WHAT'S INSIDE:
- Membership rates
- Pool policy
- Just ask us...
- Pool schedule
- Fitness classes
- Pool programs
- Registration information
- Swimming lesson information
- Other community groups & sports organization

FALL RECREATOR
SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

registration begins Thursday, Aug. 29 Online only

be a part of it!
www.fortfrances.ca/sportscentre

THE OFFICIAL GUIDE TO FALL
MANAGEMENT RESERVES THE RIGHT TO interrupt service for improvements to the facility with no fee alterations to memberships.

RECEPTIONIST HOURS

EFFECTIVE SEPTEMBER 3, 2019
Monday to Friday .................................. 6:00 a.m. to 10:00 p.m.
Saturday & Sunday ............................... 8:00 a.m. to 10:00 p.m.

STATUTORY HOLIDAYS
Labour Day, September 2, 2019 .................... Facility Closed
Thanksgiving Day, October 14, 2019 ............ Facility Closed
Remembrance Day, November 11, 2019 ......... Facility Closed
Christmas Eve, December 24, 2019 ............. Facility Closed
Christmas Day, December 25, 2019 ............. Facility Closed
Boxing Day, December 26, 2019 ............... Facility Closed
New Year’s Eve, December 31, 2019 .......... Facility Closed
New Year’s Day, January 1, 2020 ............... Facility Closed

ACTIVE INFO
To print off child fitness credits. Go to your account and under account activity you will get your receipt.

REGISTER ONLINE
To register online go to www.fortfrances.ca/sportscentre
Click on “Join today” box. Sign in or create an account.
MEMBERSHIP RATES

*NO INITIATION FEE*  
EFFECTIVE JAN. 1, 2019

<table>
<thead>
<tr>
<th>FACILITY INFO</th>
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<tbody>
<tr>
<td>WHAT WE HAVE TO OFFER</td>
</tr>
<tr>
<td>• Municipally operated facility</td>
</tr>
<tr>
<td>• 1, 3, 6 and 12 month memberships (no initiation fee)</td>
</tr>
<tr>
<td>• 25 Metre Pool</td>
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<tr>
<td>• Red Cross &amp; Lifesaving Swim Lessons</td>
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<tr>
<td>• Aquafitness &amp; Aquatherapy Programs</td>
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<tr>
<td>• Fitness Classes</td>
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<tr>
<td>• 2 International Squash Courts</td>
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<td>• 2 Ice Surfaces</td>
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<tr>
<td>• Weight-room, Free weights, Olympic Gym, Nautilus Equipment</td>
</tr>
<tr>
<td>• Cardio-Room - Treadmills, 2 Ellipticals, 1 Upright Bike, 1 Stepper, 1 Recumbent Bike, 1 Treadclimber, 1 Row Machine, Spin Bike</td>
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<tr>
<td>• 1 Walking Track (around 52 arena)</td>
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<tr>
<td>• 2 Meeting Rooms</td>
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<td>• Auditorium</td>
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REFUNDS OR TRANSFERS
Memberships are not transferable. Membership is refundable but a $10 administration charge is applied and the fee will revert to the monthly membership rate.

REFUND POLICY
For a $10 administration fee refunds are available 5 days prior to the beginning of the program. To receive a refund for medical reasons a medical certificate is required. Refunds must be done in writing within one week of injury.

MEDICAL
For those holding an active 3-month, 6-month, or annual membership, a membership may be put on hold for up to 3 months with a certified medical professional note provided. Only one extension or suspension adjustment will be allowed per membership term. Memberships that have expired will not be considered for adjustment. Membership adjustments must not be less than 1 month.

REGISTERING
Registration begins Thursday, August 29, 2019 and can only be done ONLINE https://ca.apm.activecommunities.com/fortfrances
In person registration will begin Monday, Sept 9, 2019.

PAYMENT OPTIONS:
Cash, Cheque, Interac, Visa & MasterCard accepted.
Pre-authorized debit available for yearly and six month memberships only. To be withdrawn from your account on the 15th of every month. The first month must be paid on date of purchase. Must bring in a void cheque and complete a pre-authorized form.
Management reserves the right to interrupt service for improvements to the facility with no fee adjustments to memberships.

The Town of Fort Frances is dedicated to barrier free sport, recreation and leisure programs and services for its residents. No persons will be denied access to programs. Arrangements may be made through Jason Kabel or Leana Moffitt.

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>ADULT (18 &amp; OLDER)</th>
<th>RESIDENT</th>
<th>NON-RESIDENT</th>
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<tbody>
<tr>
<td>Annual</td>
<td>507.79</td>
<td>634.78</td>
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<tr>
<td>6 Month</td>
<td>330.09</td>
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<tr>
<td>3 Month</td>
<td>178.89</td>
<td>223.50</td>
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<tr>
<td>Monthly</td>
<td>77.43</td>
<td>96.81</td>
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<td>Daily</td>
<td>7.39</td>
<td>9.29</td>
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<thead>
<tr>
<th>DEBIT PLAN</th>
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<tr>
<td>Annual/Month</td>
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<tr>
<td>6 Months/Month</td>
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<tr>
<th>STUENT (13 AND OLDER)</th>
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<tbody>
<tr>
<td>Annual</td>
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<tr>
<td>6 Month</td>
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<tr>
<td>3 Month</td>
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<tr>
<td>Monthly</td>
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<th>DEBIT PLAN</th>
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<tr>
<td>Annual/Month</td>
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<td>6 Months/Month</td>
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*Students over the age of 18 must bring a copy of enrollment verification from school.

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<tr>
<th>CHILD (5 AND OLDER)</th>
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<tbody>
<tr>
<td>Annual</td>
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<td>Daily</td>
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*Child memberships are not permitted in fitness/weightroom.

