

# St. Mary's Recreation

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation) or [www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec)

**Happy Valentine's Day!**



## ST. MARY'S RECREATION HOCKEY LEAGUE



Come and join the Recreation Hockey League! The St. Mary's Recreation Department is having an 8 week program consisting of 1 hour games, no travel, non contact league. Everyone needs full hockey gear and the league gives everyone a chance to play. The teams will be organized by age, and skill level if needed. Also, we are **looking for volunteer coaches**, so if you have Friday afternoons free, and would be interested in coaching a team please call us! Register by using the registration form attached to this newsletter and bring it the first day of the program or drop it off to the recreation department before the program starts, so we can then develop teams ASAP. This is how it works: Ages 5-11 year olds will play from 3:00 - 4:00 pm, and the 12+ year olds will play from 4:00 - 5:00 pm. The kids will be divided into teams and play with their respected age group.

**\$50/Per Child**

**Fridays, Feb. 4<sup>th</sup> to March 25<sup>th</sup> RecPlex, Sherbrooke**

A **scorekeeper is needed**, if interested please call the recreation department. He/she will receive \$10 each Friday.

## BOOT CAMP

**Thursdays, Feb 3<sup>rd</sup> to Feb 24<sup>th</sup> 6:30 - 7:30 pm.**

**St. Mary's Academy Gymnasium.**

**\$20/person for 4 weeks.**

Yes! Boot Camp is back and ready to whip you into shape! This class is a great way to be active and is for any fitness level. The instructor will lead you through exercises that will get you moving, active, and build your muscle strength. *Remember to call the recreation department to register!*



## YOUTH SPORTS AND GAMES

Continued from Jan. 18 - Feb. 24

Tuesdays - St. Mary's Academy School Gymnasium.

Thursdays - St. Mary's Elementary School Gymnasium.

Ages 3+ from 6:00 pm - 7:00 pm.

FREE to come play some cool games, sports, and learn new activities in the gym! Drop the kids off so they can have some fun while being active, meeting new friends, and participating in activities. *Register by calling the Recreation Department.*

## BASKETBALL Ages 8-16 \$5 Per Person

Tuesdays 7:00pm - 8:00pm from Jan. 18 - Feb 22.

St. Mary's Academy School Gymnasium.

Like Basketball? Well now is your chance to be involved in a fun, active, and fast-paced sport! Come and learn the skills and fun games of Basketball, while being led by a qualified instructor who knows the game in and out, and likes to have fun. *Register by calling the Recreation Department.*

## OPEN GYM FREE! All Ages

Thursdays 7:00 pm - 8:00 pm from Jan. 20 - Feb. 24

St. Mary's Elementary School Gymnasium.

This is a time where kids and youth can come and play whatever they want! Badminton, T-Ball, Soccer, Basketball, Ball Hockey, Volleyball, Dodgeball, Soccer Baseball, you name it; we have it. So, come and be active in a place where you pick your activity.



## CO-ED ADULT INTRAMURALS

Wednesdays 6:00 pm - 8:00 pm from Jan. 19 - Feb. 23.

St. Mary's Elementary School Gymnasium. \$2 drop in fee.

An opportunity to be involved and play more than one sport is here! It does not matter what your skill level is, this program enables adults to be physically active while playing a different sport every Wednesday night. It is a great way to be social, have fun with your peers, and develop a sense of fun competition. The beginning of the night we develop teams and play a sport that the leader chooses. This is a six week program. At the end of the night of week six, we add up all individual scores and determine where you placed. Scoring is - 2 points if your there and win, 1 point if your there and lose, and 0 points if you don't show up at all. Usually two games per night. *Register by calling the Recreation Department.*

## MINI-TENNIS Ages 5 to 12

Mondays 5:30 pm - 7:00 pm from Jan. 17 - Feb. 21.

St. Mary's Academy Gymnasium. \$5 Per Person for 3 weeks. If you're wondering, YES, tennis can be played in a gymnasium! Using bigger and softer balls, smaller racquets, and a small portable net, we can make it happen! Young players can learn the game more quickly, and in a fun way. Mini-tennis combines an indoor program with a fun "learn to play" aspect, along with the ability to be easy to play. *Register by calling the Recreation Department.*



**VOLLEYBALL** Ages 12 and up.

Mondays 7:00 pm - 8:30 pm from Jan. 17 - Feb. 21  
St. Mary's Academy Gymnasium. \$5 Per Person for 3 weeks.  
Volleyball is an awesome sport and is very fun to play. It is a team game with different types of skills. So, come discover this great sport as we learn the basics of volleys, bumps, serves, spikes, positioning, and movement. Learn some skills and play some fun games. Register by calling the Recreation Department.

