



# BRESLAU COMMUNITY NEWS

## BRESLAU.ORG

Spring 2011

### UPCOMING EVENTS

Program Registration

Tuesday, March 1st, 7:00-8:00 PM & Saturday, March 5th, 9:30-11:00 AM

Optimist Fundraiser Dinner

Saturday, March 26th  
6:00 PM

Community Breakfast

Sunday, April 10th  
8:30-12:30 PM

Community Trail Walk

Sunday, April 10th  
2:00 PM

Community Clean-Up

Saturday, April 30th  
8:30 AM

Merchants Hall of Fame Induction

Sunday, May 15th  
Doon Heritage Crossroads Museum  
2:00-4:30 PM

Steak Fry Dinner

Saturday, June 11th  
6:00 PM

Family Fun Day

Saturday, June 18th

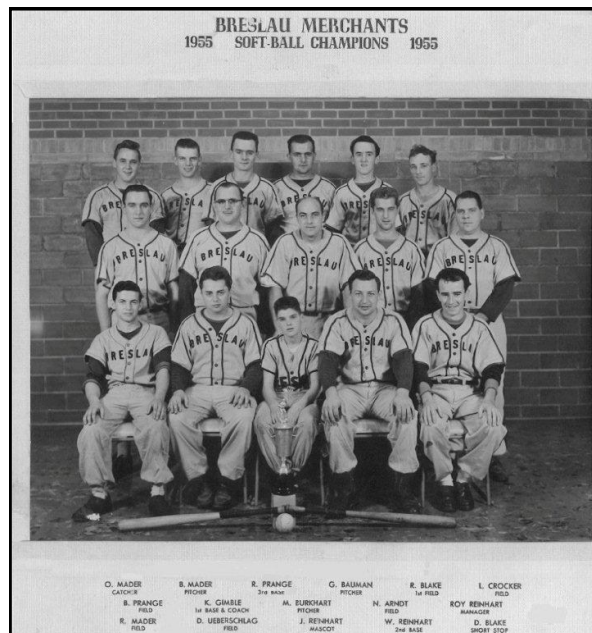
Program Registration for all Spring Programs:

**Tuesday, March 1st, 7:00-8:00 PM &  
Saturday, March 5th, 9:30-11:00 AM at the  
Breslau Community Centre (BCC)**

See page 5 for more details and a complete program listing.

## BRESLAU MERCHANTS MAKING HISTORY

The Breslau Merchants Softball team will be inducted into the Waterloo Region Hall of Fame at Doon Heritage Crossroads Museum on May 15th, 2011 from 2:00-4:30 PM, including a reception. Breslau played in the North Waterloo Rural Softball League which started in 1931 and ran for 60 years; the oldest continuous organized Softball league in Canada. The Merchants were the league champions in 1945, 1948 and for 10 years from 1951 until 1960. They also won in 1971, 1972 and 1978.



O. MADER CATCHER  
B. MADER PITCHER  
R. PRANCE 3rd BASE  
E. CRIBBLE 1st BASE & COACH  
D. UBERSCHLAG FIELD  
G. BAUMANN PITCHER  
AL. EUBACHART PITCHER  
J. RENHART MANAGER  
R. BLAKE 1st FIELD  
N. AINDET FIELD  
W. RENHART 2nd BASE  
L. CROCKER FIELD  
ROY RENHART MANAGER  
D. BLAKE SHORT STOP

### 1955 Champs: Breslau Merchants

and only orthodox pitching was allowed. The pitcher could legally balk or play a

hidden ball trick. Lead-offs were also a part of the game. All players had to be residents or employed in the community in which they played as of May 1st. Several brothers and cousins played on the team. Often crowds at play-off time would exceed 500 people! We would like to contact players of the Merchant Softball teams for the induction presentation as well as obtain copies of any team pictures you may have. Please

contact Iva Mader at (519) 648-2332 or [bimader@sympatico.ca](mailto:bimader@sympatico.ca).  
- Courtesy of Iva Mader

