



# BRESLAU COMMUNITY NEWS

## BRESLAU.ORG

Breslau Community Centre: 100 Andover Drive, Breslau, ON N0B 1M0 (519) 648-9524

Winter 2012

### UPCOMING EVENTS

#### Free "PJ's and Teddy Bear" Rhythm and Music Class

Tuesday, Nov. 29th  
6:30-7:00PM

#### Free Rhythm and Music Class

Thursday, Dec. 1st  
12:00-12:45PM

#### Winter Program Registration

**ONLINE:** beginning Thursday, Dec. 1st  
9:00AM and/or

**IN-PERSON:** Thursday,  
Dec. 1st 6:30-8:00PM &  
Saturday, Dec. 3rd 10:30AM-  
12:00PM

#### Community Breakfast

Sunday, Dec. 4th  
8:30AM-12:30PM  
(\$6/person; 4 & under free)

#### Christmas in Breslau

Sunday, Dec. 11th  
Dinner 5:30PM; Program 6:30PM  
(\$6/person; 4 & under free)

#### Santa Claus Cruise

Sunday, Dec. 18th  
Begins in Maryhill at 4:30PM; contin-  
ues to Bloomingdale and then Breslau

#### Blastball, T-Ball and Soccer Registration

**ONLINE:** beginning Thursday, Jan.  
26th, 9:00AM and/or  
**IN-PERSON:** Thursday, Jan. 26th,  
6:30-8:00PM & Saturday,  
Jan. 28th, 10:30AM-12:00PM

#### Winterfest Weekend

Saturday, Feb. 11th &  
Sunday, Feb. 12th  
Visit [Breslau.org](http://Breslau.org) for more details

#### Community Breakfast

Sunday, Feb. 12th  
8:30AM-12:30PM  
(\$6/person; 4 & under free)

Program Registration for all Winter Programs:

**ONLINE:** beginning Thursday, December 1st, 9:00AM and/or

**IN-PERSON:** Thursday, December 1st, 6:30-8:00PM &

Saturday, December 3rd, 10:30AM-12:00PM at the  
Breslau Community Centre (BCC)

See page 7 for more details and a complete program listing.

## HELP SHAPE THE COMMUNITY

In just a few short years, the Breslau Recreation Association's (B.R.A.) duties have gone from organizing a couple of community events each year and maintaining Breslau Memorial Park to developing, managing and facilitating registration for over 50 programs at the Breslau Community Centre (BCC), executing quarterly community breakfasts, and hosting annual events such as Family Fun Day, the Hallowe'en Party and Community Clean-Up Day. These tasks have been done by a dedicated group of individuals on an entirely volunteer basis, led by B.R.A. President, Lisa Nadon, whose passion, dedication and tireless commitment to the Breslau community are second to none.



### Hallowe'en Party Fun!

But, we can do more with **your** help.

Have you asked yourself, "I wish B.R.A. offered a \_\_\_\_\_ program" or "we should have a \_\_\_\_\_ event at the Community Centre"? Well, now is

your chance to be heard and bring those ideas to fruition. Whether you can only commit a few hours occasionally to assist with a special event (such as the community breakfasts), or, if you would like to volunteer on a more regular basis with a committee, **WE NEED YOU!** By adopting the philosophy of "many hands make light work", we can make Breslau the best place to live and play!

The B.R.A. has a few event ideas for the upcoming months but we need some energetic individuals to help make them happen. We would like to offer a Children's New Year's Party on December 31st, 2011 to ring in the New Year at 8:00PM!  
*Continued on page 4...*

## BE IN THE KNOW... "BRESLAU E-BLAST"!

This Fall, we launched our weekly email (e-blast) to area residents. The e-blast informs residents of the B.R.A.'s upcoming events, program updates and general news and tidbits about happenings

in and around Breslau. It has been a great communication tool, bridging the gap between our quarterly newsletter. If you haven't already signed up, please email [blast@breslau.org](mailto:blast@breslau.org) and include

"Breslau Community E-Blast" in the subject line to be added to the distribution list. Thanks so much to Patricia Tolton for taking this on and doing such a fantastic job!



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## WELCOME LAUREN!

The Community Centre is now staffed three times a week by Lauren Perfect, a staff member provided by The Township of Woolwich.

Lauren is here to help facilitate program registration and will soon be taking over rentals of the Centre. Please stop by if you have any questions during Lauren's office hours (you can usually find her in the Fireplace Room):

**Monday:**  
4:00-8:00PM

**Thursday:**  
4:00-8:00PM

**Saturday:**  
10:00AM-2:00PM

Or, send an email:  
[breslaurecreation@woolwich.ca](mailto:breslaurecreation@woolwich.ca)

Or, call:  
(519) 648-9524

Welcome to the community and thank you for your assistance!



As we near the end of the year, I look back and wonder what we ever did before we had a Community Centre. Our programs are growing and our events are well attended. It still amazes me the number of new people I meet at each

event or program. As we continue to grow I hope that you will enjoy what we offer and continue to come and support our events, possibly even volunteer.

Special thanks to Melissa Cowburn for her hard work and dedication to creating,

organizing, article writing and program scheduling in each of our quarterly newsletters. Without her we would not have a newsletter.

