



CHARLOTTETOWN

PARKS & RECREATION DEPARTMENT

Program Brochure



Fall & Winter 2010-2011

www.city.charlottetown.pe.ca

GREETINGS FROM THE MAYOR



The summer's end brings to a conclusion our session of summer programs and the beginning of the fall session of the Park, Recreation and Leisure Activities programming. Our mission statement challenges City Council to deliver services to all citizens, enhancing the quality of life for all who live and work within this City. We have a great quality of life here in the Capital City and I commend the staff of the Parks and Recreation Department for their continued dedication and hard work providing a variety of programs which contribute greatly to the well being of our community families allowing us an active life style.

As the school doors reopen and most of us head back into hectic work schedules and routines I encourage you to make time for positive leisure activities, whether it be as a volunteer or participant, and play an important part in our community life.

Working together with community organizations, both in programming and projects, the Parks and Recreation Department has been able to ensure that all citizens have a variety of leisure activities to participate in and I encourage you to read the 2010/2011 Fall/Winter Brochure and enroll in the program of your choice. I extend appreciation to the many volunteers who will assist in the delivery of activities noted in this brochure. You are the backbone of many of our community services and on behalf of City Council our sincere thanks.

You, the citizens of Charlottetown, make Charlottetown the tremendous City that it is and your health and well being are most important to City Council. Physical activity does improve one's health so I urge you to contact me at any time if you have any suggestions to improve our recreational programs at 566-5548.

Have a healthy and safe Fall and Winter season!

Sincerely,

A handwritten signature in cursive script that reads "Clifford J. Lee".

Clifford J. Lee
MAYOR



MESSAGE FROM THE PARKS, RECREATION, AND LEISURE ACTIVITIES COMMITTEE



Stu MacFadyen

The Charlottetown Parks, Recreation and Leisure Activities Committee is pleased to present the 2010-2011 Fall / Winter Program Brochure. Our core service delivery continues to focus on the importance of healthy and active living for all ages and lifestyles.

It is widely recognized that being active has many benefits, from a personal, social, environmental and economic point of view and our Committee is committed to providing residents with a wide range of opportunities to engage in leisure activities of their choice. Our facilities, programs and services reflect the changing demand and trends in sports and recreation.



Dave MacDonald

Our committee, which includes leaders in our community, provides oversight to the staff of the Parks and Recreation Department to ensure quality experiences. We also acknowledge and thank the many dedicated volunteers for their commitment to a variety of grassroots programs and services that would not be possible without their support and leadership.

The Parks and Recreation Department consists of a management team that oversees direct delivery programs, facility operations and park management of over 55 properties. Our team is always interested in hearing from you with your suggestions for new or improved services. As we continue to grow in response to a growing and more active community, your feedback is important.



Terry Bernard

Have a great fall and winter and take the healthy living pledge to add more physical activity and healthy eating to your day. For more information on this initiative please go to www.gopei.ca.

Yours in Recreation,
Chair Stu MacFadyen
Vice-Chair Dave MacDonald
Councillor Terry Bernard

CHARLOTTETOWN PARKS, RECREATION AND LEISURE ACTIVITIES ADVISORY BOARD

Barb Dingwell	Dorothy Pound
Jim Johnston	Kate Marshall
Moe McCabe	Shane Turner
Wilfred McKenna (Jr)	

TABLE OF CONTENTS

MISSION STATEMENT	
DISCOVER THE BENEFITS	
CHARLOTTETOWN PARKS AND RECREATION CONTACTS	3
VOLUNTEERS, CHARLOTTETOWN FAMILY VIOLENCE PREVENTION	4
GENERAL INFORMATION	5
PRE-SCHOOL	7
YOUTH/TEEN	10
Arts/Drama	10
Badminton	11
Basketball	12
Bowling	13
Curling	13
Dance	13
Day Camps & After School Programs	14
Drop-in Programs	16
Football	18
Funding Support	18
Girl Guides/Boys Scouts/4-H	19
Gymnastics	21
Hockey	21
Martial Arts	22
Music Lessons	24
Pottery and Crafts	25
Reading Programs	25
Ringette	26
Skating	27
Skiing	31
Swimming	32
Tennis	32
Youth Groups - Services	32
Wrestling	33
ADULT/SENIOR	34
Art	34
Badminton	34
Bowling	34
Community Schools	35
Curling, Cycling, Dance, Exercise/Health	35
Fitness	36
Football	38
Martial Arts	39
Pottery and Crafts	39
Relaxation	40
Social Activities	41
Sports	42
Skating	42
Skiing	42
Seniors Groups	42
Tennis	43
Walking and Hiking	44
PERSONS WITH DISABILITIES	44
AQUATICS	45
COMMUNITY CENTRES – HALLS – GYMS	48
COMMUNITY GROUPS	50
FESTIVALS & EVENTS	53
GO! CHARLOTTETOWN	