This was an "outlaw" league

### INSIDE THIS ISSUE

<i>Merchants Make History</i>	1
<i>Rink in the Park</i>	1
<i>Letter from the President</i>	2
<i>The Big Bad Musical</i>	2
<i>Camp Comes to Breslau</i>	3
<i>Upcoming Events</i>	4
<i>Spring Program Listing</i>	5

## SKATING RINK AT BRESLAU MEMORIAL PARK

A huge thank you to Tim Dyck for creating a fantastic skating rink at Breslau Memorial Park. Tim has dedicated countless hours to ensure that the ice is in great condi-

tion for all of its skaters! Thank you as well to those individuals who have joined Tim to keep the rink shovelled and flooded. Lastly, thank you so much to Empire Com-

munities for donating the board materials to make the rink. It is this type of generous community spirit that makes Breslau a great place to live and play!

## Soccer, Blastball & T-Ball REGISTRATION



Missed the registration for youth Soccer, Blastball and T-Ball?

### IT'S NOT TOO LATE!!!

You can still register for Soccer at [woolwichyouthsoccer.ca](http://woolwichyouthsoccer.ca)

For Blastball and T-Ball late registration contact [Vanessa@breslau.org](mailto:Vanessa@breslau.org)



Be sure to check out our young athletes this summer on the fields at Breslau Memorial Park and at the diamond at Breslau P.S.

## LETTER FROM THE PRESIDENT

Happy New Year Breslau!

Winter is in full swing, allowing us to thoroughly enjoy the "Rink in the Park". If you have not been yet, you are missing a great time and great ice.

Spring is around the corner, yes, I know it is hard to think about as you look outside, but for us on the Rec. Association,

Spring has been on our mind for some time. We are working on more community events this year with the help of Empire Community Homes. Our goal is to get everyone

**We Need YOU!**  
Looking for volunteers for community breakfast and dinner events!  
Contact [info@breslau.org](mailto:info@breslau.org)

out for some fun and 'get to know your neighbour' activities.

Come out to one of our community events, introduce yourself and know that we are striving to continue to make Breslau a great place to live and play.

Lisa Nadon

## BRESLAU PUBLIC SCHOOL

**GET YOUR GROOVE ON:** A black and white glow-in-the-dark fundraising dance-a-thon will be held at Breslau Public School for students on February 16th, 2011. Money raised will go toward replacing the stage curtains, for theatrical productions at the school as well as supporting the library, music department and class trips. Get ready to move and groove!



**A Howling Courtroom Comedy**

Rehearsals will begin shortly for this year's musical. Over seventy students signed up for auditions with many more volunteering backstage. The show is sure to be a crowd-pleaser as the jury - the audience - must decide the out-

come of the biggest trial ever in the fairytale world! The notorious Big Bad Wolf is being hit with a class-action lawsuit by storybooks of quirky characters who want to get even: Little Red Riding Hood, her Grandmother, the Three Little Pigs and the Shepherd in charge of the Boy Who Cried Wolf. This wickedly funny musical is great for audiences of any age - catch a performance this May!

## BRESLAU CELEBRATES CHRISTMAS!

The community had much to celebrate this holiday season beginning with "Christmas in Breslau: A Community Christmas Event" on December 12th. Attendees were treated to a delicious chilli dinner followed by an evening of



Chili Dinner

wonderful singing and a story from Santa Claus! Thank you to all of the volunteers from the Breslau Evangelical Missionary Church and the Breslau Recreation Association for hosting such a successful event! The offering that was collected on behalf of Rehoboth Children's Village, an HIV/AIDS Orphanage in South Africa, totalled \$255.14.

Area residents were also lucky enough to spot Santa Claus on December 19th as he cruised through Maryhill, Bloomingdale and Breslau, led by the Maryhill Fire Department. Thanks South Woolwich Optimist Club for coordinating this exciting event!

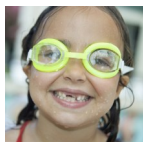


Members of BEMC Choir

WHERE IN THE EMPIRE DO YOU WANT TO LIVE?

