

Terrace Bay recreation news

Upcoming Programs

Ski Skating

Anyone interested in learning how to Ski Skate is invited to attend a "Free" on the trail Basic technique Ski Skating course.

This program will take place on March 18 and 19 depending upon registration.

There will be a limit to ten registrations so call the Recreation Office today at 825-3542 to register.

Ladies Body Building Workshop

This 2 day workshop will take place on Saturday, March 11 from 12:00 noon to 1:30 p.m. and will conclude on Sunday from 9:00 a.m. to 12:00 noon. Instructor for this workshop will be Louise Boileau.

Teen Weight Training Workshop

During the March Break, Louise will be presenting a Teen Weight Training Program.

This program will take place on Monday, Wednesday and Friday from 10:00 a.m. to 11:45 a.m.

Happy Hoppers (Evening)

This session of Happy Hoppers takes place at the Public School on Monday and Thursday evenings from 7:00 to 8:00 p.m. This program will commence on March 20th.

Happy Hoppers (Morning)

This 8 week program will commence on March 20th on Monday, Wednesday and Fridays from 10:00 a.m. to 11:00 a.m. in the activity lounge.

Taking Charge with Aerobics

There will be an afternoon session of Taking Charge with Aerobics which is due to commence on March 20th. This session takes place in the Racquetball Courts from 2:00 to 3:00 p.m. every Monday and Wednesday afternoon.

We are presently taking names for the above programs. For more information please contact the Terrace Bay Recreation Office at 825-3542.

Photography

(Dave Chmara) Have you recently received a new 35 mm camera or do you just want to become more proficient with the one you own? If so, set aside Sunday evenings from 7:00 to 9:00 p.m. commencing on April 2nd to May 7th. How to choose a camera, camera care, light and lens characteristics, filters, composition, exposure, flash photography and accessories will be taught.

Introduction to Fly Fishing

April 15th is the date set aside for the introductory session on the basics of tying their own locally effective flies. Tools, hooks and various tying materials will be discussed. Nymph, streamer and dry fly patterns will be made. All tools and materials will be supplied.

April 16th will be the date for the presentation of the principles of fly casting. Tips on back, forward and roll cast and even the advanced techniques of double hauling and use of shooting heads. Video presentations and

practice in the basic casts will take place. Must bring their own fly rod, reel and line.

Level I & II Theory Coaching Clinic

Schreiber Recreation Department will be presenting a Level I Coaching Clinic on April 14, 15, 16.

The Level II Session will be held on April 21, 22, 23 and conclude on the weekend of April 28, 29, 30.

For more information please contact the Schreiber Recreation Department at 824-2317.

Upcoming Events

Mar. 8 - Retirement Planning - Conference Room - 7:00 p.m.

- Knitting - Multi Purpose Room - 7:00 p.m.

Mar. 9 - Kimberly-Clark - Conference Room - 8:00 a.m.

Mar. 10 - Kimberly Clark - Conference Room - 8:00 a.m.

- Employment Canada - Multi Purpose Room - 10:30 a.m.

- Pre Natal Class - Conference Room - 8:00 p.m.

Mar. 11 - Weight Training Workshop - Conference Room - 10:00 a.m.

Mar. 12 - Weight Training Workshop - Conference Room - 9:00 a.m.

- Bowling Tournament - Hospitality Room - Conference Room - 11:00 a.m.

Mar. 13 - Teen Weight Training - Conference Room - 10:00 a.m.

Mar. 14 - Kinna-awaya Legal Services - Multi Purpose Room - 1:00 p.m.

Public Skating

Mar. 8 - 11:00 - 12:00 noon
1:00 - 2:00 p.m. & 8:30 - 9:30 p.m.

Mar. 9 - 11:00 - 12:00 noon & 1:00 - 2:00 p.m.

Mar. 10 - 1:00 - 2:00 p.m.

Mar. 12 - 8:00 - 9:00 p.m. (Adults Public Skating)

Mar. 13 - 11:00 - 12:00 noon & 1:00 - 2:00 p.m.

Mar. 14 - 11:00 - 12:00 noon & 1:00 - 2:00 p.m.

Terrace Bay Recreation Department PRESENTS March Break Activities

Monday March 13th

9:00 - 11:00 a.m.
10:00 - 11:45 a.m.
11:00 - 12:00 noon
1:00 - 2:00 p.m.
1:00 - 3:00 p.m.
2:00 - 3:00 p.m.
3:00 - 3:45 p.m.