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<thead>
<tr>
<th>FAMILY ANNUAL</th>
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<tr>
<td>Adult</td>
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<td>Spouse</td>
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<td>Student</td>
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<td>Child</td>
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<tr>
<th>SENIOR (60 AND OLDER)</th>
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<td>Annual</td>
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<td>3 Month</td>
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<td>Monthly</td>
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<td>6 Months/Month</td>
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<tr>
<th>LOCKER RENTAL</th>
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<tr>
<td>3 Months</td>
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<tr>
<td>6 Months</td>
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<tr>
<td>Annual</td>
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MEMBERSHIPS INCLUDE:
The casual use of the Weight Room, Squash Courts and Pool. Also included are these programs: Aerobics, Aquafit, Aqualite (dependent upon availability), Public Skates and Shinny Hockey. Please refer to the schedule for available times. As a member we ask that you register for these programs to ensure adequate space. Classes have limited enrolment so please register early.

*5 day passes are available for purchase online.
## SEPTEMBER POOL SCHEDULE

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<th></th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td></td>
<td>Aquafit 6:15-7:00am</td>
<td>Adult Swim 6:15-9:00am</td>
<td>Aquafit 6:15-7:00am</td>
<td>Adult Swim 6:15-9:00am</td>
<td>Aquafit 6:15-7:00am</td>
<td>Adult Fitness 7:00-9:00am</td>
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<td></td>
<td>Aquafit 9:00-9:45am* members only</td>
<td>Parent &amp; Tot Toonie Swim 9:30-10:30</td>
<td>Aquafit 9:00-9:45am* members only</td>
<td>Spin Bike 9:00-9:45am</td>
<td>Aquafit 9:00-9:45am* members only</td>
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<td>Aqualite 10:00-10:45am</td>
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<td>Family Swim 12:00-1:45pm</td>
<td>Lunch Fitness 12:00-12:55pm</td>
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<td>Swim Club 4:00-6:00pm</td>
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<td>Swim Club 4:00-6:00pm</td>
<td>Swim Club 4:00-6:00pm</td>
<td>Public Swim 6:00-8:00 pm</td>
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<td>Public Swim 6:00-7:30 pm</td>
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<td>Spin Bike 7:00-7:45pm</td>
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<td>13+ Fitness 8:00-9:15pm</td>
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**AQUAFITNESS** at 9 am is member only, all others may register for.

**ADULT SWIM/LUNCH LENGTHS** - 18 years of age and older, swimming lengths of the pool or staying in a lane and stretching.

**FAMILY SWIM** - Parent accompanies children into the water, only immediate family members allowed. Only the adults pay.

**13+ FITNESS** - Swim lengths or exercise in a lane.

**TOONIE SWIM** - Toys are allowed in the pool, buoyline divides the shallow and deep end. Pool policy must be adhered to during this swim. Toonie is paid by each swimmer.

**PUBLIC SWIM** - Toys are allowed in the pool, buoyline divides the shallow and deep end. Pool policy must be adhered to during this swim. Daily admittance is paid by each swimmer.
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<tr>
<th></th>
<th>SUNDAY</th>
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<th>WEDNESDAY</th>
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<td>Aquafit 9:00-9:45am*</td>
<td>Spin Bike 9:00-9:45am</td>
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<td></td>
<td>Aqua Tot Lessons 9:15-10:30am</td>
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<td>Aqua Tot 10:00-10:45am</td>
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<td>Family Swim 12:00-1:45pm</td>
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<td>Board of Ed Lessons 1:00-3:00pm</td>
<td>Board of Ed Lessons 1:00-3:00pm</td>
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<td>Pool Complex Lessons 2:00-5:00pm</td>
<td>Pool Complex Lessons 4:00-6:00pm</td>
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<td>Swim Club 4:00-6:00pm</td>
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<td>Public Swim 6:00-7:30pm</td>
<td>Swim Club 6:00-8:00pm</td>
<td>Toonie Swim 6:00-7:30pm</td>
<td>Advanced Lessons 6:00-9:30pm</td>
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<td></td>
<td>Adult Fitness 7:30-9:00 pm</td>
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<td>Spin Bike 7:00-7:45pm</td>
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</table>

**AQUAFITNESS** at 9am is member only, all other you may register for.
LESSON SCHEDULE

<table>
<thead>
<tr>
<th>LESSON</th>
<th>COST</th>
<th>SUNDAYS OCT. 20 - DEC. 15</th>
<th>THURSDAY OCT. 17 - DEC. 19</th>
<th>TUESDAY OCT. 15 - DEC. 10</th>
</tr>
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<tbody>
<tr>
<td>STARFISH</td>
<td>$74.15</td>
<td>10:05 am</td>
<td></td>
<td>9:15 am</td>
</tr>
<tr>
<td></td>
<td>Resident</td>
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<tr>
<td></td>
<td>$92.70</td>
<td>10:40 am</td>
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<td>10:00 am</td>
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<tr>
<td></td>
<td>Non-Resident</td>
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<tr>
<td>DUCK</td>
<td></td>
<td>10:40 am</td>
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<tr>
<td>SEA TURTLE</td>
<td></td>
<td>10:40 am</td>
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<td></td>
</tr>
<tr>
<td>SEA OTTER</td>
<td></td>
<td>2:40 pm, 3:50 pm, 4:25 pm</td>
<td>4:35 pm</td>
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<tr>
<td>SALAMANDER</td>
<td></td>
<td>2:00 pm</td>
<td>5:15 pm</td>
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<tr>
<td>SUNFISH</td>
<td></td>
<td>2:00 pm</td>
<td>4:00 pm</td>
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<tr>
<td>CROCODILE</td>
<td></td>
<td>2:40 pm</td>
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<tr>
<td>WHALE</td>
<td></td>
<td>2:40 pm</td>
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<tr>
<td>SWIM KIDS 1</td>
<td></td>
<td>3:15 pm</td>
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<tr>
<td>SWIM KIDS 2</td>
<td></td>
<td>3:15 pm</td>
<td>5:20 pm</td>
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<tr>
<td>SWIM KIDS 3</td>
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<td>3:15 pm</td>
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<tr>
<td>SWIM KIDS 4</td>
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<td>3:50 pm</td>
<td>4:00 pm</td>
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<tr>
<td>SWIM KIDS 5</td>
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<td>4:25 pm</td>
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<tr>
<td>SWIM KIDS 6</td>
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<td>5:00 pm</td>
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<tr>
<td>VOLUNTEER 1</td>
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<td>4:35 pm</td>
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<tr>
<td>VOLUNTEER 2</td>
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LESSON DESCRIPTIONS

**STARFISH** (30 mins) Holding head up - 12 months old. The goal of this orientation to water class is to experience buoyancy, movement, entries and songs and play in water.