[empirecommunities.com](http://empirecommunities.com)





## SUMMER PLAYGROUND PROGRAM COMES TO BRESLAU!



This summer, area residents will need to look no further than their own backyards to partake in an excellent camp experience as the Woolwich Summer Playground Program is coming to the Breslau Community Centre! We are excited to offer this program which includes arts, crafts, games, field trips and special events!

The camp will run daily for 7 weeks from 9:00 AM - 4:00 PM with supervised drop-off from 8:00-9:00 AM and pick-up from 4:00-5:00 PM.



**Sunshine Club:** Ages 5-6  
**Summer Fun:** Ages 7-9  
**Sports & Leisure:** Ages 10-12

July: 4-8; 11-15; 18-22 and 25-29.

August: 2-5 (No program Aug. 1<sup>st</sup>); 8-12 and 15-19.

\$162\*/week (\*rates under review and subject to change)

Register at the BRA's Spring Registration: Tues. Mar. 1<sup>st</sup>: 7-8 PM & Sat. Mar. 5<sup>th</sup>: 9:30-11 AM

**NOTE: Please bring a separate form of payment for the Summer Playground Program. Cheques payable to Township of Woolwich.**

Registration is also available online at [Woolwich.ca](http://Woolwich.ca) as of April 8<sup>th</sup>, 2011. For more information, please contact Dave Ruetz, Recreation Programs Manager, at: (519) 669-6047.

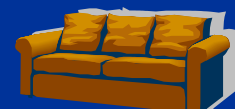
## NEEDS AND WANTS

We are looking for the following donations:

- ◆ Bookcases
- ◆ Vacuum
- ◆ Coffee Table
- ◆ Couch
- ◆ Chair(s)
- ◆ Table/Stand Lamp(s)
- ◆ Craft Supplies
- ◆ Storage Bins
- ◆ Basic Hand Tools (i.e. Hammer)
- ◆ Locking Filing Cabinet

If you are able to donate any of the above items, please contact [info@breslau.org](mailto:info@breslau.org)

**Thank you very much to everyone that has already donated items!**

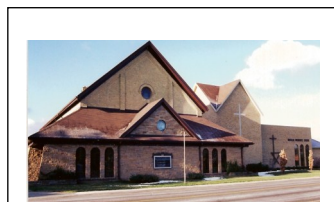


### OOPS!

We missed recognizing a few "Needs and Wants" committee members in our last newsletter: MANY THANKS to Eleanor McKee and Patti Burton for all of your hard work and dedication!

## GET TO KNOW YOUR NEIGHBOUR: BRESLAU MENNONITE CHURCH

Breslau Mennonite Church (BMC) is as old as this community. The church started in its present locality likely in 1815 when the Cressmans arrived from Pennsylvania. Some of the upcoming and ongoing events include:



Breslau Mennonite Church

- ◆ Creative Hands Quilting Group (meets on the first and third Mondays at 7:00 PM); they work on comforters for Mennonite Central Committee and hand quilting for congregational gift quilts.
- ◆ Sr. Youth serve at the Out of the Cold program in Kitchener the third Monday of the winter months. Next date will be February 21<sup>st</sup>.

- ◆ Shuffleboard (gym) every other Monday at 1:30 PM. Upcoming dates are Feb. 7<sup>th</sup> & 21<sup>st</sup>.
- ◆ Stuffed Baked Potato Lunch Fundraiser for House of Friendship is on Sunday, Feb. 13<sup>th</sup>.
- ◆ WALC Exercise Classes for seniors 55+ meets every Thursday from 9:30-10:30 AM (gym).

- ◆ Parents & Tots Program run by the YMCA Ontario Early Years Centre each Wednesday morning from 9:00-11:00 AM.
- ◆ Breslau Bloomingdale Maryhill Band practices every Monday evening in the downstairs fellowship hall.

