

## Fun in the Sun

Camp Leaders

Jamie Schidlowsky, Sarah Arnott, Carleigh Zarn

**Monday to Friday ~ 10:30 am - 4:30 pm**

**July 4 - August 19**



Fun in the Sun Leaders plan and supervise activities for children ages 4 and older, while the on site button activated Erin Park Splash Park offers opportunity to beat the heat.

Drop in or stay for free sports, games, crafts, water play, and much more! No registration required.

Children attending Fun in the Sun for (a portion of) the day should bring bottled water or juice plus snack(s) and a bagged lunch.

## Tennis Camp

July 4-8, Shamrock Centre

Certified Tennis Canada Instructor: Wendy Evans

\_\_\_ Ages 6-8: 9:30-10:30 am / Camp fee: \$20

\_\_\_ Ages 9+: 10:30 am-Noon / Camp fee: \$30

Camp uses softer balls, smaller nets, and shorter courts with a focus on fundamental stroke production, footwork, and court positioning. Racquets and balls supplied. Bring your water bottle and proper footwear.

Weekly Junior Tennis League will follow Wednesdays, 10 am, July and August. Racquets and balls supplied. Tennis camp registration not required to participate in league play.

## Drop In Sticks & Pucks

9:30-11:30 am, July & August, Paterson Arena

## Drop In Inline Skating Sticks & Balls

1:30-3:30 pm, July & August, Paterson Arena

Weekdays / \$1 / Helmets mandatory for under 18

## Pickle Ball

Mondays and Thursdays / 6:30 pm

Shamrock Centre Hall

June-Sep / \$28.00/month or \$5 drop in

## Wise Kid-Netic Energy Camp

Science & Engineering Summer Camp

July 25-29 / 9 am-4 pm daily / Shamrock Centre

Ages 9-12 / Camp Fee: \$160 pp / Bag lunches required

Online Registration: [www.wisekidneticenergy.ca/kidnetic-camp](http://www.wisekidneticenergy.ca/kidnetic-camp)

P: 204.474.9340/1.800.432.1960 ext 9340 E: [wise@kidneticenergy.ca](mailto:wise@kidneticenergy.ca)

## British Soccer Camp

August 8-12 / Killarney School Grounds

Amazing coaches, awesome accents, innovative practices and a unique cultural twist combine for a one-of-a-kind camp experience! Camp ages range from 4 to 16, with the option of a half day or full day registration.

Online registration only: [www.challengersports.com](http://www.challengersports.com)

## Personal / Buddy Training

Ciara Zarn, Manitoba Fitness Council Certified Individual Fitness Leader  
Lewis & Jones Community Fitness Centre



Unsure where to start? Discuss your goals with Ciara to start your way to a healthier you!



Maximize Workout! Match your fitness workouts with the Fitness Centre equipment, learn proper technique, get the answers regarding machines and equipment



Personal Training Sessions and programs developed specific to you



Buddy Training Sessions: Find a friend or neighbour. They provide motivation, increases exercise activities, companionship and competition



June 27-August 10 / Call or drop in to talk with Ciara  
M 10:30-1:30/T 10:30-1:30/5-7/W 11-2/Th 9-1/5-7/F 9-Noon

Services complimentary to the community.

Funding provided by the Manitoba government.

### Registration

Name \_\_\_\_\_

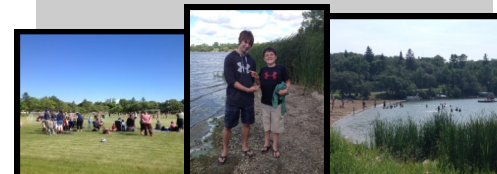
Phone \_\_\_\_\_

Email \_\_\_\_\_

Payment \_\_\_\_\_

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

# Recreation Guide



**July 1  
Canada Day  
Celebrations & Fireworks**

## Summer 2016

**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](mailto:krec.h@mymts.net)

[www.killarneyrecreation.ca](http://www.killarneyrecreation.ca)

Shamrock Centre Reception

Fitness Centre Hours

Monday - Friday 8:30 am - 4:30 pm

## Red Cross Swim Lessons

Water Safety Instructor: Kendal Rink

Red Cross Swim Kids is a 10-level stand-alone program for children five years and older. Children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success.

The program teaches competitive and survival strokes, as well as increasing the distance and speed that each swimmer can achieve, while focusing on making safe decisions in, on and around the water.

The 10 levels of the program allow for solid progression of skills and knowledge.

The skills and water safety throughout the program are targeted to each age group, with an increased focus on staying active and safe in the water.

Swimming strokes are built throughout the levels, using solid, proven progressions with a focus on drills and distance.

The fitness activities components build endurance and promote individual success and improvement. They also encourage lifelong physical activity as part of a healthy lifestyle.

The program is based on a foundation of continuous evaluation that challenges the individual swimmers to continually go beyond what they have acquired.

The Water Safety Instructors use performance criteria on the Instructor worksheets to determine the minimum standards for each item in the level, while targeting feedback and practice opportunities to the learning needs of each swimmer.



### Pre-School

Ages 3-5 years (This Swim Class not affiliated with Red Cross Swim)

Introductory program to help new swimmers become comfortable at the water's edge.

With PDF: swim alone, front and back glide, jump off dock, kick on front (10 m), kick on back (2m), front and back glide, Dolphin kick, swim in deep water.

Without PDF: Enter water alone, beach orientation, front crawl arm action, submerge face, front to back float with assistance, front float, back float.

### Swim Kids 1

At least 5 years of age, no previous swimming experience required

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

### Swim Kids 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

### Swim Kids 3

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.

### Swim Kids 4

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

### Swim Kids 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

### Swim Kids 6

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

### Swim Kids 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

### Swim Kids 8

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

### Swim Kids 9

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

### Swim Kids 10

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet and head first surface dives with underwater swim, and swim 500 metres continuously.



Registration Options

\_\_\_\_\_ Week of June 30-July 4 (Th-M)  
 \_\_\_\_\_ Week of July 11-15 (M-F)

	<b><u>Pre-School</u></b> - \$40 11:30-12/12:30-1 pm
	<b><u>Swim Kids Level 1</u></b> - \$40 1-1:30 pm/2:45-3:15 pm
	<b><u>Swim Kids Level 2</u></b> - \$40 12-12:30/3:15-3:45 pm
	<b><u>Swim Kids Level 3</u></b> - \$40 1:30-2/3:45-4:15 pm
	<b><u>Swim Kids Level 4</u></b> - \$40 2-2:30/4:15-4:45 pm
	<b><u>Swim Kids Level 5/6</u></b> - \$45 11:30-12:15/2:30-3:15 pm
	<b><u>Swim Kids Level 7/8</u></b> - \$50 12:15-1:15/3:15-4:15 pm
	<b><u>Swim Kids Levels 9/10</u></b> - \$50 1:15-2:15/4:15-5:15 pm

Class times may change depending on registrations.