**DUCK** (30 mins) 12 months - 24 months. Build confidence while enjoying the water through games, songs and active water play. This level develops skills in swimming, glides and floating.

**SEA TURTLE** (30 mins) 24 months - 36 months. Build confidence while enjoying the water through games, songs and active water play. This level develops skills in swimming, glides and floating.

**SEA OTTER** (30 mins) 3 - 5 years. Front & back floats assisted, glides, front swim 1M.

**SALAMANDER** (30 mins) 3 - 5 years. Front & back floats, glides, roll overs distance swim 2M.

**SUNFISH** (30 mins) 3 - 5 years. Front & back glides 5M, side glides with kick 2M, deep end floats, distance swim 5M.

**CROCODILE/WHALE** (30 mins) 3 - 5 years. Front & back glides, front & back swim, kicking drills with aid, surface support, deep water activities, distance swim.

**SWIM KIDS 1** (30 mins) 6+ years. Submersion, unassisted front & back floats & glides, rollover glides (assisted), distance swim 5M.

**SWIM KIDS 2** (30 mins) 6+ years. Front glides 10M, back glides 5M, side glides (assisted) 5M, deep water activities, distance swim 10M.

**SWIM KIDS 3** (30 mins) 6+ years. Front glides 15M, back/side glides 10M, deep end floats, surface support 20 seconds, front swim 10M, distance swim 15M.

**SWIM KIDS 4** (30 mins) 6+ years. Surface support 45 seconds, front crawl 10M, distance swim 25M.

**VOLUNTEER LEADERSHIP SWIM**

Have you taken part in our summer volunteer leadership program? Would you like to become a lifeguard? Then why not continue with our swim programs.

We have designed a program to prepare you to be a lifeguard instructor.

Volunteer 1 (Levels 6 & 7) Tuesday 5:00 pm
Volunteer 2 (Levels 8, 9, 10) Thursday 4:35 pm

**COST:** $74.15 Resident
$92.70 Non-Resident
**RED CROSS LIFEGUARD TRAINING**

**STANDARD FIRST AID**
Thursdays 6:30 - 9:30 pm
September 12, 19, 26 October 3, 10

**COST**
$125.83 Resident  
$157.35 Non-Resident

*This course is only for people taking the Instructor Lifeguard course.

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**WATER SAFETY INSTRUCTOR SKILLS EVALUATION**
Ensures candidates have the necessary water safety knowledge, strokes, and skills equivalent to the Red Cross Swim Kids 10 performance criteria as well as instructor Emergency Response (ER) skills.

**DATES:** Thursday September 5  
**TIME:** 6:00-10:00 pm  
**COST** $50.00 Resident  
$60.00 Non-Resident

*MUST PASS THIS TO CONTINUE TO NEXT STAGE*

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**WATER SAFETY INSTRUCTOR COURSE**
The Water Safety Instructor (WSI) Course prepares candidates to instruct Red Cross Swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

**DATES:**  
**First Meeting:** September 12, 6:00-10:00 pm  
Parents must attend from 6:00-6:30 pm.  
**Water safety Instructor Online:** September 13 - October 17  
**Water safety Instructor Teaching Experience:** Hours assigned between October 15-December 20  
**Water safety Instructor Classroom & Pool Sessions**  
Thursdays October 17 - December 19

**PRE REQUISITES:**  
- 15 years of age to begin the WSI-Online.  
- Passed the skills evaluation course  
- One of: Red Cross Assistant Lifeguard Emergency First Aid or higher, or Bronze Cross*, Certifications do not need to be current.

**COMPLETION CRITERIA:**  
- Attend and participate in 100% of all WSI Course components.  
- All course components are evaluated against specific evaluation criteria on a pass/fail basis.  
- All course components must be completed for successful completion of the WSI certification.

**COST**  
$300.00 Resident  
$360.00 Non-Resident

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**RED CROSS ASSISTANT LIFEGUARD COURSE**
This course is a pre-requisite course to the professional lifeguard certification that teaches knowledge and practice of first aid, rescue skills, lifeguarding skills, safe behaviours, and how to be part of an elite team. This ensures youth are trained in prevention of injuries, not just in how to respond to them.

**PRE-COURSE REQUIREMENTS**
13 years of age and ability to swim to the Red Cross Swim Kids Level 10 or equivalent or higher.

**COMPLETION CRITERIA**  
- Attend and participate in 100% of the course  
- Demonstrate competency in all required skills and activities  
- Complete observation assignment

**CERTIFICATION**
2-year certification from the last day of the course. Certified as a Red Cross Assistant Lifeguard.

**COURSE DATES**  
January - March
# FALL CLASSES

**Participants must be 13 years of age & older**

**Classes will be cancelled due to insufficient enrollment**

## Aquatic Fitness Classes

### September 3 - October 11

<table>
<thead>
<tr>
<th>Course</th>
<th>Monday</th>
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<tbody>
<tr>
<td>AQUAFITNESS EYE OPENER</td>
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<td>AQUAFITNESS</td>
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### October 15 - December 20

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**Attention:** 9:00 AM AQUAFITNESS classes are limited to the first 25 members daily.

All classes are on a first come first serve basis and class space is limited. You must pre-register, we ask that you register only for classes that you will attend regularly. If 5 minutes prior to class starting all registered participants are not in attendance will allow daily users to participate.