BMC's worship services are held at 9:45 AM Sunday mornings followed by Sunday School classes for all ages (age 2 to adult) at 11:00 AM. The pastors are Darrel Toews and Darren Kropf. Visit [breslaumennonitechurch.ca](http://breslaumennonitechurch.ca) for past sermons and Darren's blog. Contact us at (519) 648-2501 or [office@breslaumennonitechurch.ca](mailto:office@breslaumennonitechurch.ca)



- ◆ HEATING
- ◆ COOLING
- ◆ GEOTHERMAL
- ◆ HYDRONICS

### Did you know

Indoor air is 100 times more polluted than outdoor air? Although we all want higher insulation values and tighter homes for better energy efficiency, most people are unaware that this can cause excess humidity and poor indoor air quality. HRV's are an excellent way to improve indoor air quality when combined with other indoor air products. Stop by our showroom or go to our website to find out how air cleaners, humidifiers and HRV/ERV's can dramatically improve your indoor air quality. Better indoor air quality will increase home comfort and reduce dust!

Visit us at 92 Woolwich St. S. Breslau, ON N0B 1M0; (519) 648-2222 or [www.brcmechanical.com](http://www.brcmechanical.com).

## GENERAL INFO

Lisa Nadon, President  
519-648-9675  
info@breslau.org

## RENTALS

### Park & Ball Diamond

Jim Burton  
519-648-2469

### Soccer Pitch

Lisa Nadon  
519-648-9675

### Hall

David Tidd  
519-501-9540



Find us on  
**Facebook**

If you would like to see us put something in the next Newsletter, please contact:  
Melissa Cowburn at  
info@breslau.org



The Breslau Recreation Association (BRA) operates as a service to the community and coordinates services for the park, sports fields and Community Centre.

The Breslau Recreation Association is affiliated with the Township of Woolwich.



TOWNSHIP OF  
WOOLWICH

## UPCOMING EVENTS

### BREAKFAST & TRAIL WALK:

Come out to the Breslau Community Centre (BCC) for a delicious community breakfast on Sunday, April 10th and then burn off those calories in the afternoon by joining Lisa to explore Hopewell Trail in Breslau from 2:00-4:00 PM. Please dress for possible wet, rainy weather and meet Lisa in the parking

lot near the Mill Pond located at 2 Woolwich Street S.; just south of Victoria Street.

### OPTIMIST FUNDRAISER DINNER:

The South Woolwich Optimist Club will hold their annual fundraiser dinner at 6:00 PM on Saturday, March 26th at the Community Centre. It will likely be a beef dinner. Check Breslau.org closer to the date for more details!

### STEAK FRY DINNER:

The Breslau Recreation Association will host a community Steak Fry Dinner on Saturday, June 11th.

**CLEAN-UP DAY:** Come out and help to do some spring clean-

ing to our green spaces. Meet at 8:30 AM at the BCC for a morning of beautifying our community.

### FAMILY FUN DAY:

The annual Family Fun Day at Breslau Memorial Park is on Saturday, June 18th. Be sure to mark your calendars - you won't want to miss it!

### Do you have a GREEN THUMB?

We're looking for a gardening committee and coordinator to help beautify our community.

Email info@breslau.org



### THANK YOU ...

to Herb Nickel from Breslau Service Centre for the donation to the Newsletter. Your generosity is appreciated!

**Breslau Service Centre**  
122 Woolwich St.  
Breslau, ON NOB 1M0  
(519) 648-2241

## FUN FACTS, FINDS & FAMILY ACTIVITIES

### DID YOU KNOW...

...The first railway line built in Waterloo Township was a main line of the Grand Trunk Railway from Toronto. It was laid in 1856 and had three main stops: Shantz Station, Breslau and Berlin (Kitchener).

...Breslau has been home to four hockey stick factories which helped to make it the "Hockey Stick Capital of Canada".

...The founder of Zellers, Walter Philip Zeller, was born in Breslau.

...That the Safety- Kleen Public Liaison Committee (PLC) meets quarterly to improve communication between Safety-Kleen and the communities of Breslau and Kitchener East. For more information, please refer to [www.safety-kleen.com](http://www.safety-kleen.com) or contact Mike Puersten, Plant Manager at [mike.puersten@safety-kleen.com](mailto:mike.puersten@safety-kleen.com) or PLC Chair, Patrick McDonald at [Patrick@psmcd.net](mailto:Patrick@psmcd.net).

### FUN, FAMILY ACTIVITIES!

Spring is around the corner and here are 5 ideas to embrace the great outdoors!

