 12:15-1:15 pm	WHS Swim Team
		Private 1-1:30 pm		Daycare 1-1:30 pm		12-2 pm
Maintenance 1-3 pm	School Swim for Life Lessons 1:15-2:15 pm	School Swim for Life Lessons	School Swim for Life Lessons 1:15-2:15 pm	School Swim for Life Lessons 1:30-2:30 pm	Available to Rent 1:30-2:30 pm	
	Down	1:30-3:30 pm			Public Swim 2:30-4 pm	Public Swim 2:30-4 pm
Inclusive 3:30-4:30 pm Junior Lifeguard	Swim for L	Daycare Swim for Life Lessons 3:30-5 pm		Public Swim 3:30-5 pm	Available to Rent 4-5 pm	
4:30-5:30 pm		Swim for Life	Triple C 4-6 pm		Available to Rent 5-6 pm	Swim for Life 4:15-6:15 pm
Western Valley Swim Team 6:15-8:15 pm	Special Olympics 6:30-7:30 pm	5:15-7:15 pm	Western Valley Swim Team 6:15-8:15 pm	Lifeguard Courses 5–10 pm	Lifeguard Course	Western Valley Swim Tea
Lap Swim 8:15-9:30 pm		WHS Swim Team 7:30-9:30 pm	Lap Swim 8:15-9:30 pm		4-9 pm	6:30-8:30 pm

CLOSED, SUNDAY, NOVEMBER 11TH.

SUNDAY, NOVEMBER 18TH – TRIPLE C SYNCHRO MEET - ALL REGULAR SCHEDULED POOL TIMES ARE CANCELLED FOR THIS EVENT.

PUBLIC SWIM CANCELLED NOVEMBER 25TH

SCHEDULE DESCRIPTIONS

Lap Swim

All five lanes are open for lane swimming.

Public Swim

All diving boards, rope and slide will be open for general recreational swimming.

Tot Swim

During this time, the pool is reserved for parents and their tots to come enjoy the pool.

Aquasize 50+

A low-impact water workout for adults ages 50+.

Swim Lessons

Swim lessons are offered through the Lifesaving Society - ages 4 months to 12 years.

Inclusive Swim

This is a casual swim open to people with alternate needs and their caregivers, parents and/or guardians.

FREE PUBLIC SWIM 2:30-4 PM

October 7,

November 4, December 2

SPONSORED BY





ARENA

The ice surface is 190 ft \times 90 ft (17,100 square feet), with seating for 844 spectators. Features six full-size dressing rooms, all equipped with showers and washrooms.

Ice Rentals as of September 1, 2018

Available September to April All rates subject to change.

Prime rate \$181.00 per hour Non-prime rate \$141.00 per hour (after 10 pm)

Public Skate

AS OF SEPTEMBER 2016, CSA APPROVED HELMETS ARE MANDATORY FOR EVERYONE!

Public Skate

Saturday & Sunday: 3:30-5 pm

Little Skaters

Tuesday & Thursday: 10-11 am

Adult Skate:

Tuesday, Wednesday &

Thursday: 12-1 pm

Drop-in Rates

(Effective Sept. 1, 2018)

5 + under FREE*

Youth/Senior/Inclusive \$4.00

Adult \$5.00

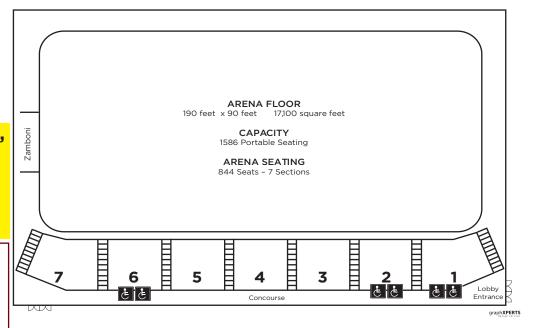
Family (4) \$11.00

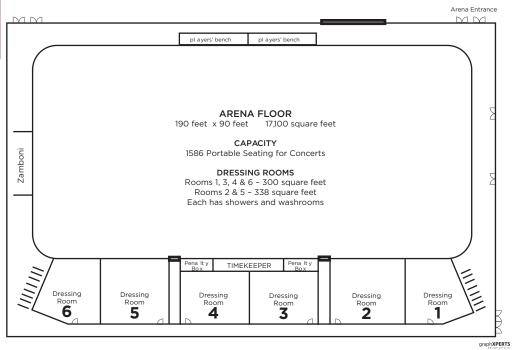
* Children under 5 MUST BE accompanied by a paying adult.

HOURS

Open Daily - 6 am to 11 pm

Closed Statutory Holidays





Booking Ice Times - Call 325-4671

ARENA FALL SCHEDULE 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Woo	Woodstock Minor Hockey 6-7 am				
		0 7 4111			Woodstock	
				Maintenance 7-8:30 am	Skating Club 6-9 am	
				/-6.30 dill		
WHS Enrichment 8:30-9:30	WHS Enrichment 8:30-9:30	WHS Enrichment 8:30-9:30	WHS Enrichment 8:30-9:30	WHS Enrichment 8:30-9:30		
	Little Skater 10-11 am		Little Skater 10-11 am			
Maintenance				Maintenance		
9:45 - 1:15				9:30 am - 1:15 pm	Woodstock Minor	Woodstock Minor
		Adult Skating 12-1 pm			Hockey 9:15 am-3:15 pm	Hockey 9:15 am-3:15 pr
WHS 3:45 - 5 pm		WHS 3:45 - 5 pm	WHS 3:45 - 5 pm	Woodstock Skating Club	Public Skate 3:30-5 pm	Public Skate 3:30-5 pm
	Woodstock Skating Club 3:30-7:30 pm	Woodstock	Woodstock Minor Hockey 5:15-6:15 pm	3:30-6:30 pm	Woodstock Minor Hockey	WHS Game 5:15-7:15 pm
		Minor Hockey			5:15-6:45 pm	
Woodstock Minor Hockey 5:15-9:45 pm	WHS	5:15-8:15 pm	WHS Game 6:30-8:45 pm	Woodstock Minor Hockey	Junior C 7-10 pm	Woodstock Minor Hockey
	7:45-8:45 pm	Junior C		6:45-9:45 pm		7:30-8:45 pm
	Woodstock Minor Hockey 9-10:30 pm	8:30-10 pm	Sam's 9-10 pm			Industrial 9-10 pm
Greg McKinley 10-11 pm						