CITY OF CHARLOTTETOWN PARKS AND RECREATION DEPARTMENT MISSION STATEMENT

The Parks and Recreation Department for the City of Charlottetown will strive to enhance the quality of life for the people who live and work within our municipality, as well as for those who visit. We will encourage and provide the leadership for the development of safe, accessible, diverse and high quality recreational opportunities. The Parks and Recreation Department will utilize the four benefit areas of parks and recreation as the frame work from which to evaluate its programs, services and facilities which include the personal, social, economic and environmental benefits of participation.

DISCOVER THE BENEFITS

- Recreation and Active Living are essential to personal growth.
- Recreation is a key to balanced human development.
- Recreation and Parks are essential to quality of life.
- Recreation reduces anti-social and self-destructive behavior.
- Recreation and Parks build strong families and healthy communities.
- Pay now or pay later! Recreation reduces health care, social service and police/justice costs.
- Recreation and Parks are significant economic generators in your community.
- Parks, open space and natural areas are essential to ecological survival.

The Benefits Are Endless...

CHARLOTTETOWN PARKS AND RECREATION CONTACTS

Manager – Sue Hendricken	368-1025
Program Coordinator – Frank Quinn	629-4028
Superintendent of Arenas – Jeremy Pierce	629-4171
Superintendent of Parks – Nancy McMinn	629-4026
Parks Foreman – Dean Worth	629-4024
Assistant Program Coordinator – Christopher Drummond	629-1877
Parkland Conservationist – Beth Hoar	892-3837
Parks and Recreation Administrative Assistant – Jackie McKinnon	368-1025
Parks and Arenas Administrative Assistant – Dianne Dowling	629-4024
.....
Simmons Arena/Pool	894-8247
Cody Banks Arena	894-8422
Charlottetown Civic Centre Administration Office	629-6600
Box Office & Information Line	629-6625
Parks and Recreation Main Administration (1st Floor City Hall)	368-1025
Parks and Arenas Administration (12 MacAleer Drive)	629-4024
CARI (Capital Area Recreation Inc.)	569-4584

VOLUNTEERS

Volunteer of the Month Award

To recognize volunteers who have made outstanding contributions to Recreation, Sport, and Leisure within the City of Charlottetown, the Charlottetown Parks and Recreation Department “Volunteer of the Month Award” was launched in January 2006.

Nomination forms can be picked up at Charlottetown Parks and Recreation Department within City Hall – 199 Queen Street.

Volunteer Interest

Volunteers are required to deliver many of the recreation/sport-based programs offered in our community (i.e., minor sports, special events, and many other programs). If you would be interested in being a volunteer, please complete the online volunteer interest form via the City Website at www.city.charlottetown.pe.ca.

For more information on volunteer initiatives please call 368-1025 or visit the City Website at www.city.charlottetown.pe.ca.

CHARLOTTETOWN FAMILY VIOLENCE PREVENTION

The City of Charlottetown is committed to preventing Family Violence.

What is meant by family violence? It is any violence by one family member against another. Family violence includes, **but is not limited to:**

- violence by one partner against another
- violence by a parent against a child
- violence by a child against a parent
- violence between brother and sisters

Family violence is an abuse of power within relationships of family, trust or dependency. It always involves someone using their power over another person in a way that is hurtful. There are different types of violence - physical, emotional, financial, or verbal abuse.