**WINTER CARNIVAL** FREE!

Sunday, February 20<sup>th</sup>. 2:00 pm - 4:00 pm.  
Goshen Community Centre Come on out to the Winter Carnival! This afternoon will consist of tons of fun, lots of smiles, laughter, and some cool activities made for kids, families, and friends. The types of activities are all a surprise so come on and check them out! Remember to dress warm!



**CREATIVE EXPRESSIONS CONTEST 2011**

Attention Kids ages 5 to 12. All you have to do is draw or sketch a picture about playing and being active outdoors in the winter. A random draw will take place on April 1, 2011. **The winner receives a great gift bag valued at \$150 from Canadian Tire!** Everyone who enters will receive a Take the Roof Off Winter certificate. Simply go to [www.taketheroofoffwinter.ca/kidszone.php](http://www.taketheroofoffwinter.ca/kidszone.php) and download the Creative Expressions Contest Form and "start drawing." Entries may be dropped off at the Recreation Office in Sherbrooke, by March 26, or mail to Recreation Nova Scotia, 5516 Spring Garden Road, Suite309, Halifax, NS B3J 1 G6.

**CHILI COOK OFF**

Thursday, Feb. 3<sup>rd</sup>. 3:30 pm - 5:00 pm  
Goshen Community Center. FREE!

If you like Chili, this is the place to be!  
Individuals prepare a finished pot of chili to be entered into a competition. The chili will be judged at the end of the evening. The judges will be select people that the Recreation Coordinator chooses. There will be three prizes to give out for three categories: Spiciest Chili, Best Tasting Chili, and Most Unique Taste! The people who bring a pot of chili will stand behind their pot, scooping it out for people to try. Also, display ingredients that you used. For the people who do not bring chili, you will walk around and try out them all. Everyone is welcome and it will be a great time! See you there! Please call the Recreation Department if you're bringing chili!!! Waiver needs to be signed.



Sunday, Feb 13<sup>th</sup>, 1:00 - 2:00 pm. (re-scheduled trail class)  
St. Mary's Academy Gymnasium. \$5.  
Zumba is a mixture of Latin and International music mixed with dance that together create a challenging, yet fun and effective fitness routine for participants of all ages. The Zumba workout features aerobic dancing as well as fitness training broken down into fast and slow rhythms that help tone and sculpt your body. It is "FUN AND EASY TO DO" allowing Zumba participants to achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Come try this introductory session! Please register by calling the Recreation Department.

**ST. MARY'S FITNESS FIRST CLASS**

Saturdays, 9:00 am - 10:00 am. Feb 5<sup>th</sup> to Feb 26<sup>th</sup>.  
St. Mary's Academy Gymnasium. \$20/person for 4 weeks.  
*Please call the recreation department to register.*



Woouo Hooooo!!!! This is a fitness class with circuits, intervals, resistance exercises, dry-land sport-training drills, etc. This high-energy class is considered moderate to intense. Key words for this class: FUN, ACTIVE, ENERGETIC, AWESOME, etc. I think you get it.

**DIGITAL PHOTOGRAPHY**

Mondays, 6:30 - 7:30 pm. February 7<sup>th</sup> to March 7<sup>th</sup>.  
\$30 Per Person for 5 weeks.

Port Bickerton Community Center.  
Please call the recreation department to register. The course



is packed full of photography tips and advice, built for the novice and professional alike. You will learn: Camera modes - Auto, aperture priority, shutter priority, manual, sports, landscape, close up, portrait. Everyday shooting - What to look for and how to shoot it. Black and White Photography - Timeless! Composition - Don't just stand there! Learn how to "see" a photo just about anywhere! Lenses - You have the ability to add just about any lens to your new camera, you now need to understand what you need and why. Lighting - Probably the single most important aspect of any art form. Flash photography - Understand how the light works and how you can control it. Digital Imaging - Touching on uploading to a PC and using Photoshop/other editing software.