Wishing you and your family a wonderful holiday season.

Lisa Nadon

## LETTER FROM THE PRESIDENT

## MARYHILL COMMUNITY CENTRE

The Maryhill Heritage Park Community Centre hosts a number of ongoing and one-time events throughout the year. Read on to learn more!

**"New Horizons" Seniors Group:** Calling all zoomers, boomers and seniors! Come out to the Maryhill Community Centre on the 2nd Thursday of every month, 10:00-11:30AM to be informed, socialize and have fun!

Upcoming speakers are Terry Linseman (Financial Planning) on December 8th and Ann

Roberts (Woolwich Trails) on January 12th. Contact Dave Ruetz at 519-669-6047 or [druetz@woolwich.ca](mailto:druetz@woolwich.ca) or Joan Haid at 519-648-2742 for more details.

**Fitness Class:** Tuesday evenings from 7:00-8:00PM at the Maryhill Community Centre; \$7/class drop-in or sign-up in advance through The Township of Woolwich website. Instructor: Deb.

**Easter Egg Hunt:** March 25th, 2012 at 11:30AM-2:00PM at

the Maryhill Community Centre. Contact Liz Lima for more information at 519-648-9618.

Maryhill Heritage Park Community Centre is located at 58 St. Charles Street East, Maryhill, ON, N0B 2B0.

To list your Maryhill event or program here, please contact Tanya Weber at [tanyagregw@gmail.com](mailto:tanyagregw@gmail.com).



## BOOK LENDING LIBRARY

Thanks to the generous donations of the community, we now have a selection of both adult and children's books and games for the beginnings of a book lending library. All of the items are located in the Fireplace Room at the Breslau Community Centre.

Books can be borrowed and returned during office hours:

- ◆ **Mondays: 4:00-8:00PM**
- ◆ **Thursdays: 4:00-8:00PM**
- ◆ **Saturdays: 10:00AM-2:00PM**



If you have any books and/or games that you would like to donate, please drop them off during office hours. Happy reading!

*"The more that you read, the more things you will know. The more you learn, the more places you'll go." — Dr. Seuss*

WHERE IN THE EMPIRE DO YOU WANT TO LIVE?

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





## SUMMER CAMPS COMING TO BRESLAU!

### Gymnastics Camp!

During the week of August 27th, Coach Katelin Montagano, from Shining Star Athletics, will be offering half-day gymnastics camps for ages 3-5 (morning) and 6-10 (afternoon). At camp, children will do gymnastics, play games, make crafts, and have

a snack. Kate is an accomplished gymnast and her enthusiasm and warm demeanor make her an excellent instructor. We are lucky to have her at the BCC! Learn more at [shiningstarathletics.ca](http://shiningstarathletics.ca).

### Woolwich Summer Play-ground Program is once again

coming to the BCC! The program includes arts, crafts, games, field trips and special events and runs daily from 9:00AM-4:00PM with supervised drop-off from 8:00-9:00AM and pick-up from 4:00-5:00PM. Watch for more details and registration information on [Breslau.org](http://Breslau.org) and in the Spring Newsletter.

## GET TO KNOW YOUR NEIGHBOUR: BRESLAU EVANGELICAL MISSIONARY CHURCH



The Breslau Evangelical Missionary Church (BEMC) is this edition's "Get to Know Your Neighbour": a long-standing Breslau resident who recently celebrated their 129th Anniversary on November 13th. BEMC will once again host the "Christmas in Breslau" event at the Breslau Community Centre on Sunday, December 11th. This family-friendly event will include dinner, loot bags for the children, a colouring contest, Christmas carolling, the Nativity and a message from Santa. See page 6 for more details and register at [Breslau.org](http://Breslau.org).

### What's at BEMC for Families:

Life can be stormy and we want BEMC to be a place where every person in your home can experience the lifesaving love of Jesus Christ. Our age specific programs are opportunities to experience community and friends.

FaithBuilders: Children (JK-Grade 5) are welcome down-

stairs during the Sunday morning service (9:30-11:00AM) for a time of songs, crafts and Bible learning.

Junior Youth: Those in grades 6, 7 and 8 meet weekly on Tuesday evenings (September-May) at the Breslau Community Centre for Bible learning and activities.

Senior Youth: Grade 9-12 students meet weekly on Friday evenings (September-May) at BEMC for Bible learning and activities.

Young Adults: Those who've graduated high school meet weekly on Sunday evenings (September-May) at BEMC.

Adult Small Groups: Many groups gather in homes throughout the year to care for, help and support one another and to deepen their relationship with Jesus Christ through Bible study and Prayer. These lifesaving stations are the ideal place to invite friends into the safe harbour of God's love.

Prayer: Monthly Prayer Nights are held at the church as well as ongoing prayer times for the church and community. Being part of the Prayer Chain also keeps you connected to

the needs and concerns of our church family. \*Each volunteer working in our Children and Youth Ministries have been carefully screened and approved by our Protection Plan.

Compassionate Ministries: Locally - *Ray of Hope Community Centre* - We serve and support those living in poverty in downtown Kitchener.



Ray of Hope Community Centre

Globally - *Rehoboth* - Child sponsorship program for HIV Aids orphans living in South Africa.