If you need to talk with someone, call Anderson House @ 892-0960, 24 hours a day - 7 days a week.

Other Important Resource Numbers:

Charlottetown Police Department
629-4172

Victim Services
Charlottetown 368-4582

Emergency - 911

Child and Family Services
Charlottetown 368-5330

Community Legal Information Association
Charlottetown (toll free) 1-800-240-9798
or 892-0853

EMERGENCY MEASURES

Don't be caught unprepared during an emergency such as hurricanes, storm surges and floods. *For more information on how to be better prepared, please visit the City WEBSITE @ www.city.charlottetown.pe.ca.*

GENERAL INFORMATION

CHARLOTTETOWN PARKS AND RECREATION DEPARTMENT

HOURS OF OPERATION

Charlottetown Parks and Recreation Department Hours of Operation

October – May / Monday – Friday 8:30 AM – 5:00 PM

June – September / Monday – Friday 8:00 AM – 4:00 PM

DIRECT DELIVERY PROGRAMS

Direct Delivery Programs are those that are operated and offered directly by the City of Charlottetown Parks and Recreation Department.

PROGRAM REGISTRATIONS (Direct Delivery Programs)

Two convenient options:

ON-LINE: Register on-line via the City of Charlottetown's Website:

www.city.charlottetown.pe.ca. Once you have entered the main home page go

directly to QUICK LINKS then PROGRAM ONLINE REGISTRATION. It's never been easier!

IN PERSON: In person registrations will be accepted at the Parks and Recreation Department Administration Office (1st floor City Hall) during regular working hours and at scheduled registration locations / dates.

Payment may be made by Cash, Cheque, Visa, Master Card, or Interact - Please make all cheques payable to the City of Charlottetown.

CANCELLATIONS (Direct Delivery Program)

The City of Charlottetown Parks and Recreation Department reserves the right to cancel or alter any program information outlined in this brochure without prior notice. If a program is cancelled by the department a full refund will be issued.

PROGRAM REFUNDS (Direct Delivery Programs)

Program refunds will not be issued after the program starts. Requests for refunds must be made a minimum of 2 days prior to the start of a program. A \$5.00 administration fee will be held for each registration refunded.

PROGRAM STAFF (Direct Delivery Programs)

Charlottetown Parks and Recreation Department program staff receive extensive training in such areas as program delivery, organizational and leadership skills, active and leisure game implementation, child and group management, and other areas that are relevant to program operation, including Emergency First Aid and CPR certification.

FACILITY SCHEDULES

View the following City owned or operated recreational facility schedules via the City of Charlottetown's web-site: www.city.charlottetown.pe.ca including: Arenas, Community Centres, UPEI Artificial Turf Field, Simmons Main Soccer Field, Colonel Gray Soccer Field, Coop Soccer Field, Spring Park Soccer Field, East Royalty Soccer Fields and Orlebar Soccer Field. Once you have entered the main home page go directly to ONLINE SERVICES then to Facilities Scheduling. An easy and convenient way to view available dates and time!

PET OWNERS

We all appreciate clean walkways, park facilities and open spaces. Please be a responsible pet owner; help keep our facilities clean. "Stoop and Scoop". By-law: Section 21 CAMA

NO SMOKING

The Charlottetown Parks and Recreation Department is pleased to provide a smoke free environment in our recreational facilities. No person shall smoke in any recreational facility other than in a designated area if provided. By-law: Section 64 CAMA

TOBACCO FREE POLICY

The City of Charlottetown has adopted a "new" Tobacco Free Policy for Indoor and Outdoor Recreation and Sport Facilities, which went into effect January 1, 2009. The City believes that through public awareness and education, we can encourage users and the general public to respect the health of everyone and create a healthy environment at City owned and operated indoor and outdoor facilities.

SPORT FIELD USERS PERMISSION

Organizations and the general public are asked to refrain from using City operated sport fields unless permission has been obtained from the Charlottetown Parks and Recreation Department. Unauthorized use, especially during the early spring and late fall months when wet conditions prevail, will cause severe damage to nature grass sport fields. Your cooperation is very much appreciated. To obtain permission to use a sport field, please contact the Program Coordinator at 629-4028.