- ◆ Fish on the Grand River
- ◆ Go frog catching at the catchment ponds
- ◆ Go for a family bike ride
- ◆ Go geocaching
- ◆ Partake in the Hopewell Heights Trail Walk on Apr. 10th (see page 4 for details)

Visit <http://healthywoolwich.org> for more ways to get active!



### Breslau Animal Hospital Welcomes You!

2057 Victoria St. N, Unit 3 (HWY 7)  
Just east of Kitchener city limits on South side of the road  
Phone: 519-648-9PET (9738)  
[www.doc4spot.com](http://www.doc4spot.com)





# SPRING PROGRAMS 2011

## BRESLAU.ORG



Program Registration for all Spring Programs:

**Tuesday, March 1st, 7:00-8:00 PM &  
Saturday, March 5th, 9:30-11:00 AM at the  
Breslau Community Centre (BCC)**

- \* All sessions are 8 weeks (unless otherwise noted); done on a first-come, first-served basis
- \* All programs have limited spaces; may be cancelled if registration is insufficient and may be subject to change in date, time and fee
- \* Participants under 18 years old require a parent/guardian signature at registration
- \* Please print and complete registration form at Breslau.org and bring to registration night; must be completed **IN FULL** to be accepted
- \* Methods of Payment: Cash or Cheque ONLY (Post-dated cheques will NOT be accepted)
- \* **Cheques payable to Breslau Recreation Association**
- \* Your privacy is important to us; information is only used for administration of Recreation Association programs and events
- \* If you are unable to attend either date, registration forms and cheques **MUST** be received by Lisa Nadon at 139 Horseshoe Crescent, Breslau, ON NOB 1M0 by **Saturday, March 5th** to ensure your spot in the program

**Please Note:** During inclement weather, if the school boards have closed the schools, then the Breslau Recreation Association programs will be CANCELLED. School closures will be announced on 96.7 CHYM FM or 105.3 KOOL FM. The Centre will be closed for the Easter (April 22-25) and Victoria Day (May 21-23) weekends.

## PRESCHOOL PROGRAMS

PROGRAM	AGE	DAY	TIME	DATES	COST
<b>COOPERATIVE PLAYGROUP:</b> Parents and children come out and socialize! Enjoy a cup of coffee, and play with toys and equipment, make some crafts and sing some songs. <b>(No program Apr. 22)</b>	0-5	Friday	9:30-11:30am	Mar. 25- June 17	\$20/12 wks; \$5 additional children
<b>EARLY DANCE:</b> Come jump around, learn basic dance moves, play cool games, groove to the beat, and HAVE FUN!! Instructor: To be determined. <b>(No program Apr. 23 &amp; May 21)</b>	3-6	Saturday	9:30-10:00am	Mar. 26- May 28	\$30/8 wks
<b>PRESCHOOL STORYTIME:</b> The Region of Waterloo Library will be hosting themed Storytime for Valentine's, St. Patrick's, Easter and Mother's Days! The program is designed for 3-5 year olds but younger siblings/families are welcome. <b>(Fireplace Room)</b>	3-5 (younger children welcome)	Thursday	10:00-10:45am	Feb. 10; Mar. 10; Apr. 21; May 5	Free
<b>RHYTHM &amp; MUSIC:</b> Come join us having fun making music with your child. Mixed-age classes - perfect for siblings to attend together! Sasha Judelson from Great Lakes Music Together will lead the class, full of songs, instruments, chants, movement and music. Join us and help your child to develop musically, as well as socially, emotionally and cognitively. Space is limited. <b>(Fireplace Room)</b>	Parent & Child(ren) (Infant-6)	Thursday	3:00-3:45pm	Mar. 24- May 12	\$60/8 wks; \$40 additional children

