

105 Connell Park Rd, Woodstock, NB E7M 1M5

Tel: (506) 325-4671

town.woodstock.nb.ca •   

## ARENA SCHEDULE

*\*CSA Helmets are mandatory for everyone! A limited amount is available to sign out at reception*

### LITTLE SKATERS

Mon & Wed 10-11am

### ADULT SKATE

Mon, Tues, Wed, Fri 12-1pm

### AFTERSCHOOL SKATE

Mon, Wed, Thur 2:30-3:30pm

## FIELDHOUSE SCHEDULE

### ITTY BITTY (PRESCHOOL) & KIDS ZONE (K TO AGE 12)

**Monday - Friday, 8am-8pm** \*Check Fieldhouse Schedule online for times at <https://woodstock.maxgalaxy.net/> Youth/Sr. \$5, Adult \$6.

### RECREATIONAL PICKLE BALL

Mondays and Wednesdays 6:30-8pm, Tuesdays and Thursdays 1-3pm  
Bring your own paddle or some are available to borrow. All skill levels are welcome.

### RECREATIONAL BADMINTON Tuesdays 6-9pm

Bring your own racquet or some are available to borrow.

### WALKING TRACK

FREE - Open Mon-Fri 5am-10am; Sat-Sun 7am-10pm

### TIM HORTONS WELLNESS CENTRE

Various memberships and passes available to meet your needs.

### WALK-INS Monday - Friday, 4pm-10pm

A variety of equipment is available to play an activity of your choice.  
\*Check Fieldhouse Schedule online for times.

## AQUATIC FACILITY SCHEDULE

### LAP SWIM

(\$6) Mon-Fri: 6:45 -8:45 am & 12-1 pm

**EVENINGS:** Tues: 7:45 to 9 pm, Wed: 7:30 to 8:45 pm,

Thurs: 6:15 to 7:30 pm, Sun: 6:30 to 8 pm

### TOT SWIM

(\$6) Mon & Thurs: 10-10:30 am

### PUBLIC SWIM

Fri: 3:30-5 pm / Sat & Sun: 2:30-4 pm

### NEW! ADULT SWIM FOR HEALTH Tuesdays/Thursdays: 2:30-3:30pm

Drop-in: \$4 Opportunity for adults to learn how to swim, float, exercise, and socialize.

## BOBBY VAIL COMMUNITY OUTDOOR RINK

LOCATED IN THE LOWER PARKING OF AYR MOTOR CENTRE  
OPEN DAILY 8 AM- 9:45 PM

# March 2020

## AYR Motor Centre

### ACTIVITIES & EVENTS

#### SUNDAY, 1ST Free Public Swim Sponsored by Highlift Auto Services

2:30-4:00pm (Please note: Children 5yrs and under must be accompanied by an adult in the water, within arms reach at all times).

#### MONDAY, 2ND & WEDNESDAY, 4TH TUBE SLIDING

11:00am-5:30pm Departing the AMC at 11am. Transporting participants to E & P Senechal Centre for an afternoon of outdoor activity. Returning to AMC by 5:30pm. Registration: \$25; 16+ is \$30  
Helmets are mandatory, \$5 extra for rental. Bring brown bag lunch, water bottle and snacks.

#### TUESDAY, 3RD HALF-DAY ADVENTURE (BOWLING/SNOWSHOE/SWIM)

Drop-off available starting at 7:30am. For youth 8yrs+. Departing AMC at 8:15am to transport youth to the Woodstock Bowlacade. We'll then travel to a local trail to snowshoe through the woods followed by swimming at the AMC pool at 11am. Participants are asked to bring a brown bag lunch or use our canteen services. Pick-up at 1pm.  
Cost: \$20. Must register and make payment in advance.

#### WEDNESDAY, 4TH & FRIDAY, 6TH BABYSITTING COURSE

9am-4pm For youth ages 11 years and up. Learn how to make a child's environment safe and fun. Cost: \$45. Canteen facilities will be available or bring brown bag lunch and snacks. Must register and make payment in advance.

