

Paint Night - Sea For Two

Come for a fun evening of socializing and painting! Includes all painting supplies (acrylic on canvas) and instruction. Go home with a finished 16" x 20" painting! Beverages available for purchase.



Instructors: Jean Harrison/Linda Cox
 ___ Friday / Jan 26 / 6:30 pm / \$30

Dog Training

Does your dog ignore you, drag you on a walk, leap all over people you meet, or bark like a loon at people, other dogs, pieces of paper, and whatever else it sees? Learn to teach your dog to pay attention, walk on a loose leash, sit and wait, behave when it meets people, and other good behaviours.

Instructor: Renee Will
 Training Director of Two Brown Dogs
 Saturdays / Jan 27-Feb 24 / \$110.00
 ___ 10:30-11:30 am

- All dogs must hold current vaccinations and owners must show vaccination records at the first class
- Dogs must be 18 weeks or older

Introduction to Crochet

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

Instructor: Cheryl Bateman
 ___ Saturdays / 1-4 pm / \$55
 Jan 27, Feb 3, and Feb 10 / Maximum: 10

Darn Yarners—Contact Cheryl for more information

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
 ___ Monday / Feb 5 / 9 am-5 pm / \$70 / Maximum: 15

Emergency First Aid

Basic course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Course content includes preparing to response, the EMS system, check, call, care, airway emergencies, breathing and circulation emergencies, first aid for respiratory and cardiac arrest, and wound care. Participant materials include Comprehensive Guide to First Aid & CPR (eBook). Emergency First Aid certificate (digital certificate issued upon successful completion).

Instructor: Brenda Preston, Brenda's First Aid Training
 ___ Wednesday & Thursday / Feb 7 & 8 / 6:30-10 pm / \$95

Wildflower Movement

empowering girls to love themselves and their lives

An empowerment retreat for girls ages 8-18 to inspire girls to love themselves and their lives through yoga, meditation, crafts, raw conversations, positive mentorship and more. The benefits of yoga, meditation and journaling are endless and by having these tools in their toolbox, coping with difficult situations can be smoother sailing.

Leader: Tori Sawchuk, The Wildflower Movement
 ___ Ages 8-12 / Saturday / Feb 17 / 10 am-1 pm / \$30
 ___ Ages 13-18 / Saturday / Feb 17 / 1-4 pm / \$30

Stay Safe!

Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Instructor: Brenda Preston, Brenda's First Aid Training
 ___ Friday / Mar 2 / 9 am-3 pm / \$55 / Maximum: 15

Snowshoes & Cross Country Skis

The community is fortunate to have many pairs of snowshoes and cross country skis for public use. Both snowshoes and skis are stored at Killarney School. Sizes range from small to extra-large. Contact Killarney School for rent. A nominal \$5 rental charge collected for future repair/purchase. Thanks Dean Foote for keeping trails groomed at Killarney Lakeside Golf Course.

Fitness Centre Memberships

	Student/55+	Adult
1 Year	\$335.00	383.00
6 Month	\$173.00	\$204.00
3 Month	\$100.00	\$112.00
1 Month	\$44.00	\$50.00

Registration

Name _____
 Phone _____
 Email _____
 Payment _____

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

Leisure Guide



Winter 2018

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
Feb 5-Mar 19 (no class Feb 19) / Free of Charge
In support of PROMISE Years Parent Child

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 / Jan 16-Mar 20 / \$35
** No registration required if registered for Fall and Winter

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

Men's Competitive Pickleball

Fast paced, competitive play for experienced players. A healthy recreational game for all ages. Join anytime.

Wednesdays / 8:15 pm
Starts Jan 17 / \$5 drop in



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
___ Jan 16-Apr 5 / Youth \$80 / Adult \$84
** No registration required if registered for Fall and Winter

Toddler Music Program

Classes involve activities for child development including singing, music and movement, instrumental play, musical games, and of course fun! Provides unique bonding experience between parents and children.

Instructor: Aislyne Johnson
Wednesdays / Jan 17-Mar 7 / Minimum: 4 per class / \$90
___ 6 months-2 years / 5:45-6:15 pm
___ 3-5 years / 6:15-6:45 pm

Zumba Toning

Perfect for everybody and every body! Each Zumba class is designed to bring people together to sweat it on. Light weights enhance sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. 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 Toning classes are often called exercise in disguise.

 Instructor: Stephanie Emberly
___ Wednesdays / Jan 24-Mar 14 / 7-8 pm / \$90

Rise & Stride Walking

Weekdays at Shamrock Centre

Intro to Ballet



Introduction to Ballet is a great way for a child to explore the world of dance. The class explores movement through music and promotes creativity and social skills. Through music and play, the class focuses around musicality, basic footwork, and technique. It will be a fun way to get kids moving. Pink tights, black bodysuit, and slippers preferred. Hair put in a bun a must. Class recital: March 22 at 4:30 pm.

Instructor: Miss Paige
Thursdays / Feb 8-Mar 22 / \$35
___ Age 3-4 / 4-4:30 pm / Maximum: 4
___ Age 5-6 / 4:30-5 pm / Maximum: 5

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 / Assistant: Heather Marynuk
Fridays / Jan 19-Mar 23
___ **Tumble Bunny** / Age 4 / 4-4:30 pm / \$50 / Maximum: 6
Gymnasts more independent and learning and performing skills.

___ **Tumble Bear** / Age 5 / 4:30-5:15 pm / \$60 / Maximum: 8
Gymnasts focus on the Can Gym Badge Program.

___ **Burgundy/Red Badges** / 5:15-6 pm / \$60 / Maximum: 10

___ **Tan/Bronze Badges** / 6:15-7:15 pm / \$65 / Maximum: 10

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 / 4:15-5:15 pm / Ages 4+
___ Jan 19-Mar 23 / \$55

** No registration required if registered for Fall and Winter



Indoor Virtual Trot

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 Trot Registration

1) Choose Run

___ New Year's Resolution Trot
Race Dates: Jan 15-Mar 15
___ Easter Egg Trot
Race Dates: Mar 17-Apr 3

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.

Congrats reaching Line!



ladies for the Finish