All requests for the use of the **Artificial Turf Field** must be made through the Charlottetown Parks and Recreation Department. You may view this facility schedule via the City of Charlottetown web-site. For more information and to book this facility, please contact the Program Coordinator at 629-4028.

YOUR OPINION COUNTS

Your comments are welcome and assist the Charlottetown Parks and Recreation Department in the delivery of programs and services. Our Mission Statement includes the commitment to encourage and provide leadership for the development of safe, accessible, diverse and high quality recreational opportunities for EVERYONE.

- Do they meet the needs of YOU the resident?
- Do you have any ideas for new programs?
- Is our staff providing the service (quality/care) that you would expect?

If you have any concerns or questions we would like to hear them. Please contact the Parks and Recreation Department at 368-1025.



PRE-SCHOOL

BRIGHT FUTURES CHILD DEVELOPMENT CENTRE

Bright Futures Child Development Centre, located at Murphy's Community Centre, accepts children, infants to 4 years old. Child Care offers a Pre-Kindergarten program (age 4 by December 31/10) and is recognized as an Early Years Centre with curriculum and fees in accordance with the Pre-School Excellence Initiative through the Department of Education and Early Childhood Development. L#4474

For further information please contact owners: Lynn Arsenault or Susan Gallant at 370-8282, or email: brightfuturescdc@eastlink.ca.

CAREGIVER AND TOT PROGRAM

Offered by Four Neighbourhoods Community Health Centre, located at 152 St. Peter's Rd. The program is designed for children - birth to 4 years of age to have an opportunity to interact with other children. It is our goal to increase parent's positive parenting skills. It's a great chance for parents/caregivers to meet their neighbours, to exchange helpful parenting tips and to develop a support network. Activities include stories, games, crafts & a nutritious snack. Group meets Monday & Thursday 9:30-11:30 AM September - June Registration is required.

For more information on this and other programs offered at the CHC, call 368-6931.

C.H.A.N.C.E.S.

*Please see information in the **COMMUNITY GROUPS** section.*

CONFEDERATION CENTRE PUBLIC LIBRARY CHILDREN'S LIBRARY

Programs offered in the Confederation Centre Public Library, Children's Library require registration. Since the Children's Library offers on-going programs, groups are advised to call ahead when planning a visit. Regular reading times can be arranged for groups. After school groups are encouraged and welcome.

Baby Lapsit

Confederation Centre Public Library, Children's Library
Tuesdays at 10 AM for 6 weeks
Starting September 21
Ages 3 - 12 months

Baby Lapsit 2

Confederation Centre Public Library, Children's Library
Tuesdays at 10 AM for 6 weeks

Starting November 2
Ages 3 - 12 months

Sing and Sign

Participants learn simple baby sign language using board books, rhymes and song.
For hearing children
Confederation Centre Public Library, Children's Library
Tuesdays at 11 AM for 8 weeks
Starting September 21
For ages 12 - 24 months

Family Story Time

Confederation Centre Public Library, Children's Library
Tuesdays at 1:30 PM (beginning September 21) repeated on Wednesdays (beginning September 22) at 10:30 AM
September 21 - December 8
For ages 3 - 4

Toddler Time

Confederation Centre Public Library, Children's Library
Thursdays at 10 AM for 8 weeks
Starting October 7
For 2 year olds

Monthly Puppet Plays

Confederation Centre Public Library, Children's Library
Wednesday at 10 AM
September 22, October 20, November 17, December 8
For any age

Santa's Annual Visit

Confederation Centre Public Library, Children's Library
Santa plans on stopping by to read Christmas stories and visit with the children.
Wednesday, December 15 at 10:30 AM
For any age

Make a Wreath

Help make a Christmas wreath to enter in the annual Confederation Centre of the Arts Friends Wreath Contest.
Confederation Centre Public Library, Children's Library
Tuesday, Nov 23 at 1:30 PM or Wednesday Nov 24, at 10:30 AM
For children ages 3 - 4

*Registration for Fall programs begins the week of September 7.
Please call 368-4644 to register. A full listing of all library programs can be seen on the library website at www.library.pe.ca.*

GYMNASTICS

*Please see information in the **YOUTH/TEEN** section.*

INTRO TO SPORTS PROGRAM

The Charlottetown Parks and Recreation Department will once again be offering their “Intro to Sport Program”. There are two 10 week sessions offered, which are open to children between the ages of 3 – 4 years old. The program is designed to give children the opportunity to try and experience a variety of sports and develop skills, while having fun. Parents and legal guardians are required to participate in the program with the children.