*You may only register for one spin bike class per session.*

## Land Fitness Classes

### October 15 - December 19

<table>
<thead>
<tr>
<th>Course</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>YOGA (VINYASA) 1 HR</td>
<td></td>
<td></td>
<td>5:30 pm</td>
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<td></td>
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<tr>
<td>F.I.T.T. 45 MINS</td>
<td></td>
<td></td>
<td>6:00 pm</td>
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</tr>
<tr>
<td>GET FIT WITH SARAH 45 MINS</td>
<td></td>
<td></td>
<td>6:40 pm</td>
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<tr>
<td>YOGAFIT</td>
<td></td>
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<td>12:10 pm</td>
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<td>F.I.T.T. 45 MINS</td>
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## East End Hall Fitness Classes

### September 10 - October 10

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<thead>
<tr>
<th>Course</th>
<th>Monday</th>
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<tr>
<td>BOUNCE AND BURN</td>
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### October 15 - December 19

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<tr>
<th>Course</th>
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## Rates (plus taxes)

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<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>97.75</td>
<td>34.50</td>
<td>161.00</td>
<td>57.50</td>
<td>28.75</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>121.55</td>
<td>42.90</td>
<td>200.20</td>
<td>71.50</td>
<td>35.75</td>
</tr>
<tr>
<td>Senior</td>
<td>81.60</td>
<td>28.80</td>
<td>134.40</td>
<td>48.00</td>
<td>24.00</td>
</tr>
<tr>
<td>Senior Non-Resident</td>
<td>103.70</td>
<td>36.60</td>
<td>170.80</td>
<td>61.00</td>
<td>30.50</td>
</tr>
</tbody>
</table>
FITNESS CLASS DESCRIPTIONS

Aquafitness - Is an excellent cross training activity with little or no impact. It is as taxing to the muscles and cardiovascular system as land based aerobics class from a calorie expenditure point of view. It provides balanced training of muscles which reduces the chance of injury. In the water, the harder work, the more resistance you feel. Instructor: varies.

Aqualite - A program designed for people who have undergone surgery or have medical problems affecting their muscles or joints. Non-weight bearing exercises that isolate and strengthen the injured part. This program improves flexibility and increases range of motion, making daily living activities easier to accomplish. Instructor: varies.

Bounce and Burn - Looking for a complete body toning, low impact cardio class thats so much fun you won't believe you just did a workout? If you like great music, having a good time, and feeling like you accomplished something good for yourself, then this is the place! This class is geared to people of all ages and fitness levels. It's all about what YOU can do, not anybody else, in a non-intimidating, supportive environment. All Maximus Pro Gym rebounders have attachable stability bars for safety and a weight capacity of 290 pounds. One unit available for 300 pounds and up. Lets Bounce and Burn our way to better health together. Instructor: Debbie Larson

Get Fit with Sarah - A fusion of cardio, weight bearing and functional training exercises. Learn how to push your body with a variety of fitness accessories and activities. Instructor: Sarah

F.I.T.T. (Advanced) - Function, Intensity, Tension, Totality. Sometimes we need more than a workout! It's time to TRAIN - join us as we gain strength, increase mobility and reduce pain by learning your individual form and proper movement patterns. This intermediate class is your classroom, offering you education alongside an effective workout! Starting with your own bodyweight the weeks progress to add more stimuli with weights, steppers, bands, Tabata, circuits and individual exercises. Start with mobility work, end with a meditation practice. This creates a perfect environment to gain confidence and supportive knowledge to truly learn to create your own sustainable health and fitness outcomes. Welcome to F.I.T.T. life. Instructor: Ian McKay

Spin Bike - Offering interval training rides will elevate interest and motivation, add variety to existing programming and provide a safe environment. Instructor: varies.

Yoga (Vinyasa) - Power yoga is a fitness-oriented intermediate class that will strengthen and tone the whole body. This class series works to build strength week by week by allowing variation, holds and dynamic sequencing to enhance performance and flexibility. A basic knowledge of yoga is necessary. Instructor: Megan Spooner

Yogafit - Our Yogafit classes blend balance, strength, flexibility and power in a fitness format delivering a practical, user-friendly style of yoga. Keep your drive alive as you flow through the postures effectively working all parts of the body. All fitness levels welcome. Instructor: Debbie Murray
BABYSITTING COURSE

Are you 11 years of age and older and interested in babysitting? Then why not register for the babysitting course.

COURSE DATES
8:00 am - 4:00 pm
Monday, September 30, 2019

COST
$52.00 Resident $65.05 Non-Resident

Please bring a bag lunch and a doll. Upon registration you will receive a manual to review prior to the course. If class is full please add name to waitlist.

SQUASH

TUESDAY GROUP
AGE  7-11 years old
DATE  Tuesdays 4:30 - 5:50 pm

PROGRAM RUNS
Tuesdays  September 17 – December 17, 2019
January 7 - March 10, 2020

INSTRUCTORS:  Al Christiansen
Bob & Mary-Beth Tkachuk

COST - MEMBERSHIP
Yearly Membership plus $25.00 to Sunset Country Squash Club - Paid first day.

WEDNESDAY & THURSDAY GROUP
AGES  12 - 18
DATE  Wednesday Group 6:30 - 7:50 pm
      Thursday Group 5:10 - 6:30 pm

BEGINNER
INTERMEDIATE

PROGRAM RUNS
Wednesdays September 18 – December 18, 2019
January 8 - March 11, 2020
Thursdays September 19 – December 19, 2019
January 9 - March 12, 2020

INSTRUCTORS: Chad Faragher, Josh Councillor
(new certified squash coaches)
Steve Boileau, Jenelle Martin
Bob and Mary-Beth Tkachuk

COST - MEMBERSHIP
You require a current 6 month minimum Sportsplex membership for the duration of the program, the only other cost is to Sunset Country Squash Club.
$100.00 is to be paid to Sunset Country Squash Club on First Day. Racquets, protective eye wear and balls supplied by Sunset Country Squash Club.

LADIES SQUASH
DATE  Wednesdays 5:10 - 6:30 pm

MENS SQUASH
DATE  Thursdays 6:30 - 9:10 pm

WEIGHT ROOM POLICIES

The safety of our patrons is our number one priority. The successful prevention of accidents in an unsupervised weight room is influenced by the workout habits/practices used.