Field House

Drop-in Rates - As of September 1, 2018

CATEGORY	RATE
Under 1	FREE
Youth/Senior/Inclusive	\$4.00
Adult (Tot)	\$5.00
Family (4)	\$11.00

Rental Rates by Sport

SPORT	COST PER COURT
Tennis	\$16 per hour
Volleyball	\$24 per hour

HOURS

Open Daily 8 am - 10 pm

Closed All Statutory Holidays

Please check the website in advance for special events closures.

Field House Rules

- Food or Drink is NOT PERMITTED in or around courts at any time. WATER ONLY.
- The AYR Motor Centre reserves the right to cancel any facility rental due to unforeseen circumstances without advance notice.
- Users will be responsible for any damages arising from misuse of facilities and equipment, including nets and standards.
 During private rentals, customers are responsible for the actions/supervision of anyone in the court and/or equipment damage.
- Children 9 to 11 years of age ARE permitted to play in the Field House during designated times (i.e. walk-ins) while the parent/guardian walks on the track (this ONLY applies to the track, this DOES NOT include the Pool, Fitness Centre or Arena). The supervision is the responsibility of the parent or guardian from the track. Misconduct by the child can lead to having this privilege revoked.
- Youth in Grade 6 or older can participate in walk-in activities without the supervision of a parent or guardian.
- Users and all spectators must bring indoor footwear no outdoor footwear to be worn in any court. **No exception.**
- Sign in is required at reception, for all children under the age of 12 and their designated guardian. (Guardians MUST BE 18 years of age or older.) All drop-in visitors must receive a wrist bracelet from Reception.
- The AYR Motor Centre is NOT RESPONSIBLE for lost or stolen goods. (Complimentary locks are available at Reception for you to use during your visit.

Rental Rates - As of September 1, 2018

TIME	INDIVIDUAL RATES	TOURNAMENT RATES
Hourly	\$37.00	\$28.00
Half Day (4 hr)	\$146.00	\$110.00
Full Day (8-10 hr)	\$365.00	\$274.00

OCTOBER-DECEMBER 2018 FIELD HOUSE SCHEDULE

Time	Court	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am	1	9:30 Active Adults	Itty Bitty	Itty Bitty	Itty Bitty	Itty Bitty		
	2	Itty Bitty					Active Kids	Active Kids
	3	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins
10-11 am	1	Active Adults	Itty Bitty	Itty Bitty/JumingBeans *Sept. 12	Itty Bitty	Itty Bitty	Available to Rent	Available to Rent
	2	Itty Bitty		36pt. 12			Active Kids	Active Kids
	3	Inclusive	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins
11-12 pm	1	Active Adults	Itty Bitty	Itty Bitty	Itty Bitty	Itty Bitty	Available to Rent	Available to Rent
	2	Itty Bitty					Active Kids	Active Kids
	3	Inclusive/Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins
12-1 pm	1		Itty Bitty	Itty Bitty	Itty Bitty	Itty Bitty	Available to Rent	Available to Rent
	2	Itty Bitty					Active Kids	Active Kids
	3	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins
1-2 pm	1		Itty Bitty	Itty Bitty	Itty Bitty	Itty Bitty	Available to Rent	Available to Rent
	2	Itty Bitty	Pickleball	Inclusive			Active Kids	Active Kids
	3	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins
2-3 pm	1	2:30 Active Kids	2:30 Active Kids	2:30 Active Kids	2:30 Active Kids	2:30 Active Kids	Available to Rent	Available to Rent
	2		Pickleball	Inclusive			Active Kids	Active Kids
	3	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins	Walk-ins
3-4 pm	1	Youth Zone/Skiddle	Active Kids	Active Kids	Active Kids	Active Kids		
	2	Active Kids	Youth Zone	Youth Zone	Youth Zone	Youth Zone	Active Kids	Active Kids
	3	Youth Zone	Youth Zone	Youth Zone	Youth Zone	Youth Zone	Walk-ins	Walk-ins
4-5 pm	1	Youth Zone/Skiddle	Active Kids	Active Kids	Active Kids	Active Kids		
	2	Active Kids	Youth Zone	Youth Zone	Youth Zone	Youth Zone	Active Kids	Active Kids
	3	Youth Zone	Youth Zone	Youth Zone	Youth Zone	Youth Zone	Walk-ins	Walk-ins
5-6 pm	1							
	2		Walk-ins	Walk-ins	Walk-ins	Walk-ins		
	3	Walk-ins					Walk-ins	Walk-ins
6-7 pm	1							
	2		Walk-ins	Walk-ins	Walk-ins	Walk-ins		
	3	Walk-ins	Badminton		*6:30 SO Floor Hockey		Walk-ins	Walk-ins
7-8 pm	1							
	2		Walk-ins	Walk-ins	Walk-ins	Walk-ins		
	3	Walk-ins	Badminton		SO Floor Hockey		Walk-ins	Walk-ins
8-9 pm	1							
	2		Walk-ins	Walk-ins	8:30 Rec Soccer	Walk-ins		
	3	Walk-ins	8:30 Ball Hockey	8:30 Pickle Ball	Walk-ins		Walk-ins	Walk-ins
9-10 pm	1							
	2		Walk-ins	Walk-ins	Rec Soccer	Walk-ins		
	3	Walk-ins	Ball Hockey	Pickleball	Walk-ins		Walk-ins	Walk-ins

To book a court, contact reception at (506) 325-4671 to complete a rental form.

