

Healthy With Essential Oils

Fall and winter are around the corner; the time we could all use a boost to stay healthy. Learn how you and your family can benefit from, and use oils safely to have a healthy season. Make three recipes to take home! Check out the Facebook Event Invitation at www.killarneyrecreation.ca or call the Recreation Office to pre-register by September 13.

Lynley Box of Young Living Essential Oils
___ Saturday / Sep 16 / 10 am / No Charge

Introduction to Crochet

Learn basic crochet stitches: starting chain, single crochet, half double, double crochet, treble crochet, increases and decreases, and learn reading of a written pattern. Project: Bracelet, Headband, Scarf-materials included.

Instructor: Cheryl Bateman
___ Mondays / 6:30-8:30 pm / \$65
Sep 25-Oct 30 (no class Oct 9) / Maximum: 10

Introduction to Quilting



Learn to choose fabric, cut, sew, quilt and bind a table runner. Participants need to be able to sew and to be familiar with their sewing machine. A list of materials needed will be provided upon registration.

Instructor: Mary Kennedy
___ Tuesdays / 6-8 pm / \$135 / Minimum: 3
Sep 26-Nov 21 (no class Oct 31) / Maximum: 8

Zipper Workshop

Learn zipper applications and finally assemble the zippers into a grocery/tote bag and if time permits, learn another interesting zipper application completing a cosmetic bag or change purse. Machine and basic sewing kit required. Supply list upon registration.

Instructor: Sharleen Zebinski
___ Wednesdays / 7-9 pm / \$35
Oct 4-Nov 8 / Maximum: 4

Freezer Meal Workshop

Freezer meal workshops are great for busy families or for the person who just doesn't want to decide what to prepare. Go home with meals ready to go into your freezer and cook when it's convenient for you, as well as the recipes—6-8 meals to serve 6-8 people. October and November recipes different. Grocery list available at registration.

Instructor: Valerie McCallum
___ Monday / Oct 16 / 6:30 pm / \$40 / Maximum: 8
___ Thursday / Nov 9 / 6:30 pm / \$40 / Maximum: 8

What Every Babysitter Should Know

This course teaches the skills necessary to care for infants, toddlers and pre-schoolers emphasizing safety, dealing with emergencies, and first aid basics. Please bring a bag lunch. Open to ages 11+.

Instructor: Brenda Preston
___ Friday / Oct 20 / 9 am-4 pm / \$50 / Maximum: 16

Paint Night - White Daisy

Come for a fun evening of socializing and painting! Includes all painting supplies (acrylic on canvas) and instruction. Go home with a finished painting! Beverages available for purchase.

Instructors: Jean Harrison/Linda Cox
___ Friday / Nov 3 / 6:30 pm / \$30



Hunter Safety Course



The Hunter Education Program is to help understand the important role a hunter has in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. The minimum age for Hunter Safety is 10 years. 10 and 11 year olds take the same training as 12 and up students, the younger students receive a Hunter Safety Apprentice card and are eligible to hunt small game with a licensed hunter.

Instructor: Greg Steele, Firearms & Training
___ Friday / Nov 3 / 9 am-5 pm / \$70 / Maximum: 15

Canadian Firearms Safety Course

The CFSC is the pre-requisite needed in order to apply for the Possession, Acquisition License (PAL). The class is eight hour mandatory training including written exam and practical handling test to follow.

Instructor: Greg Steele, Firearms & Training
___ Saturday / Nov 4 / 9 am-5 pm / \$110
Maximum: 12

Kids in the Kitchen: Halloween Treats



Spooky and sweet treats are waiting to gobble you up in the kitchen. Please bring containers to take home some of your baking.

Registration deadline: Friday, October 20

___ Wednesday / Oct 25 / 2:45-4:45 pm / \$10

Schooz Out

Westman Speed Skating Club will be here to teach us how to speed skate (hockey gloves/mitts required). In the afternoon, we will learn how to plant, care for, and the benefits of indoor plants.

Registration deadline: Wednesday, October 25
Require shoe size when registering.
Please bring a bag lunch.

___ Monday / Oct 30 / 10 am-3 pm / \$10

Registration

Name _____

Phone _____

Email _____

Payment _____

All programs and workshops at Shamrock Centre, unless otherwise noted.
GST included in price where applicable.

Recreation Guide



Fall 2017

Municipality of Killarney-Turtle Mountain
c/o Shamrock Centre
725 Broadway Avenue
Killarney, MB R0K 1G0
Telephone: 204.523.8920
Fax: 204.523.8349
Email: krec.h@mymts.net
www.killarneyrecreation.ca

Shamrock Centre Reception/
(Drop In) Fitness Centre Hours
Monday - Friday 8:30 am - 4:30 pm
Closed 12 Noon - 1:00 pm

Pickleball

Mondays & Thursdays / 6:30-8:30 pm
Shamrock Centre / Racquets & balls supplied
Monthly \$30 or Drop In \$5

Shake, Rattle & Roll

Come play! A series of physical activity sessions designed for children ages 2-4 and to have fun with the caregiver and the importance of physical activity and physical literacy.

Instructor: Johanna Friesen
___ Mondays / 6-6:45 pm
Oct 16-Nov 20 / Free of Charge
In support of PROMISE Years Parent Child

Indoor Recreation Soccer

Play will begin on the Killarney School grounds—Mondays and Wednesdays, 5:45-6:45 pm. The days and times may change according to gym availability when the program moves indoors.