• Weight and cardio fitness rooms are available for use by persons 13 years old and up.
• Proper footwear/clothing is mandatory at all times.
• Return and clean up equipment after use.
• Do not drop free weights from any height
• Do not move equipment
• No fitness equipment or exercises in the squash courts or hallway at anytime.
• No profane language will be tolerated.
TAI CHI- 6 forms Beginner

An introduction to Tai Chi. It combines choreography, body awareness and meditation through movement. Improve and maintain strength, range of motivation, coordination and balance and have fun doing it. Monday/Wednesday 11:00-11:45 am

YOGAFIT-

Classes involve linking several poses together to create strength, flexibility endurance and balance. Classes effectively work all parts of the body. Tuesday 9:00-9:45 am

LUNCH COMBO

Sandwich, soup, drink & Dessert $4.00
COFFEE & TEA $1.00

SNOOKER daily
Family Storytime

Wednesdays @ 10:30 am
Fall session Sept. 18th

Family Storytime is designed to promote early and family literacy in an environment that encourages a love of reading and lifelong learning. This free program is filled with stories, finger rhymes and songs. Online registration preferred, drop-ins welcome.

Baby Time

Thursdays @ 10:30 am
Fall session Sept. 19th

Children 0 - 18 months & their parents or caregivers. Enjoy lap & finger rhymes, as well as stories to share with your child. Join us for this free fun time. Online registration preferred, drop-ins welcome.

A baby food workshop with a registered dietician will be held on Oct. 17th, please register.

Tween Club

Tuesdays @ 4:00 p.m.
Fall session Sept. 24th
Join us each Monday afternoon for fun and informative activities geared for youth. Drop-ins welcome.

Tech Help

One-on-one tech help. Bring in your laptop computer, tablet, mobile device, or get help downloading eBooks from our collection using the Overdrive App. Appointments may be necessary, call the library 274-9879.

Home Deliveries

If you are home bound and would like to have library items delivered, our friendly volunteers are at the ready. It is required that you have a Fort Frances library card and live in Fort Frances. Call the library for more information.

Satuday Craft Club

10:30 am, Starting Sept. 21
Come and create some wild & wacky crafts! Learn new skills and make something cool to take home. This program is free to attend; registration is not required. Children under 8 must be accompanied by an adult.

UKULELE LESSONS

Tween Classes and Adult Classes
Sessions are 4 weeks
For more info/ to register visit ffpltc.ca

Rireside Yarn Club

Wednesdays @ 6 pm
Share your interest in knitting, whether you are a beginner or an experienced knitter. Everyone is welcome, please bring your own supplies.
(Children must be accompanied by an adult).

Genealogy Research

Appointments now available. Please call 274-9879 to set up your appointment today.
Echoes in the Ice FINDING FRANKLIN’S SHIP

Using artifacts, images, audiovisual presentations, and art, Echoes in the Ice: Finding Franklin’s Ship decodes the mysteries of the Franklin Expedition of 1845, in which an entire crew vanished in the Arctic during an ill-fated search.

The exhibition is a co-production of Gone West Productions and the Canada Science and Technology Museum in Ottawa, with the generous support of Natural Resources Canada and Parks Canada.

Here now at the Fort Frances Museum & Cultural Centre until closing Sunday, September 29. Don’t miss it! In the final leg of a three-year journey, the exhibit is due to close permanently.

The Fort Frances Museum thanks Heritage Canada for the funding to bring the exhibit to Fort Frances!!

MUSEUM WORKSHOPS

Museum Workshops sponsored by our Friends
The fall line-up will be advertised soon. Watch for it!

Prohibition & Profit
Oct - Dec
Prohibition & Profit: the Lucrative Business of Smuggling Booze. If you have a local story to share, Maxine Hayes is still collecting.

Fall Gala
Nov. 7
Friends Fall Fundraising Gala is also coming up on Nov 7. Prohibition… a possible theme, perhaps?

Canada Day 1
Jan - Mar
— Canada: Day 1. This is a free traveling exhibit from the Government of Canada that tells the story of immigration.

Events in planning stages...

IF YOU HAVE ITEMS OR STORIES YOU WANT TO SHARE, CALL SHERRY AT 274-7891.
Check us out online and like us on Facebook & Instagram!
Cyclone Swim Club

Registration
Wednesday, August 28th  5:00 - 8:00 pm
Memorial Sports Centre Atrium

ALL SWIMMERS:
PLEASE BRING COPIES OF BIRTH CERTIFICATE AND
HEALTH CARD.

The Cyclone Swim Club offers competitive and non-competitive
programs for kids of every age and ability level. Your child must be
able to swim two lengths (50M) unassisted.

We have qualified coaches with practical experience who develop
every swimmer, at their own pace, to achieve their personal goals
and to reach their maximum potential.

We offer flexible hours to suit your schedule and a convenient
monthly payment plan.

2019 - 2020 Swim Season:
September 7, 2019 - May 16, 2020
"We accept registration
throughout the year"

For more information contact:
DEBBIE MURRAY (head coach)
Home: 276-1150
Email: dmoove@yahoo.ca
OR
cycloneswimclub@gmail.com
Looking for more information? Contact us today!

Jessica Ogden, President – 807.276.4428
Stephanie Mann, Director – 807.276.1545

Be sure to "Like" us on Facebook for updates!
Hockey Skating Programs

CANPOWERSKATE
Fort Frances first & Canada's only nationally recognized NCCP Instructional Stream Power skating program for Novice to Midget level hockey players which focuses on 3 fundamental areas and enhancement of specific hockey skating skills that will bring your game to the next level.
Duke Arena - 20 Sessions
Sundays 11:00 AM-12:00 PM

Learn to Skate Programs

CANSKATE
Skate Canada’s Learn-to-Skate flagship program which focuses on fun, participation and basic skill development offering a complete series of Balance, Control & Agility skills taught in 6 stages of learning.
Duke Arena - 20 Sessions
Sundays 1:10 - 2:00 PM

CANSKATE
Skate Canada’s Learn-to-Skate flagship program which focuses on fun, participation and basic skill development offering a complete series of Balance, Control & Agility skills taught in 6 stages of learning.
Duke Arena - 20 Sessions
Sundays 11:00 AM-12:00 PM