Location: West Royalty Community Centre
Fall Session: Thursday Program (starting October 7, 2010) 10:30 – 11:30 AM
Winter Session: Thursday Program (starting January 6, 2011) 10:30 – 11:30 AM
Registration Fee: Resident \$30.00 per session, per child
Non-resident \$40.00 per session, per child
A \$10.00 fee will apply for each additional child from the same direct family.

For more information, contact the Parks and Recreation office at 368-1025.

JELLY BEAN GYM (ages 2-4)

A UPEI Community Program – offered at the UPEI Sports Centre.

For more information, please check the UPEI web page at www.upei.ca/athletics/ or call 566-0305.

ME & MY FRIENDS

The Charlottetown Parks and Recreation Department will once again be offering their popular “Me & My Friends” Programs. A creative and fun playtime program for tots (aged 2 – 4 years) and their moms, dads or caregivers where they play together in a gym environment. Each 10 week program allows for social interaction with other children as well as the opportunity to be active. Some activities include games, sing-along, circle-time, colouring, small crafts, play equipment and much more.

Location: West Royalty Community Centre
Fall Session: Tuesday Program (starting October 5, 2010) 9:30 – 10:30 AM
Friday Program (starting October 8, 2010) 11 AM – 12 PM
Winter Session: Tuesday Program (starting January 4, 2011) 9:30 – 10:30 AM
Friday Program (starting January 7, 2011) 11 AM – 12 PM
Registration Fee: Resident \$30.00 per program, per child
Non-resident \$40.00 per program, per child
A \$10.00 fee will apply for each additional child from the same direct family.

For more information, contact Parks and Recreation office at 368-1025.

SWIMMING

*Please see information in the **AQUATICS** section.*

THE GUILD

*Please see information in the **COMMUNITY GROUPS** section.*

YOGA FOR CHILDREN (NEW)

Yoga for Children: Yoga for Life instructor Mary MacPhee will offer children’s yoga

on Saturdays from 5 – 5:45 PM beginning Sept. 18th and running for 10 weeks. Ages 4-9 are welcome, reduced rates are available for families and parents are welcome to stay and join in.

Pre-school Yoga, ages 2-5 yrs, will be offered one midweek morning beginning the end of September. Call for more information or to register.

Email yogafortlife@eastlink.ca, call Mary at 892-4658 or check yogapei.com for more information.



YOUTH/TEEN

ART/DRAMA

YAC

Are you interested in working with arts professionals, organizing programming for your peers, and gaining volunteer experience? If you are between the ages of 13 to 18, join the Confederation Centre Youth Arts Council (YAC) and gain valuable leadership skills through the arts. YAC is student led and therefore organized activities are dependent on the particular interests of the group.

For more information contact 628-6112 or CCYouthArtsCouncil@gmail.com.

CHORUS

New members welcome in both the Confederation Centre Youth Chorus and the Centre's adult choir, the Confederation Singers. Rehearsal will begin in September for the year.

For more registration information, please phone 682-6144.

CONFEDERATION CENTRE OF THE ARTS

The Confederation Centre of the Arts is dedicated to the education of Canada's next generation of visual and performing artists. Our Young@Arts program encourages children to explore creative expression in a variety of ways, from drawing and sculpting to dancing and singing! For more information click on the Young@Arts tab at www.confederationcentre.com or contact the individuals listed below.

Dance Umbrella

Dance Umbrella offers a variety of programs, including creative movement for pre-schoolers over three years, ballet, modern dance, jazz, and musical theatre. Classes begin in September. Registration for the fall program starts in early August.

For more information contact Peggy Reddin at 629-1196 or preddin@confederationcentre.com.