Rehoboth Children's Village

- Courtesy of Pastor Todd Brown and Shannon Hamill

## OOPS...WE FORGOT!



So sorry for forgetting to mention the generous donation of the Jim Burton Pavilion plaque by *Finest Memorial*.

Thank you for your support to our community!

### JK REGISTRATION!

While on the topic of reminders, JK Registration will take place in February for all students born in 2008. Visit [wrdsb.ca](http://wrdsb.ca) for more details!



- HEATING
- COOLING
- GEOTHERMAL
- HYDRONICS

### Did you know

A dirty furnace filter will reduce air flow across the heat exchanger resulting in higher heat exchanger operating temperatures. This can result in cracked heat exchangers causing dangerous carbon monoxide leaks. A dirty filter will also lead to increased run times due to lower air flow. This results in higher fuel costs because it takes longer to heat the space. It is important to change your filter regularly. How often will depend on the type of filter and furnace you have installed in your home. Visit our website, call, email or drop by our shop to order your new filters.

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

## BLASTBALL, T-BALL & SOCCER REGISTRATION!

**ONLINE:** beginning Thursday, January 26th, 9:00AM and/or  
**IN-PERSON:** Thursday, January 26th, 6:30-8:00PM & Saturday, January 28th, 10:30AM-12:00PM at the BCC.

## INTERESTED IN ADVERTISING?

Do you want to advertise in an upcoming Newsletter? Visit [Breslau.org](http://Breslau.org) and click on "Advertise!" to learn more.



### THANK YOU!

Thank you to the dedicated group of volunteers that prepared, set-up, cleaned-up and served at the October Community Breakfast. Short on volunteers, this group went above and beyond to make this event successful. To sign up for a shift helping at the next breakfast, please contact [Leda@breslau.org](mailto:Leda@breslau.org).

## HOCKEY RINK AT BRESLAU MEMORIAL PARK



Get ready to lace up the skates as Tim Dyck has once again volunteered to lead a

dedicated group to create and maintain a hockey rink at Breslau Memorial Park! Complete with boards, nets and running the full length of the tennis court, the ice is perfect for a game of shinny or family skating. Many hours are needed for preparing and

flooding the rink on an ongoing basis. If you can spare some time to assist with these tasks, please contact Tim at 519-569-9858. Thank you!

## BLASTBALL, T-BALL & SOCCER REGISTRATION

Despite the dog days of summer being a distant memory, planning is already underway for the 2012 season of Breslau Blastball, T-Ball and Soccer!



Blastball will once again be offered for 3-5 year olds, providing a great introduction to the skills required in baseball. A portion of the session is devoted to skill building followed by a game, whereby players take turns hitting from the tee

and running to first base as well as fielding balls. Blastball will be played at the Breslau Public School diamonds on Wednesdays at 6:00PM, beginning on May 2nd for 8 weeks.

T-Ball will also be offered with a skills component and games played with local teams. If you are interested in being a convener for the Blastball and T-Ball programs, please email Leda Schupbach at [Leda@breslau.org](mailto:Leda@breslau.org).

Soccer in Breslau will once again be running this year. The following divisions will be offered: Parent and Tot (3/4 year olds); Mixed Minis (5/6 year olds); Boys (7/8 and 9/10 year olds) and Girls (7/8 and 9/10 year olds).

Please refer to the registration date information located in the blue column at left.



## HELP SHAPE THE COMMUNITY (CONTINUED)

*From page 1:*

As well, we would like to start an annual Breslau Winterfest event that could include activities such as a snow-pitch baseball tournament, ice skating and/or 3-on-3 hockey tournament, ice sculpture contest, outdoor BBQ and more. We could also have a kid's movie night, a chilli contest or a wine and cheese cocktail party. This event is planned for February 11th and 12th weekend to tie-in with both the community breakfast on Sunday, February 12th, from 8:30AM-12:30PM and the South Woolwich Optimist Club's annual skating on the Breslau Mill Pond from 1:00-4:00PM. Email today to have your input into this inaugural event!

For new programs to continue to be added, we are in desperate need of a Programming Chair. As Programming Chair, you would oversee the development of new programs as well as manage ongoing programs.

Some of our new programs being offered also need a coordinator to ensure the program runs. If you can assist with opening up the gym for family open gym or dodgeball or convene volleyball, please contact our volunteer coordinator, Leda Schupbach at [Leda@breslau.org](mailto:Leda@breslau.org).

Or, to help coordinate The Children's New Year's Party, Winterfest or assist with any other event or committee, also contact Leda. Please

visit [Breslau.org](http://Breslau.org) for a listing of committees. We also welcome any programming ideas. Email today and begin shaping your community's future!

For the upcoming breakfast on Sunday, December 4th, we are seeking volunteers to assist with set-up, serving, and clean-up. Four volunteers/shift are required for each of the following shifts: 7:00-9:00AM; 9:00-11:00AM or 11:00AM-1:00PM. Please email [Leda@breslau.org](mailto:Leda@breslau.org) if you can volunteer your time and specify what shift time works for you. Over 100 hours go into each and every breakfast and by everyone pitching in, the workload can be lightened and shared!