PRESTARSKATE
Designed for skaters interested in figure skating – A fast track into the STARSkate program! Introduces skaters to the many disciplines of figure skating such as freeskate, dance and skills while continuing to work towards completing their CanSkate badges in group lesson format.
Duke Arena - 60 Sessions
Sundays 1:10-2:30 PM
Mondays 6:00-6:30 PM

PARENT & TOTS
Teaches preschool age children the basics of balance, control and agility skating skills with the assistance of a family member. Skaters build confidence & learn the 8 basic skills for CanSkate readiness.
Duke Arena - 20 Sessions
Sundays 2:00 - 2:30

Figure Skating Programs

new CANHOCKEY-PREPPOWER
A customized “Learn-to-Skate” program which offers instruction for beginners or those looking to improve their basic skating skills for hockey.
Duke Arena - 20 Sessions
Sundays 10:10-11:00 AM

PARENT & TOTS
Focus is on 8 basics skating skills required to participate in the CanSkate or CanHockey-PrePower program. Ideal for skaters (regardless of their age) who have never skated before or who are not confident with their balance on the ice.
Duke Arena - 20 Sessions
Sundays 2:00 - 2:30

STARSKATE
STARSkate offers opportunities for skaters to develop fundamental figure skating skills in the discipline of ice dance, freeskate, skills and interpretive skating.
Duke Arena - 80 Sessions
Sundays 12:10-1:00 PM & 2:30-3:30 PM
Mondays 6:00-7:50 PM
Wednesdays 6:00-7:30 AM

*SUPPLEMENTAL 1 DAY
Open Session Thursdays 6:15-7:15 AM

NO FUNDRAISING REQUIREMENTS
Skate Canada Membership fee of $36 will apply to all registrations

SKATING EXHIBITION - MARCH
Our Coaches are all NCCP certified:
Ashley Cumming, Penny McComb and Marie-Josee Potvin

FOR MORE INFORMATION CONTACT ASHLEY
807-276-1446 or coach.ashleycumming@gmail.com
Border Skating Club

CanSkate is Skate Canada’s flagship learn-to-skate program for beginners of any age that teaches fundamental movements and basic skills. A complete series of balance, control & agility skills taught in six stages of learning that pertain to hockey, speed skating, figure skating as well as recreational skating.

**PARENT & TOT, LEARN-TO-SKATE & CANSKATE**

**SESSIONS AVAILABLE:**

- **Memorial Sports Centre**
  - **Sundays** – 3:05-3:50
  - **Tuesdays** – 5:50-6:35
  - **Wednesdays** – 4:45-5:30
- **Emo Community Centre**
  - **Mondays** – 5:05-5:50
  - **Fridays** – 5:05-5:50

1 day a week: $175 for the season
2 days a week: $150 for the season
3 days a week: $125 for the season
4+ days a week: $100 for the season

Skaters grouped based on skill level
Approximately 20 lesson days per session

**NO HIDDEN FEES! Ice Show Costume & Skate Canada Membership Included in Registration. Any extra fundraising can be put towards your skaters next season’s registration fees.**

Pre-StarSkate & Private Lessons Available
Please visit our website for more detail.

Border Skating Club has been serving the Rainy River district for over 60 years! We have 8 certified coaches on staff to meet all your skaters needs!

If you have any questions please contact:
Alisa Jacobsen: 218-434-3405 or borderskatingclub@gmail.com

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**HOCKEY PLAYERS**

Want to take your skills to the next level?

Join our CanPowerSkate Hockey Program

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette players that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

CanPowerSkate is geared to players in Novice level or higher of Hockey. If you have a younger player who would like to participate please contact us and we may be able to make arrangements or consider joining our CanSkate program.

It is important to note that this is not a "learn-to-skate" program. This is a program designed to develop hockey players into superior skaters on the ice starting with teaching correct techniques then moving into adding speed & skill development. It is a great addition to any players hockey training program.

**Memorial Sports Centre:**

- **Thursdays** – 4:45-5:30
- **$175 for the season – September to March**

Border Skating Club has been bringing quality programming to the Rainy River district for over 60 years! We have 8 certified coaches on staff to meet all of your skaters needs.
REGISTRATION FEES
IP** (2013-2015) .........................................................$150
Novice (2011-2013) ....................................................$350
Atom (2009-2010) ....................................................... $350
PeeWee (2007-2008) ................................................... $350
Bantam (2005-2006) ................................................... $350
Midget (2002-2004) ................................................... $250
2nd Child (Novice to Bantam)..................................... $250
Goalies ..................$250 (with $100 rebate at end of season)
Competitive Teams (Atom through Midget) ............ $175 per eligible player

**FFGWHA offers an IP program as an affordable introduction to our minor hockey program. If your player is ready to move up to Novice, they are eligible to register at the Novice level.

Registration fees include $1500 per team toward tournament fees

SEASON BEGINS LAST WEEK IN SEPTEMBER AND WILL END MARCH 2020

Pre-Season Development Camp
For registered FFGWHA players in Novice through Midget Divisions

Tuesday, Sept. 17 - Thursday Sept. 19
The cost of the development camp is included in the registration fee.
Register now at www.ffgwha.com

COMPETITIVE TEAM TRYOUTS
For Atom, PeeWee, Bantam and Midget, dates/times to be announced.
Tryout Fee $40

For more information check out our website at www.ffgwha.com or www.facebook.com/ffgwha
REGISTRATION FORM and details curlfortfrances.com

2019 - 2020 REGISTRATION

Wednesday, September 11, 2019
6:30 pm at the Curling Club
Semi Annual Meeting to follow

All Leagues to start the week of October 14th except as shown above.

Evening Leagues MEN’S & LADIES
Daytime League HALF SEASON (prior to & after Xmas)
Little Rocks FRIDAYS (8 years +)
Bantam & Juniors TUESDAY & FRIDAYS (12 years +)

Wednesday League MIXED DOUBLES
(6 weeks Nov. 6 - Dec. 11)
$50 per person. Included w/Premium Membership

NEW MEMBERS WELCOME

Adult Learn to Curl
SUNDAYS 6:00 PM
(Oct. 20-Dec. 8)

STANDARD MEMBERSHIP
One and Two League Only (no sparing)

PREMIUM MEMBERSHIP (BEST VALUE)
Unlimited curling in multiple leagues, sparing and clinics.