Closed October 8, November 2, 11, 30, December 1, 2, 6, 7, 24-26 & 28-30.

Fall 2018

FIELD HOUSE PROGRAMS

Active Adults

Drop in and socialize over tea, coffee and card

games, or participate in the various activities going on in the Field House. There will be a variety of equipment set up including shuffleboard, floor curling and pickleball.



AUR Motor Centre



Walk-ins

During this

time, the gym is open to everyone for their activity of choice.

Itty Bitty Movers Drop-in (0-5 years)

Bring your little one in to play where creativity, energy and



development of physical literacy are encouraged through active play.
Play with balls & hoops, ride-on toy cars, or jump in the bouncy castle.

Something for Everyone!

Active Kids

This time is set aside for kids up to age 8. Lots of equipment



will be available to choose from to keep kids moving and active. Children must be accompanied by a parent or caregiver.



Inclusive Movement Drop-in



A unique opportunity for individuals with intellectual and physical challenges to come in and explore various activities.









Walking Track

Length:

6 Laps = 1 Kilometre / 9 Laps = 1 Mile

The McCain Walking Track is an air conditioned, rubberized surface for walking and running. The track is located at the top of the stairs on the second level and overlooks the Field House.

THE MCCAIN WALKING TRACK IS OPEN TO THE PUBLIC FREE OF CHARGE!

HOURS

Monday-Friday – 5 am to 10 pm Saturday & Sunday - 7 am to 10 pm *Closed Statutory Holidays*

Clockwise:

Monday, Wednesday, Friday & Sunday

Counter Clockwise:

Tuesday, Thursday & Saturday

INDOOR FOOTWEAR IS MANDATORY!

Indoor Track Ettiquette

To help create a fun and safe environment for all patrons utilizing the indoor track, we ask that you please comply with the following:

- Both walking and running are permitted on the indoor track.
- The **INSIDE LANE** is designated for walkers. the **OUTSIDE LANE** is designated for runners. (Runners are to run in the opposite direction as walkers.)
- Only **INDOOR FOOTWEAR** is permitted to be worn on the indoor track.
- Spiked footwear is not permitted.
- Be attentive to walkers and runners as you enter the track to avoid collisions.
- Clockwise or counter-clockwise direction instructions **MUST** be followed during your walk or run. The direction is indicated at the track entrance.
- Only two people are permitted to walk side-by-side. Please move to single file to allow other participants to pass when necessary.
- Keep moving while you are on the track. No unnecessary stops. If you need to adjust your clothing or footwear, please do so in the corners, off the designated track lanes.
- Warming up and stretching **MUST** take place **OFF** the track.
- Personal belongings (sports bags, coats, etc.) are not allowed on the track. Lockers are provided in the lower level changing room. Locks can be acquired at the front lobby reception area. We are not responsible for lost or stolen items.
- Children younger than 12 MUST be supervised by an adult
- Food is prohibited.
- The track may be closed for special events.
- In case of emergency, please call reception at 325-4302.

Walking Direction

Runners are to run in the opposite direction of walkers.

The INSIDE lane is for Walkers. The OUTSIDE lane is for runners.



Tim Hortons. Wellness Centre

HOURS

Monday to Friday 5 am - 10 pm Saturday & Sunday 7 am - 10 pm

Closed All Statutory Holidays

The Tim Hortons Wellness Centre is unsupervised.

Members work out at their own risk. Please ensure due caution while working out. Located on the second floor. Locker rooms and showers are located on the first floor. Indoor shoes ONLY!

Wellness Centre Rules & Etiquette

For the safety and convenience of all, please adhere to the following rules/etiquette.

- All wellness centre users must be a current member or acquire a day pass.
- FOBS are only to be used for people who hold the membership.
- All wellness centre users must wear a shirt.
- Closed toe / indoor footwear must be worn.
- Ensure that collars secure free weights before being used.
- Clean and wipe off machines after use.
- Do not rest on weight equipment between sets.
- Remove all weight plates from equipment and bars when you are finished and return them to the appropriate racks.
- Do not drop weight plates, barbells or dumbbells on the floor.
- Return all dumbbells and barbells to the appropriate racks when finished.
- Ensure that the buckles on weight belts do not damage upholstered equipment.
- Use a spotter when appropriate.
- Report any problems or concerns immediately to the AYR Motor Centre Reception Staff.





Children's Disclaimer

Children ages 13-14 MUST be accompanied by a parent/adult (18 or over). In order to use the Wellness Centre without accompaniment, the child must complete **two** *Youth Safety Sessions* at an extra fee of \$100.00. Approval is given by the Director of Recreation / Facility Manager.

Membership Rates

As of September 1, 2018

WELLNESS & ACTIVE PASS

- Public Skating
- Public Swim
- Lap Swim
- Age Appropriate Field House Drop-ins & Walk-ins

FULL MEMBERSHIP

- Access to the Tim Hortons Wellness Centre
- Public Skating
- Public Swim
- Lap Swim
- Fieldhouse Drop-ins and Walk-ins

Youth - Ages 0-13; Student - Ages 14-19; Senior Ages 60+

ACTIVE PASS PUNCH CARDS

	Resident ID	No Resident ID
25 Punch - Youth	\$60.00	\$90.00
25 Punch - Senior	61.00	91.50
25 Punch - Adult	82.00	123.00
25 Punch - Family	203.00	304.50

WELLNESS PASS

	Resident ID	No Resident ID
Youth - 6 Month	\$118.00	\$177.00
Youth - 1 Year	18400	276.00
Senior - 6 Month	120.00	180.00
Senior - 1 Year	188.00	282.00
Adult - 6 Month	172.00	253.00
Adult - 1 Year	261.00	391.50
Senior Couple - 6 Month	188.00	282.00
Senior Couple - 1 Year	281.00	421.50
Couple - 6 Month	250.00	375.00
Couple - 1 Year	391.00	586.50
Family (4) - 6 Month	354.00	531.00
Family (4) - 1 Year	541.00	811.50
Additional Child - 6 Month	51.00	76.50
Additional Child - 1 Year	82.00	123.00

Lockers

Annual members may rent lockers for \$50.