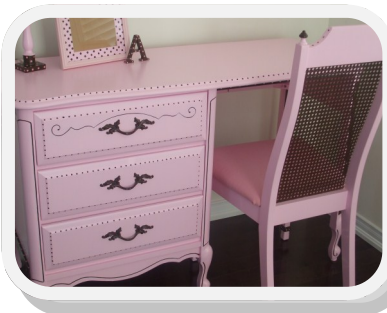
## 10 NEW PROGRAM OFFERINGS!

As the B.R.A.'s programming selection continues to grow, we are excited to offer 10 brand new programs for the 2012 Winter session!

Yoga for kids and Monkeynastix are two new additions for preschoolers as well as family open gym and family dodgeball for both preschoolers and youth. An after-school youth open gym will also continue in the Winter session.

For adults, we are introducing badminton, pickle-ball, a walking group, a do-it-yourself (DIY) workshop on decorating your child's room and a hand painted furniture course! Both the DIY workshop and furniture painting course are taught by Breslau resident, Dani Morrison, who's crea-

tions can be viewed on her website at [www.muchlymuch.com](http://www.muchlymuch.com) as well as the inset photo.



**Dani's Hand Painted Furniture**

Fitness adds an interval training class as well as more offerings for many of the popular fitness programs. Ball hockey, dance and indoor soccer are returning again to

the program line-up for preschoolers and youth.

And, returning Rhythm and Music instructor, Sasha Judelson, invites children to a free "PJ's and Teddy Bear" class on Tuesday, November 29th from 6:30-7:00PM. Be sure to wear your pajamas and bring your favourite teddy bear to dance and sing together! Also, come out for a free trial class on Thursday, December 1st from 12:00-12:45PM.

So, beat the winter blues and sign up for a class today! See page 7 for a complete program listing. We are also working on a youth skipping class and adult art classes for the Spring session so stay tuned for more info.

### DID YOU KNOW...

...Breslau Public School was originally located on the site of Denison Printing.

...the King and Queen passed through the village of Breslau in 1939 and the Queen returned again via the airport in 2010 for Her Majesty's Royal Visit.

## BRESLAU FIRE STATION GRAND OPENING

On October 23rd, the Breslau Fire Station hosted its Grand Opening with a BBQ, safety vehicle display and demonstrations. Kids had the chance to climb aboard and be "firefighter" for a day! Thank you to firefighters Mike Sward and Eline Kamphuis for the following summary of events.

Approximately 400 people attended our Grand Opening with \$500 being fundraised to improve the efficiency of the new hall as well as support our future programs in Breslau. The Fire Safety Smoke House was a big hit with the children; hopefully they gained some knowledge from the experience, other than just getting to crawl out the window!

The Open House was a great opportunity for community development in Breslau. It was our first opportunity to

build a rapport with the community and it will give us a platform to build off of in the future. The goal of the event was to increase fire safety awareness in Breslau and Maryhill.

We would like to take the opportunity to thank the following people/companies for their support and donations:

- ◆ Pixies Food Stand for cooking and donating some food
- ◆ Our fire extinguisher educator Dan Daley for his time
- ◆ Kitchener FD for loaning the Sparky costume
- ◆ Waterloo Region EMS for the ambulance
- ◆ Conestoga College students for their time
- ◆ All the Township of Woolwich Fire Stations who gave equipment/food
- ◆ Families of the Breslau Fire

Department for their baking and support

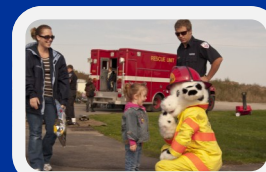
- ◆ Township of Woolwich Mayor and Councillors for their attendance/donations

And, donations from the following:

- ◆ Dettweiler's Sausage
- ◆ Toyota Motor Manufacturing of Canada
- ◆ Skyjack
- ◆ Tufx-Fort
- ◆ Full of Beans Coffee Shop of St. Jacobs Market
- ◆ Kitchener Meat Market
- ◆ Flag Raiders
- ◆ GA Masonry
- ◆ Escape Salon & Spa.

A sincere thank you goes out from the Breslau and Maryhill Firefighters to the community for their support.

## FIRE STATION GRAND OPENING PICS!



## GENERAL INFO

Breslau Community Centre  
(519) 648-9524  
[breslaurecreation@woolwich.ca](mailto:breslaurecreation@woolwich.ca)

## RENTALS

**Park & Ball Diamond**  
Jim Burton  
519-648-2469

**Soccer Pitch**  
Lisa Nadon  
519-648-9675

**Hall**  
Breslau Community Centre  
(519) 648-9524  
[breslaurecreation@woolwich.ca](mailto:breslaurecreation@woolwich.ca)



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



The Breslau Recreation Association (BRA) is dedicated to providing activities for all ages that promote a high quality of life and a strong sense of community.

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



## UPCOMING EVENTS



**CHRISTMAS IN BRESLAU:** Come celebrate the season at the BCC with a revamped

family-friendly event hosted by Breslau Evangelical Missionary Church on Sunday, December 11th. The dinner will begin at 5:30PM with the program commencing at 6:30PM. This year, the program will be more geared to families with loot bags for the children, a colouring contest, Christmas carolling, the Nativity and a message from Santa. Dinner will be \$6/person (children 4 and under are free). Please register for this

great event at [Breslau.org](http://Breslau.org) by Sunday, December 4th.