Open to ages 8+
Coach: Dmytro Alieksieienko
___ Sep 11-Dec (date tbd)
Fall Fee: \$10

Fit Five

This program supports and encourages older adults to embrace an active lifestyle by offering a high quality exercise program. The instructor offers a balanced program including warm-up, cardiovascular endurance, muscular strength and endurance, balance, and a cool-down. Exercise can be at a low level to allow for learning and minimizing soreness and injury: intensity can be increased depending on the individual. Staying physically active is one of the most important things a person can do to maintain physical and mental health and to live independently.

Instructor: Tina Wu
Tuesdays / Oct 10-Dec 5 / 9-10 am / \$2 drop in

Little Tigers Karate



Classes are interactive and fun with a focus on physical fitness, respect, technical development, and listening skills. Come wearing appropriate athletic apparel and class will take place in bare feet. Open to ages four and older.

Instructor: Lisa Campbell
___ Tuesdays / Sep 19-Nov 28 (no classes Oct 24 & 31) / \$35
___ Tuesdays / Sep 19-Mar 20 (no classes as above) / \$60

___ Junior / 5:30-6 pm / Maximum: 12
___ Intermediate / 6-6:30 pm / Maximum: 14
___ Senior / 6:30-7 pm / Maximum: 14
___ Purchase Karate Belt - \$12
___ Purchase Gi (inc belt) - \$70

Shotokan Karate

Shotokan Karate emphasizes a balanced, practical, self-defense oriented approach to the practice of basic techniques, kata (forms), and controlled sparring during training. Training enhances personal safety, physical condition and coordination, confidence and self-esteem, concentration and disciplines.

Instructors: Sai Wu, Scott Flannigan
Tuesdays / Shamrock Centre
7-7:45 pm Beginner / 7:45-8:30 pm Intermediate
Thursdays / KCI North Gym
6:30-7:15 pm Beginner / 7:15-8 pm Intermediate
___ Sep 19-Dec 14 / Youth \$80 / Adult \$84
___ Sep 19-Apr 5 / Youth \$150 / Adult \$151.20

Zumba Basics

Perfect for everybody and every body! Each Zumba class is designed to bring people together to sweat it on. Take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

Instructor: Stephanie Emberly
___ Wednesdays / 7:30-8:30 pm / \$90
Oct 4-Nov 29 (no class Nov 1)



Recreation Gymnastics

Skills included in a basic gymnastics curriculum are running, skipping, rolling, swinging, turning, jumping and landing. In many nations, gymnastics training precedes introduction to any other sport as a way of avoiding injuries and helping children establish a foundation for future success and enjoyment in sport.

Instructor: Amanda Horl
Fridays, Sep 22-Nov 24
___ **Tumble Bunny** / Age 4 / 4:15-4:45 / \$50 / Maximum: 6
Gymnasts more independent and learning and performing skills.

___ **Tumble Bear** / Age 5 / 4:45-5:30 / \$60 / Maximum: 6
Gymnasts focus on the Can Gym Badge Program.

___ **Badges 1-2** / 5:30-6:15 / \$65 / Maximum: 8
___ **Badges 3-4** / 6:15-7 / \$65 / Maximum: 8

Recreation Hockey

Non-competitive, non-contact hockey but still the passing, shooting, scoring, and fun of the sport. Full certified equipment required. Games and tournaments will be organized for the season. Hockey fee will not cover cost of additional away games and tournaments.

On-Ice Coach: Lee Magwood
Fridays / 4:30-5:30 pm / Ages 4+
___ Oct 6-Dec 8 / \$55
___ Oct 6-Mar 23 / \$100

Self Defense

Don't Become A Victim!
Modern Self Defense and Conflict Management
Come - join - learn practical self defense and street awareness, conflict management, personal safety and security, confidence and motivation, and cardio fitness, toning and weight management through *Raidfit*.

Presented by JKA of Brandon
___ Tuesday / Oct 17 / 7 pm / \$15



Rise & Stride Walking

Weekdays at Shamrock Centre

Indoor Virtual Run

What is a virtual run? Register for a run and complete it at your own pace and your way. Each race has an open and close date. Pick your favourite method(s) to complete the run—running (track, road, treadmill), elliptical, biking, walking, roller blading, swimming, or record your Fitbit steps—do the whole distance at once or break it up.

What if I'm not fast? Doesn't matter—the virtual run does not go by time, go as fast or as slow as long as you finish by the close date.

Proof of distance? You will be supplied with a logbook to record and accumulate your distance. At race close date just show your proof that you completed the distance registered for.

Virtual Run Registration

1) Choose Run

___ Turkey Run
Race Dates: Sep 11-Oct 9
___ Ghosts & Goblins Run
Race Dates: Oct 10-31
___ Poppy Run
Race Dates: Nov 1-10
___ Twelve Days of Christmas
Race Dates: Dec 10-21



2) Choose Distance

___ 5km ___ 10 k ___ 15 km ___ 20 km
___ Other (specify) _____

3) Pay Registration

Each race will be \$6

4) Logbook

Receive a Logbook to track your distance.

5) The Finish Line

At close date, hand in your logbook to the Recreation Office to receive your swag.