Daily users may bring their own lock and remove it upon departure.

MEMBERSHIPS

	Resident ID	No Resident ID
Daily Pass	\$7.00	N/A
Punch Card (10)	46.00	69.00
Mama's Membership – 6 mon *Fitness Access Only	ths 173.00	259.50
One Month - Fitness Only	\$46.00	\$69.00
One Month - Full Membersh	ip 67.00	98.00
Student/Senior - 3 Month	147.00	220.50
Student/Senior - 6 Month	268.00	402.00
Student/Senior - 1 Year	432.00	648.00
Adult - 3 Month	173.00	257.50
Adult - 6 Month	343.00	514.00
Adult - 1 Year	519.00	778.50
Senior Couple - 3 Month	243.00	364.50
Senior Couple - 6 Month	453.00	679.50
Senior Couple - 1 Year	735.00	1102.50
Couple - 3 Month	286.00	429.00
Couple - 6 Month	533.00	799.50
Couple - 1 Year	864.00	1296.00
1 Parent Family - 3 Month	229.00	343.50
1 Parent Family - 6 Month	429.00	643.50
1 Parent Family - 1 Year	692.00	1037.00
2 Parent Family - 3 Month	343.00	514.50
2 Parent Family - 6 Month	643.00	965.50
2 Parent Family - 1 Year	1036.00	1554.00
* Additional Child (each)	87.00	130.50



CONFERENCE & COMMUNITY ROOMS

MAIN LEVEL Lobby

The main, open area when you enter the building is the lobby.

Gallery

The Gallery is situated on the main level just off the lobby. This spacious room has windows on both sides that look onto the field house and pool.

Asbell Viewing Area

The Asbell Viewing Area is a public, open space. The area looks onto the ice surface with seating for the cafe.

Sam's Room

Sam's Room is a bright medium-sized room that looks onto the ice surface, and has a section of chairs for arena viewing. *Bar*



LOWER LEVEL Woodstock Rotary Room Studio 1

Studio 1 is a quiet, rectangular room that can be accessed at the back of the building. It features windows that look onto the lower parking lot.

Woodstock Rotary Room Studio 2

Studio 2 is the bigger room out of the two studios. It has doors accessible directly to the arena, the kitchen, and the bar.

Woodstock Rotary Room Studio 1 & 2 Combined

Studio 1 & 2 open up to a spacious room. It gives full access to the kitchen and bar, making it suitable for special occasions with a large number of guests.



UPPER LEVEL Boardroom

This room is a great room to hold a small, private party or general meeting. The air balloon mural brings the room to life.



Kitchen

Woodstock Rotary Room - Studio 2 has direct access to the kitchen.



RENTAL RATES (includes HST) As of September 1, 2018

Room	Hourly	Half Day (4 hours)	Full Day (8-10 hours)
Gallery	\$36.00	\$131.00	\$183.00
Sam's Room	\$36.00	\$131.00	\$183.00
Lobby	-	-	\$79.00
Asbell Viewing Area	-	-	\$79.00
Boardroom	\$16.00	-	\$82.00
Woodstock Rotary Room Studio 1	\$36.00	\$131.00	\$183.00
Woodstock Rotary Room Studio 2	\$36.00	\$131.00	\$183.00
Woodstock Rotary Room Combined	\$47.00	\$209.00	\$365.00
Kitchen	_	-	\$105 + \$31 Deposit

WEDDINGS

\$573 - Includes a Half Day before and after the wedding and the kitchen. Bar Tender \$11.25/hour



Located in the AUR Motor Centre



TAKE-OUT & CATERING AVAILABLE

325 4760

HOURS

8 am - 7 pm Monday to Friday 9 am - 5 pm weekends

Hours will be extended to support special events if necessary.

...mmm, good!



The AYR Motor Centre is home of the Town of Woodstock's Sports Wall of Fame. The wall is on display in the Asbell Viewing Area.

The Wall of Fame was made in commemoration of the Town of Woodstock's sporting

heritage by recognizing outstanding achievement in the field. The wall recognizes and honours achievements of individuals or teams who bring special distinction to Woodstock in any field of sport and those who make a major contribution to the development and advancement of sport.

There are three classes of inductees, including athletes, builders and teams.

Annual Induction Ceremony Important Dates:
November 25th - Invite Nominations
February 24th - Receive Nominations
March - Select Inductees
May 11, 2019 at 2 pm - Annual Induction Ceremony



*Website coming soon...



JENNA BEVERLEY BULL Induction May 12th, 2018



JEAN ELIZABETH BRIDGES Induction May 12th, 2018

OUTDOOR AMENITIES

PLAYGROUNDS

Connell Park Playground
106 Connell Park Road

Jules Drive Playground 106 B Jules Drive

Slipp Street Playground
151 Wentworth Street

Poole Street Playground 105 Phillips Drive

Eastwood Playground 221 B Jules Drive

Grant Street Playground 109 B Grant Street

Other Amenities

Woodstock Dog Park 105 G Connell Park Road

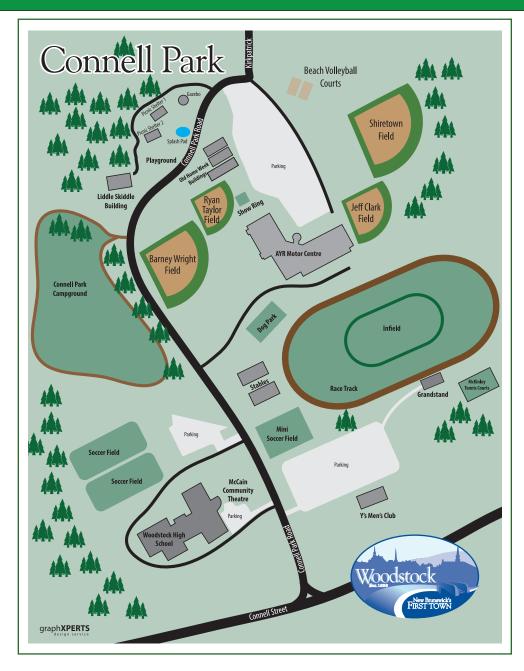
Beach Volleyball Courts
105 D Connell Park Road