**LIONS BINGO** Wednesdays. Starting at 7:45  
Lions Club/Hall, Sherbrooke, NS.



## **FELTING** Thursdays, February 10<sup>th</sup> to March 3<sup>rd</sup>

Port Bickerton Community Centre. 2:00 - 4:00 pm.

\$30 for 4 weeks. Felting can be a very interesting leisure activity that is relaxing and fun to do. You can attend this class as it is targeted towards making a teddy bear of your own by felting. At this class, you will be taught how to make a teddy bear by using a ball of wool, felting needles,



thread, and other materials that are needed. The instructor/leader will guide you through techniques and teach you how to make a teddy bear! Please call the recreation department to register for this class by calling 522-2598.

## **Winter Safety**

Being safe is cool this winter! Follow these tips to help protect yourself and your children:

### **Ice Safety**

Test the thickness of ice before venturing out on it. Ice must be at least 10 cm or 4 inches for walking or skating alone, 20 cm or 8 inches for skating parties and/or games and 25 cm or 10 inches before it is safe for snowmobiles.

### **Wear a Helmet**

Always wear an approved helmet when participating in activities such as downhill skiing, sledding, snowboarding, skating or playing hockey. Look for the CSA, SNELL, ATSM or EN stamp of approval.

Replace your helmet if it has been damaged or is 5 years old. Parents should set a good example by wearing helmets too!

### **Watch the Kids**

Keep children away from ponds, lakes, streams and rivers during the spring thaw. Check from time to time to make sure children are warm and dry. Have younger children take frequent breaks to come inside for a warm drink. Tell children not to put their tongues on cold metal. It sounds silly, but some kids still do it.

Advise children to stay away from snowplows and snow blowers. Help children choose play areas with a warm shelter nearby such as a friend's home.

When you build a snow fort, it should not be in a snow bank near the road. Children should be supervised when playing outside. Establish a buddy system with one or more of their friends and have them look out for one another. Children younger than eight years of age should always be well supervised.

### **Be Sun Safe**

Even in winter, you can still get a sun burn. Reduce sun exposure when the sun is highest in the sky. Find shade, or create your own shade. Wear a wide brimmed hat or toque and sunglasses with UVA and UVB protection. Wear sunscreen with minimum SPF #15 or higher with UVA and UVB protection (higher for individuals spending extended periods of time outdoors).



## **LOOKING FOR A FUNDRAISER?**

### **Lucky Duck Lottery**



For the 32nd consecutive year, Recreation Nova Scotia is pleased to present "Lucky Duck Lotto" - an easy, risk-free ticket sales fundraising program designed to help schools, sports clubs, community groups and other non-profit groups/organizations raise monies for their own programs and activities. Last year approx. 150 schools, clubs and community groups participated. There is no upfront cost to the ticket sellers. Tickets are \$1.00 each and come in books of ten. 70 cents of every \$1.00 ticket sold remains with the ticket sellers. Recreation Nova Scotia uses the remaining 30 cents to cover lottery administration costs (tickets, mailings, prizes) and support RNS provincial programs (removing barriers to recreation for low income families). The Campaign runs from January 10th to March 18, 2011 - groups can sell any time between those dates. **Reserve your tickets today!** If your group is interested in participating, please contact St. Mary's Recreation Office at 522-2598 for a registration form.

#### **Important Dates:**

Start Selling: January 10, 2011

Return Tickets to RNS by: March 18, 2011

Draw Date: March 25, 2011 - 10:30 am



Prizes: 1st Prize - \$3,000.00 Cash

2nd Prize - \$500.00 Cash

3rd Prize - Weekend Get-Away package for Two at Digby Pines Golf Resort and Spa.

Plus: Seven (7) Prize Draws of \$100.00 each.

Every group that sells a minimum of 500 tickets (50 books); your group's name will go into a draw for a \$75 cash prize.

Tickets come in books of ten and sell for \$1.00 each. Your group keeps \$7.00 of every book! RNS looks after the administration, co-ordinates the lottery, arranges for thousands of dollars in cash prizes and distributes tickets directly to your group.

### **St. Mary's Recreation**

Please take the time to pre-register in advance for any of the programs by calling the Recreation Department at (902) 522-2598 so we have an idea of numbers/equipment required.

Also, please contact us regarding any questions you may have, or feedback on any programs. Contact us at anytime.

We are open to any ideas, suggestions, and programs you may like to see. Let us know! 😊