Shinney Hockey - 7 yrs. and under (Helmets Required)
Teen Weight Training (Contact Recreation Office to Register)
PUBLIC SKATING
PUBLIC SKATING
Open Bowling - 7 yrs. and under
Shinney Hockey - 8 to 11 yrs. old (Helmets Required)
Learn to Play Squash - 16 yrs. and up (Contact Recreation Office to Register)

Tuesday March 14th

9:00 - 11:00 a.m.
11:00 - 12:00 noon
1:00 - 2:00 p.m.
1:00 - 3:00 p.m.
2:00 - 3:00 p.m.
3:45 - 4:30 p.m.

Shinney Hockey - 8 to 11 yrs. old (Helmets Required)
PUBLIC SKATING
PUBLIC SKATING
Open Bowling - 8 to 11 yrs. old
Shinney Hockey - 7 yrs. and under (Helmets Required)
Learn to Play Squash - 10 to 15 yrs. old (Contact Recreation Office to Register)

Wednesday March 15th

10:00 - 11:00 a.m.
10:00 - 11:45 a.m.
11:00 - 12:00 noon
1:00 - 2:00 p.m.
2:00 - 3:00 p.m.
6:00 - 8:00 p.m.
8:30 - 9:30 p.m.

Shinney Hockey - 12 to 15 yrs. old (Helmets Required)
Teen Weight Training (Contact Recreation Office to Register)
PUBLIC SKATING
PUBLIC SKATING
Shinney Hockey - 16 yrs. and up (Helmets Required)
Regular Open Bowling
PUBLIC SKATING

Thursday March 16th

9:30 - 11:00 a.m.
11:00 - 12:00 noon
1:00 - 2:00 p.m.
2:00 - 3:00 p.m.

Shinney Hockey - 16 yrs. and up (Helmets Required)
PUBLIC SKATING
PUBLIC SKATING
Shinney Hockey - 12 to 15 yrs. old (Helmets Required)

Friday March 17th

10:00 - 11:45 a.m.
12:30 - 2:00 p.m.
1:00 - 2:00 p.m.
2:00 - 4:00 p.m.
7:30 - 8:30 p.m.

Teen Weight Training (Contact Recreation Office to Register)
Open Bowling - 12 to 15 yrs. old
PUBLIC SKATING
Open Bowling - 16 yrs. and up
PUBLIC SKATING

Saturday March 18th

1:00 - 3:00 p.m.
7:00 - 9:00 p.m.

PUBLIC SKATING
PUBLIC SKATING

Sunday March 19th

2:00 - 4:00 p.m.
2:00 - 5:00 p.m.
8:00 - 9:00 p.m.

PUBLIC SKATING
Regular Open Bowling
PUBLIC SKATING (Adults Only)

All the above activities are "FREE" except for the Teen Weight Training Program & Regular Open Bowling. For more information contact the Terrace Bay Recreation Office at 825-3542

DON'T MISS OUT...JOIN IN...HAVE SOME FUN!

Entertainment series receives \$1,000 grant

The Terrace Bay Entertainment Series will receive a \$1,000 provincial grant to stage musical performances by two Toronto groups, Northern Development Minister Rene Fontaine has announced.

'The supplementary Northern Assistance Program bridges the gap for northern communities to stage cultural events, and in turn helps improve the quality of life,' said Fontaine.

On March 7 Quintessence brought its antic interpretations of Jazz, Country and Classical Numbers to the Lake Superior High School. The string quartet with guitar laces their music with an engaging wit that has taken them to network television performances, national and U.S. Concert Tours.

The flute and harp duo, Clazz, performed at the school Feb. 5.

Terrace Bay Chiropractic Office

OPEN DAILY
9:00 a.m.

3 Highland Cres
Terrace Bay
825-3297

CRIME STOPPERS
623-TIPS
1-800-465-6844

ATTENTION LADIES

Weight Training Designed Especially For You

Ladies Body Building Workshop

Date: March 11th & 12th, 1989

Times: Saturday - 10:00 a.m. - 1:30 p.m.

Sunday - 9:00 a.m. - 12:00 noon

Place: Terrace Bay Recreation Centre

Cost: \$15.00

Maximum Number: 16 participants

Instructor: Louise Boileau

Course Description: This theory and practical workshop will teach the correct training approach, proper techniques and how to set up a routine according to your needs.

Teen Weight Training

Date: March 13th, 15th & 17th, 1989

Days: Monday, Wednesday and Friday

Time: 10:00 a.m. - 11:45 a.m.

Instructor: Louise Boileau

Place: Terrace Bay Recreation Centre

Cost: \$11.00

Course Description: This program is for all girls 13 years and older. This theory and practical course will teach the correct training approach, proper techniques and how to set up a routine according to your needs.