Race Track / Stables
137 Connell Park Road

Mini Soccer Field 145 B Connell Park Road

McKinley Tennis Courts
145 D Connell Park Road

Grand Stand 145 C Connell Park Road









TOWN OF WOODSTOCK RECREATION DEPARTMENT



BALL FIELDS

\$8/HOUR

Poole Street \$6/HOUR

105 Phillips Drive

Base Pins set for Mosquito at distance of 60 feet

Jeff Clark Field

105 Connell Park Road

Base Pins set for Co-Ed at distance of 65 feet Base Pins set for Pee Wee at distance of 70 feet

Jeff Clark Lights \$12

Shiretown Field \$11/HOUR

105 Connell Park Road

Base Pins set for Bantam at distance of 80 feet Base Pins set for Midget & Men's at distance of 90 feet

Shiretown Lights \$70

Ryan Taylor Field \$8/HOUR

105 Connell Park Road

Base Pins set for Mosquito at distance of 60 feet Base Pins set for Pee Wee at distance of 70 feet

Barney Wright \$8/HOUR

105 Connell Park Road

Base Pins set for Co-Ed at distance of 65 feet Base Pins set for Bantam at distance of 80 feet

Field Closures will be determined by the Recreation Department by 4 pm daily. If a field is closed, use is not permitted.



- Ryan Taylor Field -

CONNELL PARK SHELTERS

106 Connell Park Road

Gazebo - 2 Electric Outlets \$12.50/HOUR Picnic Shelter #1 \$12.50/HOUR Picnic Shelter #2 \$12.50/HOUR \$12.50/HOUR

SOCCER FIELDS

Mini 145B Connell Park Road\$15/HOURUpper Field 144 Connell Park Road\$15/HOURLower Field 144 Connell Park Road\$15/HOUR

COMMUNITY VAN

Private Rental \$200/Day, \$1.00/km

Driver Fee Included

Non Profit Group \$25/Day, \$1.00/km

Driver Fee: \$13/hour



CHILD CARE PROGRAMS

THE LIDDLE SKIDDLE CLUB

116 Connell Park Road | Woodstock, NB E7M 1M5 506.328.3136



- Safe, Licensed Facility
- Follows the NB Curriculum Framework for Early Learning Childcare
- ECE Trained Staff
- Year-round Care
- Inside & Outside Play
- Partnership with AYR Motor Centre to provide preschool swimming lessons and weekly access to the Field House.









Full & Part-Time Spaces Available

Preschool Children Ages 3-5 and

After-School Spaces for Children Ages 5-6



OPEN Monday - Friday from 7:30 am to 5:30 pm Closed Statutory Holidays



Shilo Demerchant

AFTER SCHOOL SKIDDLE CLUB

Located in the AYR Motor Centre 105 Connell Park Road | Woodstock, NB E7M 1M5 Call 506.323.9502 | Email: afterschoolskiddle@gmail.com Providing Licensed Child Care After School

and During School Breaks (Including Summer) for Children Ages 5-12.

OUR SERVICES & ACTIVITIES INCLUDE:

- Pick up from School or Bus Stop
- Games in the Field House
- Crafts & Projects
- Field Trips
- Art Classes
- Swimming & Skating
- Cooking
- Outside Play



Amelia Waller



Maria Brown





FALL **SWIMMING LESSONS** WHEN

WEDNESDAYS - September 26 - November 28 SATURDAYS - September 29 - December 1 **SUNDAYS -** September 30 - December 16 No classes November 11 - Holiday November 18 - Synchro Meet

WHERE R Motor Centre

105 Connell Park Road, Woodstock, NB

COST

Parent & Tot, Preschool, Swimmer with Resident ID - \$59.00

No Resident ID - \$88.50

Patrol with Resident ID - \$85.00 No Resident ID - \$127.50

*Fee must be paid at time of registration

To register, please call 325-4302

Email: pool.staff@town.woodstock.nb.ca

Private Lesson with Resident ID - \$23,00/30 minute session No Resident ID - \$34.00

JUNIOR @ LIFEGUARD CLUB When? Mondays – 4:30-5:30 pm October 15th - December 17th Past Member \$180 | Resident ID \$140 New Member: \$232.50 | Resident ID: \$155 Includes Club T-shirt. Fee MUST be paid at registration.

Wednesday Classes

5:15-7:15 pm 6-6:30 pm 6:45-7:15 pm Preschool 2 Preschool 1 Preschool 5 Preschool 4 Swimmer 2 Swimmer 3 Swimmer 6 Swimmer 5

PRESCHOOL

3-5 years for each class

The Preschool Classes are a

great way for your child to

prepare for the Swimmer Levels.

They learn how to swim on their

front and back and they

learn water safety!