NEW MEMBER RATES
2019/2020 YOUTH BADMINTON PROGRAM
FOR AGES 10-18

START: September 16, 2019
WHEN: September-April
       Monday and Wednesdays
TIME: 6:30-8:00 p.m.
WHERE: Fort Frances High School Large Gym
COST: $180 per child (insurance fee included)

Racquet Rental: $5.00 per month

Learn proper form and technique through enhanced drills and playing games.

REGISTRATION DEADLINE: SEPTEMBER 9, 2019
LIMITED ENTRIES ARE AVAILABLE. NO LATE REGISTRATIONS WILL BE ACCEPTED.

CALL SHARI OR LOUIS BUJOLD AT 274-7410

RECREATIONAL BADMINTON

START: October 4, 2019
WHERE: Fort Frances High School Large Gym
DATE: Fridays from October to May
TIME: 7:00-9:30 p.m.
COST: $20.00 per year or $2.00 per night

OPEN TO ALL AGES!
Parents/Guardians must supervise their children.

NO PRE-REGISTRATION IS NECESSARY. RACQUETS AND BIRDS AVAILABLE.
NON-MARKING COURT SHOES OR CLEAN RUNNERS ARE NEEDED.
EYE WEAR IS RECOMMENDED.

FOR MORE INFORMATION
PLEASE CALL SHARI BUJOLD AT 274-7410
NEW! EDUCATIONAL ASSISTANT PROGRAM FALL 2019

Confederation College’s Educational Assistant program will give you the skills and knowledge you need to join a multidisciplinary education team, working with children from Junior Kindergarten to Grade 12.

Start Date: October 2019
Delivery Method: Live Online, Part-Time

PROGRAMS BEGINNING SEPTEMBER 2020

1-Year Ontario College Certificate Programs
- Business Fundamentals
- College Access
- General Arts & Science
- Personal Support Worker
- Personal Support Worker (part-time)
- Pre-Health Sciences – Pathway to Certificates & Diplomas
- Pre-Health Sciences – Pathway to Advanced Diplomas & Degrees

2-Year Ontario College Diploma Programs
- Business
- Business - Accounting
- Business - Human Resources
- Business – Marketing
- Computer Programmer
- Educational Support
- Paramedic
- Social Service Worker
- Tourism – Travel & Eco-Adventure

Flexible Learning Options
Online, Part-time, and Full-time
- Autism & Behavioural Science
- Diabetes Education
- Human Resources Management
- Library & Information Technician
- Office Administration – General

Apply Online Today!
www.ontariocolleges.ca

Contact us:
Rainy River District Campus | 440 McIrvine Road | Fort Frances ON, P9A 3T8
P: 807-274-5395 | F: 807-274-2462 | E: fortfrancescampus@confederationcollege.ca

For program details contact the campus or visit: confederationcollege.ca/fortfrances
### FALL / WINTER SPORT CLUB REGISTRATION

**SPORT REGISTRATION NIGHT IN FORT FRANCES**

TBA

Come out and register for Fall/Winter classes/sports in 1-stop. Most clubs will be participating. Visit KidSport Fort Frances Facebook page for more details.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>CLUB</th>
<th>FIND US ON THE WEB</th>
<th>FIND US ON FACEBOOK</th>
<th>LOCAL</th>
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</thead>
<tbody>
<tr>
<td>KidSport/Jumpstart</td>
<td>Financial help for kids who can't afford to play sports</td>
<td>✓</td>
<td>✓</td>
<td><a href="mailto:efischer@nwhu.on.ca">efischer@nwhu.on.ca</a></td>
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<tr>
<td>Badminton</td>
<td>FF Badminton Club</td>
<td>✓</td>
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<td><a href="mailto:sibujold@gmail.com">sibujold@gmail.com</a></td>
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<tr>
<td>Basketball</td>
<td>FF Men's Basketball League</td>
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<tr>
<td></td>
<td>Fire n' Ice Youth Basketball</td>
<td>✓</td>
<td></td>
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<tr>
<td>Bowling</td>
<td>Fort Frances Bowling</td>
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<td></td>
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<tr>
<td>Cadets</td>
<td>908 Rainy Lake RCACS (Air Cadets)</td>
<td>✓</td>
<td>✓</td>
<td><a href="mailto:908aircadets@gmail.com">908aircadets@gmail.com</a></td>
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<tr>
<td>Curling</td>
<td>FF Curling Club</td>
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<tr>
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<td>Dancemakers School of Dance</td>
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<td></td>
<td>Fort Dance Studio</td>
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<tr>
<td>Equestrian</td>
<td>Dreamweaver Ranch</td>
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<tr>
<td>Fitness Centre</td>
<td>Memorial Sports Centre</td>
<td></td>
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<td>807-274-4561</td>
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<tr>
<td>Girl Guides</td>
<td>Sparks/Brownies/Guides/Pathfinders/Rangers Units</td>
<td>✓</td>
<td>✓</td>
<td><a href="mailto:marmour66@sympatico.ca">marmour66@sympatico.ca</a></td>
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<tr>
<td>Gymnastics</td>
<td>Rainy Lake Gymnastics Academy</td>
<td>✓</td>
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<td><a href="mailto:rlgymnasticsacademy@gmail.com">rlgymnasticsacademy@gmail.com</a></td>
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<tr>
<td>Hockey</td>
<td>FF Minor Hockey Association</td>
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<td></td>
<td>FF Girls Women's Hockey Association</td>
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<td>Judo</td>
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<td>FF Wadokai Karate</td>
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<tr>
<td>Pickle Ball</td>
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<td>Skating</td>
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<td>Northern Lights School of Skating</td>
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<td>Rainy Lake Nordic Ski Club</td>
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<td>Soccer</td>
<td>Youth Indoor Soccer League</td>
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<td></td>
<td>Borderland Woman's Indoor Soccer</td>
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<td>Squash</td>
<td>Sunset Country Squash Club</td>
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<tr>
<td>Swimming</td>
<td>Aquanauts (FFAST)</td>
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<td>807-275-7785</td>
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<td>Cyclones Swim Club</td>
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<td>Swimming Lessons</td>
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<tr>
<td>Taekwondo</td>
<td>Northwest Taekwondo</td>
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<td>807-274-3752</td>
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<tr>
<td>Tennis</td>
<td>Pick-up at St. Francis Sports Field</td>
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<td>807-274-4561</td>
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<tr>
<td>Volleyball</td>
<td>FF Woman's Volleyball League</td>
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<td>Laureen Peters</td>
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<td></td>
<td>Fire N Ice Volleyball Club</td>
<td>✓</td>
<td>✓</td>
<td></td>
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<tr>
<td>Walking/Running</td>
<td>Eighth Street Walking Trails</td>
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<td>807-274-4561</td>
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<td>Track - Memorial Sports Centre</td>
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<td>807-274-4561</td>
</tr>
</tbody>
</table>