# YOUTH PROGRAMS

PROGRAM	AGE	DAY	TIME	DATES	COST
<b>BALL HOCKEY:</b> Portion of session devoted to skills development followed by a game of shinny. Instructor: To be determined.	5-7	Tuesday	6:00-7:00pm	Mar. 22-May 10	\$35/8 wks
<b>BIG BUDDIES:</b> Books and games designed to help kids get ahead with reading. Kids will move through a selection of games and activities at their own pace and level. Kids are welcome to bring their reading books and logs from school as well as spelling or sight words for the week for extra help. (JK - Gr. 3) Instructor: Taryn. <b>(Fireplace Room)</b>	JK-Grade 3	Thursday	6:30-7:30pm	Mar. 24-June 9	Free
<b>CHESS:</b> Join in with this all-ages group and hone your chess playing skills. Chess is a unique game in which age is not a barrier. Both adults and kids can join in and help each other out or just play some games together in a positive environment. Instructor: Patrick. <b>(Fireplace Room)</b>	All Ages	Wednesday	6:30-7:30pm	Mar. 23-June 8	\$20/12 wks
<b>HIP HOP (5-7):</b> An introduction to Hip Hop to learn coordination, rhythm, how to groove to the beat, and organized dance. Instructor: To be determined. <b>(No program Apr. 23 &amp; May 21)</b>	5-7	Saturday	10:00-10:45am	Mar. 26-May 28	\$35/8 wks
<b>HIP HOP (8-12):</b> An introduction to Hip Hop to learn coordination, rhythm, how to groove to the beat, and organized dance. Instructor: To be determined. <b>(No program Apr. 23 &amp; May 21)</b>	8-12	Saturday	10:45-11:30am	Mar. 26-May 28	\$35/8 wks
<b>KARATE (ALL AGES):</b> Join instructor Sensei Mary David, 4th Degree Black Belt, to learn the style of Goju Ryu Karate, one of the few styles recognized by the World Karate Federation. Instructor: Mary.	All Ages	Thursday	5:30-6:25pm	Mar. 24-May 12	\$45/8 wks
<b>MULTI-MEDIA ART CLASS:</b> Come explore the amazing world of art with a variety of creative art supplies. Enhance your child's creativity and self-expression through art. Instructor: Ana. <b>(Fireplace Room; No program Apr. 23 &amp; May 21)</b>	6-10	Saturday	11:00am-12:15pm	Mar. 26-May 28	\$35/8 wks
<b>SUMMER PLAYGROUND PROGRAM:</b> The Township of Woolwich is running their Summer Playground Program at the BCC! Arts, crafts, games, field trips, special guests and extended drop-off/pick-up hours. Offered for 7 weeks. <b>Register at March Program Registration dates; separate form of payment needed as cheques payable to Township of Woolwich. (No program Aug. 1)</b>	5-6; 7-9 & 10-12	Monday-Friday	9:00am-4:00pm (drop-off 8-9am & pick-up 4-5pm)	July: 4-8; 11-15; 18-22 & 25-29 Aug: 2-5; 8-12 & 15-19	\$162/wk* (*rates are under review; subject to change)
<b>YOUTH GROUP:</b> Come out and enjoy the fun, games, sports, snacks and an introduction to God. Host: Sam, Youth Pastor at BEMC.	Grade 6-8	Tuesday	7:00-8:30pm	May 22-June 7	Free



## PARTICIPANT SICKNESS POLICY

If you or your kids are sick or not right,  
Please **STAY** at home for the day and the night!  
Return to programs when all are feeling well,  
If you follow our policy, that would be swell!