Saturday Classes

Preschool 3

Swimmer 1

Swimmer 4

10-10:30 am 10:45-11:15 am Parent & Tot Preschool 1 Preschool 3 Preschool 5 Swimmer 2 Swimmer 1 Swimmer 5 Swimmer 4

11:30-12 Noon

Preschool 2 Preschool 4 Swimmer 6 Swimmer 3

Sunday Classes

4:15-4:45 pm Preschool 1

Preschool 4 Swimmer 3

Swimmer 6

5-5:30 pm

Preschool 2 Preschool 5 Swimmer 2

Swimmer 4

5:45-6:15 pm

Preschool 3 Swimmer 1 Swimmer 5

5:15-6:15 pm

Rookie Ranger Star

SWIMMER

6-12 years for each class

The Swimmer Classes give all around exposure to basic water movement, strokes, recovery in the deep water, diving and endurance building!

SWIM PATROL

8-12 years for each class

The Patrol Classes are action packed, challenging and very profitable for any child interest in learning lifesaving skills!

Everyone has the right to PLAY!





The Woodstock Recreation & Community Services Department offers a variety of opportunities to those with Special Needs...

INCLUSIVE MOVEMENT is a unique opportunity to drop-in and participate in a variety of activities. Lots of equipment will be provided so that caregivers and families can enjoy playing and socializing with others. Enjoy activities like basketball, badminton, washer toss, and more!

AMC Field House

Monday 10 am - 12 pm, Wednesday 1-3 pm Drop-in fee is \$2





THEMED DANCE PARTIES are held monthly at the AYR Motor Centre. We invite everyone age 15 years and up to come out to dance and socialize with others.

Light refreshments are provided. This event is FREE!

AYR MOTOR CENTRE - 5:30-7:30 pm

Fri., October 26th - Halloween Theme

Fri., November 16th - Favourite Sports Team

Fri., December 14th - Christmas Theme



WV REGION

Special Olympics

and

WHS Men's Alumni Hockey Team

INCLUSIVE SWIM is a swim opportunity to come in and splash around in the pool while sociallizing with others. A Parent/Guardian or Support Worker is required to be in the water with the participant if the participant requires a floatation device, is unable to swim alone or is 5 years of age or under. October-June.

AMC Aquatic Facility

Mondays 3:30-4:30 pm

Cost: \$3 per swimmer (helper included)





WESTERN VALLEY SPECIAL OLYMPICS SPORTS TEAMS AND PROGRAMS OFFERED IN OUR AREA...

Snowshoeing: Sundays 1:30-2:30 pm - Woodstock Golf Course Area

Floor Hockey: Thursdays 6:30-7:30 pm - AMC Field House

Competitive Swimming: Tuesdays 6:30-7:30 pm - AMC Aquatic Facility

Bowling: Wednesdays 6-7:45 pm - Woodstock Bowlacade

Softball and Athletics: TBA Contact Regional Director for

Bocci Ball: TBA WV Special Olympics evelyn.kitchen@nbed nb.ca



Special Olympics

WESTERN VALLEY IN MOTION ACHIEVEMENT GAMES is an event for community members from Plaster Rock to Nackawic to enjoy a day of activities and to socialize with others. The Games will be hosted by a different community every year... TBA





We work closely with many other active organizations in our community to provide opportunities for all:

The Autism Family Friendship Group - Sloane Rees - sloanerees981@yahoo.ca | Metapra - 328-8472

Community Industries Employment Vocation Association (CIEVA) - 325-4909

Community Residential Living Board (CRLB) - 325-4536 | Hayward House - 328-0882

Family and Early Childhood West - 325-4493 | Valley Family Resource Centre - 325-2299

ADULTS IN MOTON AUR Motor Centre

Active Adults

Monday 9:30 am - Noon Sam's Room & Field House Activities include dominos, cards, shuffle board, washer toss & more! Light exercises offered with trainer, Nicole Manuel

Cost: \$4

Aquasize

Wednesday 10-11 am
Low Impact Workout!
Cost: \$2

Tim Hortons Wellness Centre

See page 13 for information on our membership and passes.

Lap Swim

Monday-Friday 6-8:45 am

Mon., Tue., Wed. & Fri. 12-1 pm

Mon. & Thurs. 8:15-9:30 pm

Sat. 5:15-6:15 pm

Cost: \$4/65+ \$5/Adult

Walking Track

Open 7 Days a Week

Monday-Friday 5 am - 10 pm Saturday & Sunday 7 am - 10 pm Except statutory holidays and scheduled special events

Cost: FREE

Field House Drop-in

Open Daily 8 am - 10 pm Equipment available for all your favourite activities!

> Cost: \$4/65+ \$5/Adult

Other Opportunities

Western Valley Adult Bowling

Oct. 18, Nov. 15, Dec. 20, Jan. 17, Feb. 21, Mar. 21, Apr. 18, May 16.

10 am - Noon at the Woodstock Bowlacade. Enjoy light refreshments. Cost: \$5

Carleton County Fiddlers

Every Tuesday 6-9 pm in Studio 2 (formerly known as the Community Room), Lower Level Access

Over 50 Fun & Fitness Class

Tuesday & Thursday 10-11 am at the Woodstock Legion

Adult Bowling

Every Friday 2-4 pm at the Woodstock Bowlacade. Cost: \$5 Includes bowling, shoes and light refreshments.



For more information, contact jill.dunnett @town.woodstock.nb.ca

325-4671











in motion

Physical Activity - do it for life!

BIRTHDAY PARTY PACKAGES

All parties \$118

Contact 325-4671



FIELD HOUSE

Each party package includes one hour in one court and two hours in a room. Parties are available Friday-Sunday, with a maximum of 25 children. A field house monitor will be on hand to ensure proper use of equipment.

Wiggle Giggle Party Ages 0-5

Mats, 1 bouncy castle, balls, scooter boards, and 4 mini cars.

Rumble Tumble Party

Ages 5-10

Mats, 1 bouncy castle, balls, scooter boards, 4 plasma cars, and 4 mini cars.

Sports of All Sorts

Ages 5-12

Select from a range of activities such as mini sticks, volleyball, badminton, dodgeball, floor hockey, tether ball, and basketball.