**COMMUNITY BREAKFAST:** The upcoming ever-popular breakfasts at the Breslau Community Centre will take place on Sunday, December 4th and Sunday, February 12th from 8:30AM-12:30PM each day. Cost is \$6/person (children 4 and under are free). Fuel up with bacon, eggs, sausage, pancakes and more! It's a great way to support your

community and mingle with your neighbours! Contact [Leda@breslau.org](mailto:Leda@breslau.org) if you can spare a few hours to help prep, set-up, clean-up or serve at the breakfasts.

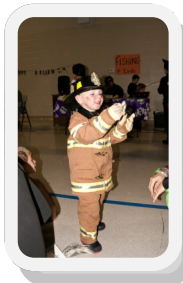
**SANTA CLAUS CRUISE:** On December 18th, listen for the sound of sirens to alert you that Santa's sleigh is on its way! Beginning in Maryhill at 4:30PM, the Maryhill Fire Department will be escorting Santa through the streets and then continuing on to Bloomingdale and then Breslau! Many thanks to the South Woolwich Optimist Club for organizing this festive event.

### Holiday Sale with a Twist!

Saturday, November 26th  
from 9:00AM to 3:00PM  
at the BCC.

Many unique gift ideas and more!

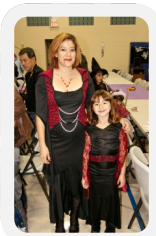
## PAST EVENTS: HALLOWE'EN PARTY!



Over 300 ghosts, goblins, ghouls and more were in attendance at the 2nd Annual Hallowe'en Party at the BCC on

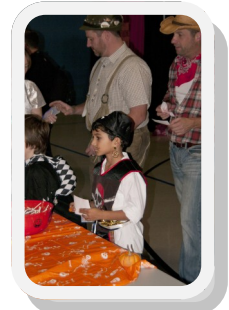
Saturday, October 29th. This year, a haunted house and fortune teller were added to the mix of games and activities for the participants, who visited 10 different stations to get their passport stamped and redeemed it for a prize!

It was also the first year for the Costume Contest which saw the following people win in their age category: 0-4: Lila (Peacock); 5-8: Maya (Queen); 9-12: Braxton (Sumo Wrestler); 13-18: James (Fortune Teller); and adult: Louie (Cowboy). Honourable mention goes to the following in their respective age categories:



0-4: Jaceyk (Fire Fighter); 5-8: Tyrell (Zombie); 9-12: Emma and Grace (Equestrians); 13-18: Miranda (Sailor); and adult: Rafael (Gangster).

Thank you to the dedicated group of volunteers that organized and executed this spooktacular event, led by Leda Schupbach.



## 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)





# WINTER PROGRAMS 2012

## BRESLAU.ORG

- \* 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 of age require a parent/guardian signature at registration.
  - \* Online registration available for Winter as of Thursday, December 1st at 9:00AM. Check [Breslau.org](http://Breslau.org) for a link to online registration. Service fee applies to online registration.
  - \* For "In-Person" registration: please print and complete registration form at [Breslau.org](http://Breslau.org) and bring to registration dates; 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 Township of Woolwich.**
  - \* **NOTE: HST will be calculated in addition to the listed rates below for adult programs. Children/youth programs are HST exempt.**
- Your privacy is important to us; information is only used for administration of Recreation Association programs and events.

**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. Cancellations will also be posted on the Breslau Facebook page by 5:00PM on the day of the cancellation. The Centre will be closed for Family Day on Monday, February 20th.

## PRESCHOOL PROGRAMS

PROGRAM	AGE	DAY	TIME	DATES	COST
<b>EARLY DANCE:</b> The kids will learn basic dance moves, actions, rhythm, and coordination. The kids will learn a few different routines that will be shown to the parents in a recital on the final week. Come	3-5	Saturday	10:30-11:00am	Jan. 14-Mar. 3	\$30/8 wks
<b>FAMILY DODGEBALL (2-5):</b> Drop-in program for preschoolers and their families to come out and play family dodgeball! Must be accompanied by an adult. <b>Note:</b> we need a volunteer(s) to coordinate this program for it to run. Coordinator is responsible for opening/closing up the Centre. Contact <a href="mailto:Leda@breslau.org">Leda@breslau.org</a> if interested.	2-5	Friday	6:00-7:00pm	Jan. 13-Mar. 2	\$2/family per week; 8 wks
<b>FAMILY OPEN GYM (2-5):</b> Drop-in program for preschoolers and their families to come out and play with sports equipment at the Community Centre. Must be accompanied by an adult. <b>Note:</b> we need a volunteer(s) to coordinate this program for it to run. Coordinator is responsible for opening/closing up the Centre. Contact <a href="mailto:Leda@breslau.org">Leda@breslau.org</a> if interested.	2-5	Sunday	2:00-3:30pm	Jan. 8-Feb. 26	\$2/family per week; 8 wks
<b>FRIDAY MORNING PLAYGROUP:</b> Drop-in program for parents and children to come out and socialize! Enjoy a cup of coffee, and play with toys and sports equipment, make some crafts and sing some songs.	0-5	Friday	9:30-11:00am	Jan. 13-Mar. 2	\$2/family per week; 8 wks
<b>INDOOR SOCCER (PARENT AND TOT):</b> Come out with your child and learn the basic skills of soccer while enjoying a fun sport together. Instructor: Nick.	Parent & Tot (3-5)	Saturday	9:00-9:45am	Jan. 14-Mar. 3	\$30/8 wks
<b>MONKEYNASTIX:</b> This is a fun, challenging non-competitive movement education program developing strength and flexibility, gross & fine motor skills, balance & co-ordination, spatial & body awareness, eye hand & eye foot co-ordination & good sportsmanship. Developing confidence & positive self image.	1-2	Thursday	10:00-10:30am	Jan. 12-Mar. 1	\$105/8 wks
<b>MONKEYNASTIX:</b> This is a fun, challenging non-competitive movement education program developing strength and flexibility, gross & fine motor skills, balance & co-ordination, spatial & body awareness, eye hand & eye foot co-ordination & good sportsmanship. Developing confidence & positive self image.	3-4	Thursday	10:30-11:00am	Jan. 12-Mar. 1	\$105/8 wks