# ADULT PROGRAMS

PROGRAM	DAY	TIME	DATES	COST
<b>ADULT (19+) CO-ED BEACH VOLLEYBALL (REC/NON-COMPETITIVE):</b> Come out and join us for some fun. 6 on 6 traditional style game; self-officiated. Played at the beach courts at Breslau Memorial Park. Registration starts Apr. 1-May 31 via Breslau.org. Coordinator: Sherri Benki - H:(519) 648-3467 - C:(519) 404-4760 - sherriben-	Any Day of the Week (Dependent on # of teams)	6:30-8:00pm OR 8:00-9:30pm	June 5-Sep. 11	\$50/individual OR \$400/team of up to 8 players (12 games)
<b>MEN'S BALL HOCKEY:</b> Drop-in for a game of recreational ball hockey. Plastic blade sticks required. Coordinator: Jeff.	Thursday	8:30-10:00pm	Mar. 24-May 12	\$5/wk;8 wks
<b>MEN'S BASKETBALL:</b> Drop-in for a weekly game of pick-up basketball. Coordinator: Peter. <b>(No program Apr. 23)</b>	Monday	8:45-10:15pm	Mar. 21-May 16	\$5/wk;8 wks
<b>BOOK CLUB:</b> Meets the first Tuesday of the month at 7:00pm. All book lovers welcome. Check Facebook (under "Notes") for up-to-date reading selections. Coordinator: Taryn. <b>(Fireplace Room)</b>	First Tuesday of the Month	7:00pm	Apr. 5	Free
<b>CHESS:</b> Join in with this all-ages group and hone your chess playing skills. Chess is a unique game in which age is not a barrier. Both adults and kids can join in and help each other out or just play some games together in a positive environment. Instructor: Patrick. <b>(Fireplace Room)</b>	Wednesday	6:30-7:30pm	Mar. 23-June 8	\$20/12 wks
<b>KARATE (ALL AGES):</b> Join instructor Sensei Mary David, 4th Degree Black Belt, to learn the style of Goju Ryu Karate, one of the few styles recognized by the World Karate Federation. Instructor: Mary.	Thursday	5:30-6:25pm	Mar. 24-May 12	\$45/8 wks
<b>PHOTO GROUP:</b> Share your passion for photography with like-minded individuals. Share ideas on photo composition, tips on getting the right shot, information about post-processing your digital images. This group is facilitated by Patrick McDonald, whose background includes Photo Arts at Ryerson, Professional photography and he is currently a network, colour and application specialist with Xerox. <b>(Fireplace Room)</b>	Wednesday	8:00-9:00pm	Mar. 23-June 8	\$20/12 wks

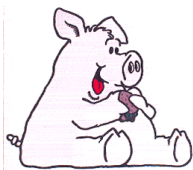
## FITNESS

**Note:** For all fitness classes, please download the [Par-Q form](#) from Breslau.org and bring the completed form to your first class (unless you handed in the form during the Winter session). If you handed the form in during the Winter session but your health has changed, you also need to hand in an updated Par-Q form. Thank you!

PROGRAM	DAY	TIME	DATES	COST
<b>BLT:</b> This fitness class has no cardio, but instead focuses on the <b>BUTT, LEGS, and THIGHS</b> , using a variety of exercises/resistance training. Instructor: Deb. <b>(No program Apr. 23 &amp; May 21)</b>	Saturday	10:00-10:45am	Mar. 26-June 11	\$35/10 wks
<b>BOOTCAMP:</b> Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you are after. Instructor: Deb. <b>(No program Apr. 25 &amp; May 23)</b>	Monday	7:30-8:30pm	Mar. 21-June 6	\$50/10 wks
<b>BOOTCAMP:</b> Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you are after. Instructor: Deb.	Thursday	7:00-8:00pm	Mar. 24-June 9	\$60/12 wks
<b>CORE ABS:</b> This 30 minute class is sure to strengthen your abdominals and lower back. A great core workout! All levels. Instructor: Deb. <b>(No program Apr. 25 &amp; May 23)</b>	Monday	7:00-7:30pm	Mar. 21-June 6	\$25/10 wks
<b>CORE ABS:</b> This 30 minute class is sure to strengthen your abdominals and lower back. A great core workout! All levels. Instructor: Deb.	Thursday	6:30-7:00pm	Mar. 24-June 9	\$30/12 wks

