



January 2019



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Dec. 31st, FUN for all AGES!! Come and join us at TAMITIK from 5 to 8 pm. Children under 7 must be accompanied by someone 16 yrs or older for the entire event.

FREE \$WIM & \$KATE at TAMITIK

Kitimat Rail Jam Competition
Fri., Feb. 1st 4 - 6 pm

Hirsch Creek Golf & Winter Club



Calling all youth and young adult winter enthusiasts' alike! Come and show off your snowboard and ski skills.

Registration is \$30 and includes a T-shirt, payment is cash only. Registration is from 4 - 6 pm at Hirsch Creek Golf & Winter Club. Prizes will be awarded in the competition!

NEW this year is the Toboggan shoot , snow doodling, a live band, barbecue and Ice bar. Bring your family and friends, enjoy the music, food, Bon fires with smores and beverages!



Winter 2019 Leisure Guide *

For more information call RIVERLODGE at 250-632-8970/TAMITIK 632-8955 or visit www.kitimat.ca



Public Skating and Shiny schedule link



Pool Schedule



Winter Swim Lessons Link



Gym/Weight room schedule



General Interest Programs

- Acrylic Painting, Pottery, Spring Wreath
- Soy Candles, Glycerine Soap, Bath Bombs
- Cooking Classes, Spanish lessons, Bellydance
- Co-Ed soccer, volleyball, Dodgeball, Flag football and more ...

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Fitness

- Yoga Classes
- Pilates Classes
- Keiser Spin Classes
- Keep Fit Circuit, Zumba, POUND
- Interval Step, Women on Weights
- ... and more

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For the **Aquatic Fitness** enthusiast we have Shallow Water, Shallow Water Energizer, 50 and Better Men's Aquasize, Parent & Tot Aquasize and Therapeutic Water Walking.

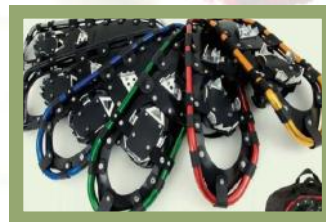


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Try a **FITNESS** class for a **TOONIE** (EXCLUDES YOGA)

Snowshoe Rentals

We have Men's and Women's snowshoes available for rent. Rental is \$21.20 plus a \$50 deposit p/pair. Enjoy the snowy Trails!



Winter Holiday Closure

	Riverlodge	Tamitik
January 1st	Closed	Closed



Ice Rentals Available! **Contact Shane 250-632-8955**

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