# PRESCHOOL PROGRAMS (CONTINUED)

PROGRAM	AGE	DAY	TIME	DATES	COST
<b>RHYTHM &amp; MUSIC:</b> Come and find out how enjoyable it is to make and explore music with your child. We'll have fun using both traditional pieces and some less known songs from around the world whilst we sing, dance and discover rhythm using instruments, movement and more. Space is limited. Instructor: Sasha. <b>Come out and try a free trial class on Thursday, December 1st from 12:00-12:45pm!</b>	Parent & Child(ren) (Infant-6)	Thursday	12:00-12:45pm	Jan. 12- Mar. 1	\$60/8 wks; \$40/8 wks for each additional child
<b>YOGA FOR KIDS:</b> Introduces basic yoga poses to mindful music and encourages students to explore the wonder of their bodies and how our minds connect with it. This program will ground children and connect them with their inner self to create a more powerful and CONFIDENT individual. Instructor: Danielle.	3-5	Tuesday	1:30-2:30pm	Jan. 10- Feb. 28	\$40/8 wks

## YOUTH PROGRAMS

PROGRAM	AGE	DAY	TIME	DATES	COST
<b>AFTER-SCHOOL OPEN GYM:</b> Drop-in program for youth and their families to come out and play at the Community Centre. Must be accompanied by an adult. <b>No program Feb. 20th (Family Day).</b>	5-8	Monday	4:00-5:30pm	Jan. 9- Mar. 5	\$2/family per week; 8 wks
<b>BALL HOCKEY:</b> Portion of session devoted to skills development followed by a game of shinny. Instructor: Nick.	4-6	Tuesday	6:30-7:15pm	Jan. 10- Feb. 28	\$35/8 wks
<b>BASKETBALL:</b> Learn the basic skills of basketball and enjoy a scrimmage at the end of each class. Instructor: Joe.	6-8	Wednesday	7:00-7:45pm	Jan. 11- Feb. 29	\$35/8 wks
<b>COMIC BOOK ART:</b> Must have previous art experience. Instructor: Ana.	8 and up	Thursday	7:00-8:00pm	Jan. 12- Mar. 1	\$35/8 wks
<b>FAMILY DODGEBALL (6-10):</b> Drop-in program for youth and their families to come out and play family dodgeball! Must be accompanied by an adult. <b>Note:</b> we need a volunteer(s) to coordinate this program for it to run. Coordinator is responsible for opening/closing up the Centre. Contact <a href="mailto:Leda@breslau.org">Leda@breslau.org</a> if interested. <b>Stay for Pickle-Ball from 7:00-8:30PM!</b>	6-10	Friday	6:00-7:00pm	Jan. 13- Mar. 2	\$2/family per week; 8 wks
<b>FAMILY OPEN GYM (6-10):</b> Drop-in program for youth and their families to come out and play with sports equipment at the Community Centre. Must be accompanied by an adult. <b>Note:</b> we need a volunteer(s) to coordinate this program for it to run. Coordinator is responsible for opening/closing up the Centre. Contact <a href="mailto:Leda@breslau.org">Leda@breslau.org</a> if interested. <b>No program Feb. 12th (Winterfest Breakfast).</b>	6-10	Sunday	12:30-2:00pm	Jan. 8- Mar. 4	\$2/family per week; 8 wks
<b>HIP HOP/JAZZ:</b> The kids will learn how to have fun while improving on their rhythm and coordination. Each week they will learn part of their funky routine until the final week when we have a recital for the parents to see what they've learned. Instructor: Rachel.	6-8	Saturday	11:00-11:45am	Jan. 14- Mar. 3	\$30/8 wks
<b>HOMEWORK 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.8) Instructor: Taryn. <b>No program Feb. 20th (Family Day).</b>	JK-Grade 8	Monday	6:30-7:30pm	Jan. 9- Mar. 5	Free
<b>INDOOR SOCCER:</b> Children will be introduced to the basic skills of soccer as well as participating in a game during each session. Instructor: Nick.	6-8	Saturday	9:45-10:30am	Jan. 14- Mar. 3	\$30/8 wks
<b>MULTI-MEDIA ART:</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.	5-8	Thursday	6:00-7:00pm	Jan. 12- Mar. 1	\$35/8 wks
<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	Jan. 10- Feb. 28	Free