#### THURSDAY, 5TH SKIING/SNOWBOARDING AT CRABBE MOUNTAIN

For ages 8+. We're hitting the hill at Crabbe Mountain. Youth will enjoy a fun-filled day of bskiing or snowboarding. A lesson is mandatory if a participant has never been on skis or a snowboard previously. Helmets are mandatory at Crabbe Mountain. Cost: \$35-lift ticket, \$55-equip. rental & lift ticket. \*Lesson available at no extra cost but must be requested at the time of registration. Transportation is included. Must register in advance ... spots are limited.

#### THURSDAY, 5TH DJ SKATE

6:30-8pm Grab your skates and helmet and enjoy an evening of skating to some great tunes! Please remember, helmets are mandatory for everyone.

#### SATURDAY, 28TH GLOW SWIM

6:30-8:00pm Come swim in the dark as we light up the pool with Glow Buoys. Admission is \$6/each and includes a glow bracelet.

*\*Those 5yrs and under must have an adult 18+ in the water at arms-length at all times.*

#### FRIDAY, MAR 20TH THAT'S HOW WE ROLL' BOWLING AND BIG AXE BREWERY

Departing the AMC at 6pm, transporting participants to the Bowling alley in Nackawic. We'll end the evening with a visit to the local brewery, the Big Axe. Cost: \$30. Must register and make payment in



# PROGRAMS

**YOUNG CHEFS COOKING CLASS** Registration is now open!  
**Mondays, March 9, 16, 23, 30, April 6. 3:30-5pm for ages 10yrs+.**  
**Wednesdays, March 11, 18, 25, April 1, 8. 3:30-5:00pm for ages 5-9yrs.**  
 A 5-week program. 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. Participants will finish with their own personal cook book.  
 Cost: \$65/session. Must register in advance ... spots are limited.

**YOUTH ART CLASSES: AGES 8+ CHALK ART: BLACK & WHITE**  
**Dates: Sunday, March 8th, 15th, 22nd, 29th**  
**Cost: \$100 Time: 1:30pm- 3:30pm or 4pm-6pm**  
 Students will be working in chalks and learning about positive and negative space. It is a great way for students to approach art from a new perspective. We will be working on a series of projects using the concept of negative and positive space, or black and white. The possibilities are endless!

**EXPLORING COLOUR!**  
**Dates: Sunday, April 5th, 19th, 26th, May 3rd**  
**Cost: \$100 Time: 1:30pm- 3:30pm or 4pm-6pm**  
 Time to have some fun mixing and blending! Students will be using a variety of unique shapes and images to rediscover the pleasure in mixing and pairing colours. We will be reviewing the colour wheel and mixing techniques and then the fun will begin!

**TWO RIVERS TAEKWONDO**  
**Tuesday & Thursday Grade K-8 6-7pm; Adult (15+) 7:15-8:45pm**  
 \$40/month, \$60/family, \$6 for walk-ins. Teaches Self Defense, Discipline, Listening, Coordination, Focus and Speed.

**BOXING FITNESS CLASS**  
**Every Sunday, Tuesday and Thursday 6:30-8:00pm (\$8).**  
**10-punch cards are available. Are you a morning person?**  
**Try our Wednesday 6-7am class for only \$5.**  
 These classes are designed to target all ages and all fitness levels. Achieve the fitness and skill required in a purely recreational and social way. Participants will not only achieve a greater level of fitness but will gain confidence as well, training at your own level.

**WOMEN'S BOXING FITNESS CLASSES**  
**Saturdays 8:00-9:30am**  
 Benefits of boxing for Women: an effective full-body workout for women of all ages and stages of fitness. Not only does it give your muscles and heart a taxing workout, it also increases your stamina, speed, strength and coordination.

# INCLUSIVE ACTIVITIES & EVENTS

**DANCE PARTY FOR ADULTS WITH SPECIAL NEEDS**  
**Friday, March 13th. 5:30-7:30pm**  
 AMC Gallery Room. Theme: St. Patrick's Day  
 DJ John Allen entertaining. Refreshments provided. FREE event!

