



May 2019 eNewsletter

10th ANNUAL KIDSPORT RUN/WALK FESTIVAL

Saturday, June 15 @ 9am
A Fundraiser for KidSport so all kids can play!

CLICK below
for forms



Get in training for the 10th Annual KidSport Run/Walk 5K or 10K!

REGISTER BY **MAY 17** TO RECEIVE A T-SHIRT.

Entry fee is **\$10** per person and donations are welcome. Receipts are available upon request.

Fitness Classes For EVERYONE!

TRY A GROUP FITNESS CLASS FOR THE FIRST TIME FOR A TOONIE!

STEP N' SCULPT

Sundays until May 12
9:30 - 10:30 am

NEW! ZUMBA

Thursdays until June 13
6:30 - 7:30 pm

SENIOR CYCLE

Thursdays until May 16
9:30—10:15 am

RHYTHM RIDE

Mon/Wed until May 15
6:15 - 7 pm

SIMPLE STRETCH

Mon/Wed until until June 12
10:15 - 11:am

POUND

Thursdays until May 16
7:35 - 8:15 pm

SPIN YOGA FUSION

Tuesdays until May 14
5:45 - 6:45 pm

KEEP FIT CIRCUIT

Thursdays until June 13
9 - 10 am

INTERVAL STEP

Wednesdays until June 12
6:30 - 7:15 pm

CAN'T COMMIT?

BUY A FITNESS/AQUAFIT PUNCH PASS! For Yoga, drop in rates start at \$12.50 and student/senior discounts are available!

CARDIO COMBO 30/20/10

Tuesdays until June 11
9 - 10 am

SHALLOW WATER AQUAFIT

Mon/Wed/Fri until June 14
9:10 - 10 am

NEW! BEGINNER WEIGHT TRAINING FOR WOMEN

Sundays until May 12
6:30 - 8 pm

Youth, Teen & Adult Programs

Explore your creative side! There are many **youth** programs including **babysitting basics**, **beginner tennis lessons**, **introduction to archery**, **camp**s, **basic sewing fun**, **pottery**, **dance**, **soccer**, **learn to fish** and **painting classes**. Other exciting workshops offered are **shampoo bars**, **DIY plant hangers**, **cooking**, **basket making**, **women's jiu jitsu** and an **outdoor survival skills course**.

Certificate workshops include pool operator level 1, WCB occupational first aid level 1, red cross emergency first aid, food safe level 1 and high five leadership classes.

Classes can only run with pre-registrations and if minimum enrollment is met.

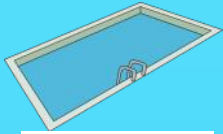


Arena Rentals

Book Spring Ice now until May 12th! Plan a party for rollerblading or soccer on dry floor rentals. Summer ice starts up August 12th. Call Shane to book your rental at 250-632-8955.



fees



Pool Schedule &
Aquafit



Group Fitness



Teen and Adult
Programs



Youth Programs



General Interest
Workshops



Certificate
Workshops

May 2019

Radley Park & Hirsch Creek Campsites

Regular Park season is from:
May 16 to Sept. 15 (weather dependent)



NO CAMPSITE RESERVATIONS FIRST COME, FIRST SERVE BASIS

PARK ATTENDANT HOURS:

Until June 15; **9 am - 1 pm & 5 - 9 pm** and
 June 16 - Sept. 3; **9 am - 9 pm**



*Please pay the Park Attendant once you have occupied a vacant site. If you arrive outside the Park Attendant hours or unable to locate Park Attendant, please call Riverlodge or Tamitik, see contact information below.

When paying, please have site number & license plate number available.

*You must occupy site with a tent /camper/ vehicle to hold site

*Maximum booking is 2 weeks

Park Shelters

Both Radley Park and Hirsch Creek Park have picnic table shelters equipped with a barbecue and tables. These shelters are suitable for use by organizations, family and neighbourhood groups and can be booked by a Leisure Services Clerk at Tamitik or Riverlodge. This area is for shared use at "no charge." Opening date is weather dependent.



Field Bookings

Planning a sports party? Book a soccer or baseball field. Game rates for children are \$18.05, youth \$31.70 and Adults \$53.40, including GST.

Block Party Rentals

Having an outdoor party? Need some equipment?

We have some outdoor sports equipment to add some fun to your party! You can choose from:

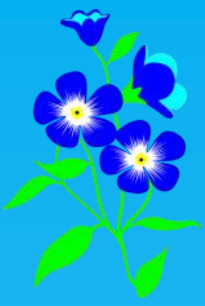
- #1 **Hands Up:** Outdoor volleyball equipment
- #2 **Up, Up & Away:** Parachute, Bean Bags, Earth Ball, Beach Balls, Nerf Balls, Frisbees
- #3 **Sports Pack:** Beach Balls, Soccer Balls, Softball & Bat, Frisbees, Tug of War, Horse Shoes, Bocce Ball Set.

Fee for 1 Unit: \$33.50/day + \$100 Refundable Deposit

Fee for 3 Units: \$75.50/day + 100 Refundable Deposit



Victoria Day Holiday	Riverlodge	Tamitik
Monday, May 20	Closed	Closed



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Swim Lesson Schedule



Spin Classes



Gym/Weight room schedule



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