# ADULT PROGRAMS

PROGRAM	DAY	TIME	DATES	COST
<b>ADULT CO-ED INDOOR VOLLEYBALL (REC/NON-COMPETITIVE):</b> Come out and join us for some fun. 6 on 6 traditional style game; self-officiated. Played at a premier sports facility with high ceilings. Coordinator: needed. <b>No program Feb. 5, Feb. 19, Mar. 11 and Apr. 8.</b>	Sunday	4:00-10:00pm	Jan. 8-Apr. 22	\$50/individual OR \$400/team of up to 8 players (12 games)
<b>BADMINTON (16+):</b> Drop-in for recreational badminton. Coordinator: To be determined.	Friday	8:30-10:00pm	Jan. 13-Mar. 2	\$2/person per week; 8 wks
<b>DIY WORKSHOP: DECORATING YOUR CHILD'S ROOM:</b> A DIY decorating course for putting together kids' rooms. The course will cover wall colours, fabrics and bedding, accessories, lighting, storage, furniture placement, etc. and will take place over two consecutive Sunday afternoons. Instructor: Dani. <b>(Fireplace Room)</b>	Sunday	1:00-3:00pm	Jan. 8 AND Jan. 15	\$25
<b>DIY WORKSHOP: DECORATING YOUR CHILD'S ROOM:</b> A DIY decorating course for putting together kids' rooms. The course will cover wall colours, fabrics and bedding, accessories, lighting, storage, furniture placement, etc. and will take place over two consecutive Sunday afternoons. Instructor: Dani. <b>(Fireplace Room)</b>	Sunday	1:00-3:00pm	Feb. 19 AND Feb. 26	\$25
<b>HAND PAINTED FURNITURE COURSE:</b> Do you love the look of hand painted furniture but don't have the time or know-how to do it yourself? If the answer is yes, I would love to show you how you can create magical, one-of-a-kind hand painted treasures by taking your old or dated furniture and transforming them into vibrant new pieces. This eight week instructional DIY course will offer a hands-on opportunity to prep, sand, prime, paint, detail, and varnish a small piece of furniture. The course will also offer an overview of the different types of paint, brushes, sand paper, and other paint products as well as discuss various painting techniques. Basic colour theory and colour selection will also be discussed. The aim of this course will be to "Upcycle" furniture - giving new life to tired pieces of furniture and to have fun! <b>Note:</b> Due to space restrictions, pieces will have to be small enough to transport to and from each class. The first half of class time will be dedicated to painting; the second half will involve a discussion period on related painting and decorating topics, thus allowing for sufficient drying time so that the pieces can be brought home at the end of each class. <b>This is not a furniture restoration course. (i.e. no stripping or staining).</b> Registrants are encouraged to contact the instructor at <a href="mailto:dani.morrison@rogers.com">dani.morrison@rogers.com</a> before the commencement of the program and visit <a href="http://Breslau.org">Breslau.org</a> for a complete material list and program details. To see the type of projects you can create, visit Dani's website at <a href="http://www.muchlymuch.com">www.muchlymuch.com</a> . <b>No program Feb. 18.</b>	Saturday	1:00-2:30pm	Jan. 7-Mar. 3	\$75/8 wks + \$30 material costs (to be purchased once course begins)
<b>MEN'S BALL HOCKEY:</b> Recreational ball hockey. Plastic blade sticks required. Coordinator: Craig.	Thursday	8:30-10:00pm	Jan. 12-Mar. 1	\$35/8 wks
<b>MEN'S BASKETBALL:</b> Recreational pick-up basketball. Coordinator: Joe.	Wednesday	8:00-9:30pm	Jan. 11-Feb. 29	\$35/8 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	Jan. 11-Feb. 29	\$15/8 wks
<b>PICKLE-BALL (6 AND UP):</b> Pickle-Ball is a fun and exciting game and the fastest growing sport in North America. This sport combines the best of tennis, badminton and ping pong. Easy to learn and easy to play, this is the ideal family game for all ages and abilities. It's a game of shot placement and playing strategy, not brute power or strength. Come out for a whole lot of laughs! Instructors: Jack and Tony.	Friday	7:00-8:30pm	Jan. 13-Mar. 2	\$2/person per week; 8 wks
<b>WALKING GROUP:</b> Come join us for a walk, followed by a hot cup of coffee. Meet at the Centre at 7:30AM. The gym is available for inside walkers or brave the cold and walk outside. If using a stroller, please ensure it is dry and clean. Coordinator: Iva. Please contact Iva at 519-648-2332 with any questions. <b>No program Feb. 20 (Family Day).</b>	Monday-Friday	7:30-9:00am	Jan. 9-Mar. 5	Free