**KIDSPORT/JUMPSTART**

We help kids and families with the cost of sport registration or equipment. If your family income is less than $50,00, we can help.

**JUMPSTART & KIDSPORT CAN MAKE PLAY POSSIBLE!**

For more info contact: fortfrances@kidsporthandcanada.ca or 274-9827 ext. 3638.
**SPORTS GRANT APPLICATION FORM**

**JumpStart & KidSport help families who can’t afford to pay for sports or equipment**

### APPLICANT INFORMATION

Child’s Name: ________________________________  Age: _____  Birth Date (dd/mm/yy): _____ / _____ / _______  Gender (M or F): _____

Street Address: ________________________________  City: __________________________  Postal Code: __________

Parent/Guardian: ________________________________  Tel/cell: __________________________  Email: __________________________

### SPORT INFORMATION

This application is only for the sport grant. You must register your child with the club— we can’t do that for you. If approved, we pay the club directly.

1. Sport you are applying for: __________________________  Club Name/Organization: __________________________

2. How much is registration $______  How much are you asking to be covered (up to $350): $______

3. Have you registered your child with the sport club yet?  Yes / No

4. Is copy of your child’s sport registration attached (to confirm cost)?  Yes / No

5. Equipment: if you are asking for equipment, please list what you need & sizes for equipment:

### FAMILY INFORMATION

1. Gross annual family income (check one):  Less than $25,000  $25,000-44,000  More than $45,000+

2. Do you receive (circle all):  EI- Yes or No  Ontario Works/ODSP- Yes or No  Child Support- Yes or No  Band assistance- Yes or No

3. # of adults living in home (over 18) _____  # of children in home _____  Single parent- Yes or No

4. If you are separated/divorced, does other parent/guardian help pay for sport fees/equipment:  Yes or No  If yes, how much:_________

5. Is child First Nation:  Yes or No  Status:_____ or Non-Status:_____  Band/Community:____________________

6. If First Nation, have you approached the Band to help cover sports costs:  Yes or No

7. Have attached income verification for each adult in the home (examples- notice of assessment, 3 pay stubs, child tax benefit):  Yes or No

8. If your household income is MORE THAN $45,000 per year, we may need more information from you.

I, ________________________________ (print name) have read and understood all guidelines, and certify that all information provided is correct and can be independently verified. I authorize Committee to share information with the organization that will receive the payment for my child. We reserve the right to request additional information to verify income. Inaccurate information will jeopardize funding and future requests.

Signature of Parent/Guardian: __________________________  Date: __________

---

**Drop off, fax or email completed application:**

c/o Northwestern Health Unit, 396 Scott St, Fort Frances, ON P9A 1G9
Fax: 807-274-0779 or email forfortfранces@kidsportcanada.ca

-Don’t forget to include family income (T4, NOA, CCTB or 3 pay stubs) and sport registration information-

All information captured above may be submitted electronically to funding sources including Big Play and JumpStart or any other applicable sports grant program. All personal information is secured and protected and will not be used for any other purpose other than reference to the funding provided.

**Jumpstart & Kidsport help families who can’t afford to pay for sports or equipment**
REGISTRATION INFO

Registration begins **Thursday, August 29, 2019** and can only be done ONLINE http://sports.fort-frances.com/ in person registration will begin Monday, September 9, 2019.

**CLASS SIZE AND POLICIES:** The Community Services Division reserves the right to withdraw, postpone, cancel or combine classes and limit registration. Class sizes are limited and are offered on a first come, first serve basis.

**REFUNDS:** Refunds are allowed 5 days prior to the program starting with a $10 administration charge. Once classes start refunds are permitted with a Doctor’s note. There will be a $10 administration charge and pro-rated for classes held. Requests of this type must be made within one week of injury.

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**POOL POLICY**

**CHILDREN 5 YEARS OF AGE AND UNDER:**
- **MUST** be supervised, in the water and within arms’ reach, regardless of swimming ability.
- Maximum of 2 children under the age of four per guardian 14 years of age.

**CHILDREN AGED 6 TO 9 YEARS OF AGE:**
Need to be able to demonstrate comfort in the water and pass the facility swim test to be admitted to the swimming pool unaaccompanied

**CHILDREN AGED 6 TO 9 WHO HAVE NOT PASSED THE FACILITY TEST:**
- **MUST** be directly supervised in the water and within arms’ reach by the guardian who is a minimum of 14 years of age.
- Maximum of 4 children per guardian of age 14.

**SWIM TEST CRITERIA:**
- All participants of any age may be asked to take a swim test to determine if they will be able to enter the deep end of the pool, and/or if a guardian is required in the water for supervision.
- The swim test will include a front swim of 2 widths and treading water for 1 minute.
- During the front swim the lifeguard must see an attempt at over arm recovery with a near horizontal body position and uninterrupted without touching the bottom.
- While treading water the lifeguard must see the participant maintain a vertical body position, with their head above water, while staying in one place.
- Children wearing personal flotation devices (water wings, lifejackets, etc.) will be permitted in the deep end of the pool upon the discretion of the lifeguard on duty at the time.

**CHILDREN UNDER 10 YEARS OF AGE**

![1 adult for every 4 children](image)

- Tested swimmers permitted to enter alone
- Children under 6 admitted only with parent or guardian