**INCLUSIVE SWIM**  
**Every Tuesday 3:30-4:30pm**  
 AMC Aquatic Facility. Drop-in fee \$4.

**INCLUSIVE MOVEMENT**  
**Mondays 10:00am-12:00pm, Wednesdays 1:00-3:00pm**  
 AMC Field House. Drop-in fee \$2.

## March Break Schedule

| SATURDAY, FEBRUARY 29 |                 |
|-----------------------|-----------------|
| POOL                  |                 |
| Public Swim           | 2:30pm - 4:00pm |
| Glow Swim             | 6:30pm - 8:00pm |
| INDOOR ARENA          |                 |
| Public Skate          | 3:30pm - 5:00pm |

| SUNDAY, MARCH 1 |                 |
|-----------------|-----------------|
| POOL            |                 |
| Public Swim     | 2:30pm - 4:00pm |
| INDOOR ARENA    |                 |
| Public Skate    | 3:30pm - 5:00pm |

| MONDAY, MARCH 2 |                           |
|-----------------|---------------------------|
| POOL            |                           |
| Public Swim     | 1:00pm - 2:30pm           |
| INDOOR ARENA    |                           |
| Little Skaters  | 10-11am (up to 6yrs. old) |
| Adult           | 12:00pm - 1:00pm          |
| Public Skate    | 3:00pm - 4:30pm           |

| TUESDAY, MARCH 3         |                  |
|--------------------------|------------------|
| POOL                     |                  |
| Public Swim              | 1:00pm - 2:30pm  |
| INDOOR ARENA             |                  |
| Adult Skate              | 12:00pm - 1:00pm |
| EVENT                    |                  |
| Bowling, Swim & Snowshoe | 8:00am - 12:00pm |

| WEDNESDAY, MARCH 4 |                           |
|--------------------|---------------------------|
| POOL               |                           |
| Public Swim        | 1:00pm - 2:30pm           |
| INDOOR ARENA       |                           |
| Little Skaters     | 10-11am (up to 6yrs. old) |
| Adult              | 12:00pm - 1:00pm          |
| Public Skate       | 3:00pm - 4:30pm           |
| EVENT              |                           |
| Tubing Day Trip    | (Ages 8+)                 |

| THURSDAY, MARCH 5 |                 |
|-------------------|-----------------|
| POOL              |                 |
| Public Swim       | 1:00pm - 2:30pm |
| INDOOR ARENA      |                 |
| Public Skate      | 3:00pm - 4:30pm |
| Family Glow Skate | 6:30pm - 8:00pm |

| FRIDAY, MARCH 6 |                  |
|-----------------|------------------|
| POOL            |                  |
| Public Swim     | 3:30pm - 5:00pm  |
| INDOOR ARENA    |                  |
| Adult Skate     | 12:00pm - 1:00pm |

| SATURDAY, MARCH 7 |                 |
|-------------------|-----------------|
| POOL              |                 |
| Public Swim       | 2:30pm - 4:00pm |
| INDOOR ARENA      |                 |
| Public Skate      | 3:30pm - 5:00pm |

| SUNDAY, MARCH 8 |                 |
|-----------------|-----------------|
| POOL            |                 |
| Public Swim     | 2:30pm - 4:00pm |
| INDOOR ARENA    |                 |
| Public Skate    | 3:30pm - 5:00pm |

**POOL RATES**  
 Under 6 Free, Youth \$5,  
 Adult \$6, Family of 4 (\$12)  
*Anyone under the age of 6 years of age must be accompanied by an ADULT in the Water.*

**PUBLIC SKATE RATES**  
 Under 6 Free, Youth \$5, Adult \$6,  
 Family of 4 (\$12), Senior \$5

**LITTLE SKATERS**  
 Under 6 Free, Adult \$6

## Lifesaving Society Swim Lessons

Watch for details of our Spring Session. Scheduled to begin in April.