# FITNESS PROGRAMS

**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 Fall session). If you handed the form in during the Fall 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>BOOTCAMP:</b> Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you're after. Instructor: Deb. <b>No program Feb. 20 (Family Day).</b>	Monday	7:40-8:30pm	Jan. 9-Mar. 5	\$40/8 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're after. Instructor: Deb.	Wednesday	12:15-1:00pm	Jan. 11-Feb. 29	\$40/8 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're after. Instructor: Deb.	Thursday	7:10-8:00pm	Jan. 12-Mar. 1	\$40/8 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're after. Instructor: Deb.	Friday	12:15-1:00pm	Jan. 13-Mar. 2	\$40/8 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're after. Instructor: Deb.	Saturday	8:00-8:50am	Jan. 14-Mar. 3	\$40/8 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 Feb. 20 (Family Day).</b>	Monday	7:00-7:30pm	Jan. 9-Mar. 5	\$20/8 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	Jan. 12-Mar. 1	\$20/8 wks
<b>INTERVAL TRAINING:</b> Class combines cardio and weight training for a fantastic workout. All levels are welcome. A great way to finish your weekend! Instructor: Deb. <b>No program Feb. 12 (Winterfest Breakfast).</b>	Sunday	11:30am-12:20pm	Jan. 8-Mar. 4	\$40/8 wks
<b>MUSCLE:</b> This class is a combination of Core and BLT. This class has no cardio, but instead focuses on the BUTT, LEGS, and THIGHS, using a variety of exercises/resistance training. A portion of the class is also devoted to strengthening your abdominals and lower back. Instructor: Deb.	Tuesday	12:15-1:00pm	Jan.10-Feb.28	\$40/8 wks
<b>MUSCLE:</b> This class is a combination of Core and BLT. This class has no cardio, but instead focuses on the BUTT, LEGS, and THIGHS, using a variety of exercises/resistance training. A portion of the class is also devoted to strengthening your abdominals and lower back. Instructor: Deb.	Wednesday	9:00-9:50am	Jan. 11-Feb. 29	\$40/8 wks
<b>PILATES:</b> Mat pilates is a unique form of exercise that emphasizes the balanced development of the body through core strength, flexibility and body awareness. Develop leaner, long muscles, improved balance and coordination with Pilates to become a fitter you. Instructor: Kellie.	Tuesday	5:30-6:20pm	Jan. 10-Feb. 28	\$50/8 wks



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# FITNESS (CONTINUED)

PROGRAM	DAY	TIME	DATES	COST
<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.	Tuesday	9:30-10:20am	Jan. 10-Feb. 28	\$40/8 wks
<b>RUNNING: LEARN TO RUN CLUB:</b> A progressive learn-to-run training program which includes health and nutrition information sessions. Instructor: Ali.	Tuesday	6:30-7:30pm	Jan. 10-Mar. 13	\$50/10 wks
<b>RUNNING: 5-10K CLINIC:</b> Stay motivated with this 5-10K training program that will keep you fit. Instructor: Ali.	Thursday	6:30-7:30pm	Jan. 12-Mar. 15	\$50/10 wks
<b>RUNNING: OPEN RUN CLUB:</b> Begin the weekend on the right foot. All runners welcome for this open run. Instructor: Ali.	Saturday	9:00-10:00am	Jan. 14-Mar. 17	Free/10 wks
<b>STEP:</b> Work it out and get your butt and legs in shape! Instructor: Sophie.	Thursday	5:00-5:50pm	Jan. 12-Mar. 1	\$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 Feb. 20 (Family Day).</b>	Monday	9:00-9:50am	Jan. 9-Mar. 5	\$40/8 wks
<b>TAI-CHI AND 15 MINUTES TO HEALTH:</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. Skills and core principles are detailed out and applied to the various exercises we practice: enjoyable warm-up exercises and drills, Qigong, meridian stretching, and Tai-Chi (Four Directions Tai-Chi, and part of the Yang 24 moves Tai-Chi form). No prior fitness or Tai-Chi experience required. More information at: <a href="http://www.LeShiatsu.com">www.LeShiatsu.com</a> . Instructor: Patricia.	Wednesday	5:45-6:45pm	Jan. 11-Feb. 29	\$60/8 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.	Wednesday	5:45-7:00pm	Jan. 11-Feb. 29	\$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 Feb. 20 (Family Day).</b>	Monday	6:00-6:50pm	Jan. 9-Mar. 5	\$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.	Tuesday	10:30-11:20am	Jan. 10-Feb. 28	\$45/8 wks



### 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!

# BRESLAU RECREATION ASSOCIATION WINTER 2012 PROGRAMS

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B
7:30			Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am	Walking Group (Iva) 7:30-9:00am	Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am		Bootcamp (Deb) 8:00-8:50am	
8:00														
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9:00			Sweat 'n' Sculpt (Deb) 9:00-9:50am				Muscle (Deb) 9:00-9:50am							
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	Fireplace Room		Fireplace Room		Fireplace Room	Outside	Fireplace Room		Kitchen	Outside	Outside		Outside	
	DIV Workshop (Dani) 1:00-3:00pm		Homework Buddies (JK-Gr 8) (Taryn) 6:30-7:30pm		Learn to Run Club (Ali) 6:30-7:30pm		Photo Group (Adult) (Patrick) 8:00-9:00pm		Multi-Media Art (5-8) (Ana) 6:00-7:00pm Comic Book Art (8 and up) (Ana) 7:00-8:00pm		5-10K Clinic (Ali) 6:30-7:30pm		Open Run Club (Ali) 9:00-10:00am	