# FITNESS (CONTINUED FROM PREVIOUS PAGE)

PROGRAM	DAY	TIME	DATES	COST
<b>RUNNING: LEARN TO RUN CLUB:</b> A progressive learn-to-run training program including health and nutrition information sessions. Instructor: Jessica.	Tuesday	6:30-7:30pm	Mar. 22-May 17	\$40/8 wks
<b>RUNNING: 5-10 KM CLUB:</b> Stay motivated with this 5-10km training program that will keep you fit. Instructor: Jessica.	Thursday	6:30-7:30pm	Mar. 24-May 19	\$40/8 wks
<b>RUNNING: OPEN RUN CLUB:</b> Begin the weekend on the right foot. All runners welcome for this open run. Instructor: Jessica. <b>(No program Apr. 23 &amp; May 21)</b>	Saturday	9:00-10:00am	Mar. 26-May 28	\$40/8 wks
<b>POST-NATAL AEROBICS:</b> This fitness class is designed with the new mom in mind. Come meet other moms while exercising with your baby! Instructor: Lynda. <b>(No program Mar. 29)</b>	Tuesday	10:30-11:25am	Mar. 22-May 17	\$40/8 wks
<b>SWEAT 'N' SCULPT:</b> Elevate your heart rate as you tone and sculpt your muscles. This class combines low impact aerobics with muscular conditioning to blast calories. Instructor: Deb. <b>(No program Apr. 23 &amp; May 21)</b>	Saturday	9:00-10:00am	Mar. 26-June 11	\$50/10 wks
<b>TAI-CHI AND 15 MINUTES TO HEALTH (LEVEL I):</b> This class focuses on short and easy to learn exercises, empowering everyone to develop a rewarding 15 minutes daily program for health and stress relief. The core principles of the "15 Minutes to Health" program are detailed out and applied to QiGong, meridian stretching, and Tai-Chi. No prior fitness or Tai-Chi experience required. More information at: <a href="http://www.LeShiatsu.com">www.LeShiatsu.com</a> . Instructor: Patricia. Note: 10 week program; begins May 4.	Wednesday	7:00-8:00pm	May 4-July 6	\$75/10 wks
<b>TAI-CHI AND 15 MINUTES TO HEALTH (LEVEL II, PART B):</b> Intermediate students will learn the most practiced Tai-Chi form in the world: the Yang style 24 postures form. The second half of the form will be detailed out, to continue from Part A's practice. The instruction style remains the same: enjoyable warm-up exercises, drills to break down key principles, and lots of practice. Preferably for people who attended Level I a couple of times or more, however beginners are also welcome at any time. More information at: <a href="http://www.LeShiatsu.com">www.LeShiatsu.com</a> . Instructor: Patricia. Note: 10 week program; begins May 4.	Wednesday	5:30-6:30pm	May 4-July 6	\$75/10 wks
<b>YOGA: BEGINNER'S CLASS:</b> In this introductory class you will explore the basic foundation, alignment and stability elements of yoga asana. Instruction in awareness and the breath will also allow you to explore the mind/body connection that is integral to this practice. Please wear clothing that is comfortable enough for you to move freely in. Instructor: Peggy. <b>(No program Apr. 6)</b>	Wednesday	6:00-7:15pm	Mar. 23-May 18	\$55/8 wks
<b>YOGA: LEVEL 1 CLASS: Important:</b> there is a prerequisite for this course. You must have attended the Beginner's Class to be able to register for this class. Continuing with the blend of the alignment principle of Iyengar Yoga with the flow and vigour of Ashtanga Yoga, we will explore further refinements of familiar poses, as well as opening to experience new ones. You will gain a deeper understanding of the mechanics of yoga poses, get sweaty, work hard and have fun! Instructor: Peggy. <b>(No program Apr. 6)</b>	Wednesday	7:30-8:45pm	Mar. 23-May 18	\$55/8 wks
<b>ZUMBA:</b> Get your heart rate up and have some fun in this aerobic class inspired by Latin rhythms. Instructor: Sophie. <b>(No program Apr. 25)</b>	Monday	6:00-6:50pm	Mar. 21-May 16	\$45/8 wks
<b>ZUMBA GOLD:</b> This introductory Zumba class is designed for beginners and seniors. Move to the Latin beat while you burn calories, stay active and have fun! Instructor: Lynda. <b>(No program Mar. 29)</b>	Tuesday	11:35am-12:30pm	Mar. 22-May 17	\$45/8 wks



## Dettweiler's Sausage

2057 Victoria St. N. (at Woolwich)

Our Store is around back!

Pepperettes

100% Pure Pork Sausage

(no nitrates or fillers!)

Summer Sausage, Burgers