POOL

Splash Party

All Ages

The party package includes one hour in the pool and two hours in a room. Parties are available Saturday and Sunday. Lifeguards will be there to ensure proper safety. Includes pool, tarzan rope & water slide. There is an extra fee of \$3/person if over 25 people in the pool (maximum 50). Glow swim is an extra \$25.

ARENA

• Skating or Hockey Party All Ages

The party package includes one hour in the arena and two hours ina room. Parties are available September, October, and March, with a maximum of 25 children. Additional time or space requirements must be booked in advance and will be charged accordingly.

Party time will be based on ice availability. Includes 2 hockey nets or 2 pond hockey nets.

CSA Approved Helmets MUST BE WORN by ALL participants, regardless of age.

ART

This new party package includes a one-hour private art class with artist Nicole Manuel for two hours in a room. The package is only offered on Friday nights from 6-8 pm. Each child gets to take home their own piece of artwork. For more information, contact Nicole by email at: nicole.rahim@gmail.com

BOOKING

Please note that full payment and a signed rental agreement is required to book a date and time. Dates are first-come, first-serve, and booking requests must be submitted at least two weeks prior to date requested in order to allow adequate time for processing. Payment must be made in full at the time of booking to reserve package.

What to bring?

Food, drinks, cake, cutlery, tablecloths, balloons, knife, candles, lighter. The use of confetti, tape, staples, nails, squirt guns, and silly string are not permitted. Also, guests are not permitted to cook anything onsite.

Fall Youth Art Classes

Get Crazy with Dr. Seuss and Paper Mâché!

This session students will be creating their own Dr. Seuss-inspired character. Students will design their own character and bring them to life! They will learn how to take a simple drawing and turn it into a 3D CREATION! This session will be full of fun and creativity! It is one of my favourite things to do with kids because their imaginations really come to life. Get ready to get messy and have some fun!!

Dates: Sundays – September 23rd and 30th, October 14th and 21st Ages 5-7: Noon-1 pm

Cost: \$65

Ages 8+: 1:30-3:30 pm or 4-6 pm

Cost: \$100

Illustration: Let's have some fun!

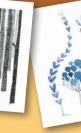
This session students will be introduced to the wonderful world of illustration. I love illustration because kids get the chance to use the skills they know from drawing and create their own fun designs. Illustration can be such a unique thing. Depending on the students likes, style and the way they make marks all help to create their own unique images. We will learn about they make marks all help to create their own unique images from there. Students will

they make marks all help to create their own unique images. We will learn about they make marks all help to create their own unique images. We will learn about sketching and begin to create unique marks and images from there. Students will be using materials such as pencil, ink, pencil crayons and more!

Dates: October 28th, November 4th & 18th

Ages 5-7: Noon-1 pm

Cost: \$50









Ages 8+: 1:30-3:30 pm or 4-6 pm

Please call the AUR Motor Centre at 325-4671 to register.

at 325-46/1 to register.

MAXIMUM 6 STUDENTS PER CLASS so call today!

For questions, please email Nicole Manuel at nicole.rahim@gmail.com Visit on Facebook at Creative Minds Studio for Young Artists

Christmas Card-Making Workshop

Come join us for a cozy evening of festive card making, tea and coffee. Nicole Manuel will give you a lesson on how to draw several festive illustrations.

We will then use watercolours to brighten them up. You will complete a set of 5 + beautiful handmade Christmas cards, perfect for your loved ones! Nothing is better than a handmade card from the heart!



HOSTED BY THE

AUR Motor Centre

November 15th
6:30-8:30 PM
COST: \$45



COOKING

Participants will be taught the basic skills of preparing simple family meals, after-school snacks, and baking. Other topics that will be covered are kitchen safety, food handling and etiquette. Emphasis will be put on creating more healthy choices so that participants are instilled with healthy habits that will last a lifetime. Must pre-register by calling 325-4671. Spots are Limited!



Instructor: Kristy McCormack For more info, call Jill Dunnett 325-4307

To register, call 325-4671



YOUTH AGES 10+

Mondays 3:30-5:00 pm Nov. 12 - Dec. 10

YOUTH AGES 5-9

Thursdays 3:30-5:00 pm Nov. 15 - Dec. 13 Cost: \$60





For Ages 11 Years + (Jp

Date: January 28th & April 19th, 2019

Time: 9 am - 4 pm | Cost: \$45

Location: AUR Motor Centre

You will need: Doll/Teddy Bear and a lunch!

Our Canteen will also be open for lunch options.

✓ Basic first aid skills

✓ How to make the children's environment safe & enjoyable

How to handle emergencies with confidence

How to cope with common problems, like tantrums and Crying

✓ Other important child care skills

✓ Valuable tips for managing

your business

To register, please call the AYR Motor Centre at 325-4671







*Excluding Wednesdays SEE JUMPING BEANS INFO BELOW

Bring your little one in to play where creativity, energy and the development of physicial literacy are encouraged through active play. Preschoolers have the run of the gym. Play with balls and hoops, ride on toys and even a bouncy castle. Active play develops gross motor skills, strong muscles, and healthy hearts. *Parental participation is required.

10-11:30 am Wednesdays — Sept. 12-Dec. 12 A FREE program lead by the Valley Family Resource Centre for children up to age 5. Babies are welcome!



AUR Motor Centre

FIELD HOUSE



Instructor: **DAVE DICKINSON**

Come out and learn the basic skills of tennis! No experience necessary.

Please register in advance at the front reception.



SATURDAYS

8-14 years / 9-10 am 15 years + / 10-11 am

Oct. 20, 27 & Nov. 3

DROP-IN FEE: \$4 youth & senior / \$5 adult

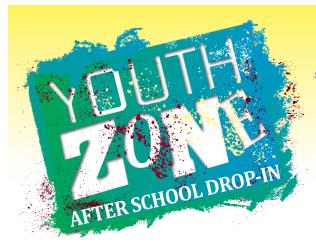


Woodstock Recreation & Community Services Department

325-4671 Check us out on the web!

www.woodstocknbrecreation.com

Rec Program Coordinator: jill.dunnett@town.woodstock.nb.ca



- Tchoukball
- Ping Pong
- Flag Football
- Socci Soccer
- Dodge Ball
- Ultimate Frisbee
- Scooter Ball Hockey
- Badminton
- Futsal
- Basketball



Motor Centre FIELD HOUSE

MONDAY to FRIDAY 3:15 - 5 pm

The Woodstock Rec Dept is offering this after school opportunity to get youth in GRADES 6-9 involved in a variety of activities. Lots of equipment will be available for sports and games with the focus on being active and spending time with friends!!

FREE Monday to Thursday

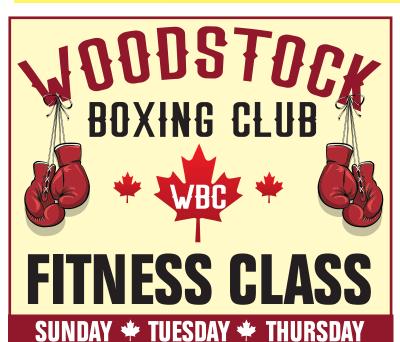
thanks to the generous support of





Fridays: \$4 / Drop-in Fee (Other payment options available.)

We don't do bored!



6:30 - 8 pmUR Motor Centre

\$8/CLASS

\$65/10-PUNCH CARD



VALLEY ADULT BOWLING



The Western Valley Recreation Association is providing our Adults over 50 the opportunity to come out and enjoy a morning of recreational bowling, as well as a social time with friends from around the river valley region.

OCTOBER 18TH **NOVEMBER 15TH DECEMBER 20TH**

10 am - 12 pm at the

FEBRUARY 21st MARCH 21st APRIL 18TH

MAY 16TH

Woodstock Bowlacade JANUARY 17TH



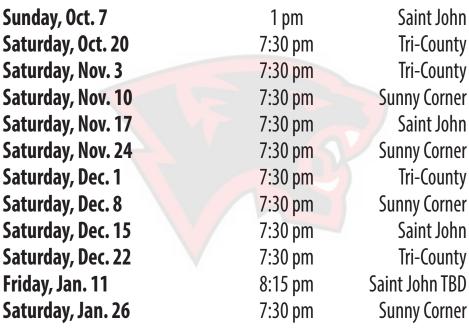
EVERYONE IS WELCOME!



Cost: \$5/person — includes bowling, shoes and light refreshments.

WESTERN VALLEY PANTHERS SCHEDULE

AUR Motor Centre



SEASON TICKETS ARE AVAILABLE TO PURCHASE AT THE AMC RECEPTION DESK \$50 / INDIVIDUAL \$125 / FAMILY OF 4





Programs available to help with overcoming financial barriers for Sport and Recreation within the Western Valley Region

Plaster Rock to Nackawic

Only allowed to apply to ONE of the following programs.



Connie Trecartin, Coordinator - 506.375.0814 Contact:

Deadline: First come, first serve

18 and Under Age:

Amount: \$300 per calendar year

Funding Caps: Ages 0-3 \$50 per activity (that is \$100 & under)

Ages 4-6 \$100 per activity (that is \$300 & under)

Ages 7-18 \$300 per activity

Guidelines: Funding for a recreation, sport or cultural program and who are not currently participating in

other paid recreation programs. It is not intended to supplement participation in more than one activity at a time. Application(s) cannot be receiving funding from other organizations or

foundations, etc.

Application: STEP 1: Apply "online only" to PRO Kids - www.wvra.ca

STEP 2: On the top bar, go to the PRO Kids tab

STEP 3: Click on the tab and click "About". This will bring up the guidelines for the application

process. Follow the instructions.

STEP 4: Once guidelines are ready, you can click on the bottom of this page "Click Here to

Apply" or go back up the PRO Kids tab and click "Application".

Deadline: Mid-January to Mid-November Up to \$300 per calendar year Amount:

Age: 4 to 18 year-olds

Guidelines: Funding available for any sustained program that lasts a

season. Funding must be for ongoing programs or

activities.

Application: http://jumpstart.canadiantire.ca/en





Hillary Pineau - programs@sportnb.com or 506-451-1320 Contact: **Deadlines:** January 31, May 1, September 1

Amount: \$200 per calendar year

18 and Under Age:

Guidelines: Sport activity must be recognized by Sport NB.

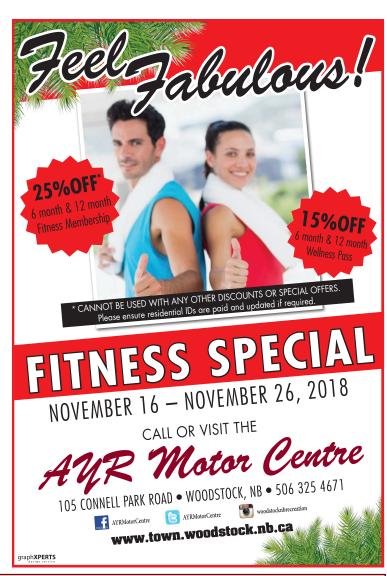
Funding is for registration and equipment fees. School Sports and travel are not eligible expenses.

Application: http://kidsportcanada.ca/new-brunswick or call

1-506-451-1320 or 1-888-KIDSPORT.









Coming Soon ...



Saturday, December 29th, 2018

LIVE MUSIC

in the Field House to
Celebrate the New Year a little early!
19+ Event

Monday, December 31st, 2018

FAMILY NEW YEAR'S EVE PARTY

6-8 pm



Strong. Fit. Healthy.

Nicole Manuel

Certified Personal Trainer Martial Arts Expert

email:

strong.fit.healthy.lifestyle@gmail.com **phone or text:**





Be strong. Stay fit. Live Healthy.