Confederation Centre Choral Music Program

New members welcome in both the Confederation Centre Youth Chorus (boys and girls ages 8 to 14) and the Confederation Singers adult chorus.

For more information contact Don Fraser at 628-6144 or email dfraser@confederationcentre.com.

Schurman Family Studio Art Classes:

Kinder ART Ages 3-5

Saturdays, 9:30 – 10:30 AM; begins September 18

Exploring Visual Arts

Begins September 18

Grades 1-3, Saturdays, 11 AM – noon

Grades 4-6, Saturdays, 1 – 2 PM

Art PD Days

Dates: October 1 and October 14-15, November 26, 2010

February 1, April 26 and May 9, 2011

9 AM to 4 PM

Registration fee: \$30 per day

Ages 6-12

Please note: students must bring a lunch and two snacks to class each day. The Schurman Family Studio is a peanut-free environment.

mARTch Break Camp

March 21-25 from 9 AM to 4 PM Ages 6-12. Space is limited. Pre-registration is required. Cost is \$150.

For more information, or to register, please contact 628-6111 or artgallery@confederationcentre.com.

DRAMA CLASSES

Drama classes are designed to be fun and to develop the skills of collaboration, time management, and the ability to think on one's feet. They provide challenges requiring creative and imaginative problem solving. This is an opportunity to develop skills and to perform in youth-generated material as The Bonshaw Young Players.

Classes are on Saturdays from 10:00am – 12:00pm at the Bonshaw Community Centre in Bonshaw.

Pre-registration is necessary.

Fall classes begin September 18th. Fee: \$50.

For further information and to register call Ruth Lacey at 675-4282 or email rlacey688@gmail.com.

BADMINTON

YOUTH BADMINTON PROGRAM

The Charlottetown Parks and Recreation Department will once again be offering a youth badminton program on Saturday mornings. This program will begin in early October

and will run for 10 weeks. The elementary program for grades 3 – 5 will be set-up as a fun instructional program. The program for grades 6 – 8 will be an instructional program and round-robin play.

Fall Program: Saturdays (starting October 2, 2010)

Winter Program: Saturdays (starting January 8, 2011)

Location: West Royalty Community Centre

Time: Grade 3 – 5 from 9:00 – 10:00 AM

Grade 6 – 8 from 10:00 – 11:00 AM

Fee: City Resident – \$25.00

Non-Resident – \$35.00

For more information please contact the Parks and Recreation office at 368-1025 or register online via the City's website www.city.charlottetown.pe.ca.

BASKETBALL

MINI BASKETBALL PROGRAM

A fun recreational program offered by the Charlottetown Parks and Recreation Department for children in Grades 1 & 2 and Grades 3 & 4. No experience is required. These programs run from October – March.

Location: West Royalty Community Centre

Date: Tuesdays (starting October 5, 2010)

Time: Girls (Grade 1 & 2) 6:00 – 7:00 PM

Girls (Grade 3 & 4) 7:00 – 8:00 PM

Location: West Royalty Community Centre

Date: Wednesdays (starting October 6, 2010)

Time: Boys (Grade 1 & 2) 6:00 – 7:00 PM

Boys (Grade 3 & 4) 7:00 – 8:00 PM

Fee: \$25.00 for residents

\$35.00 for non-residents

Space is limited so register early.

For more information, contact Parks and Recreation office 368-1025 or register online via the City's website www.city.charlottetown.pe.ca.

CHARLOTTETOWN TIGERS MINOR BASKETBALL PROGRAM

Tigers Minor Basketball Program offers basketball to youth in Grades 1-9.

We offer a recreational program for youth as well as competitive opportunities for participants in Jr. Mini & Mini, depending on interest and enrollment. All registrants will participate in the recreational program, which includes a combination of skills, instruction, and games.

Children will be divided by age/year of birth and gender as follows:

Tiny Tigers Boys/Girls (Born in 2003/2004) - one session per week

Jr. Mini Boys/Girls (Born in 2001/2002) - two sessions per week

Mini Boys/Girls (Born in 1999/2000) - two sessions per week

Bantam/Midget Boys/Girls (Born in 1996/1997/1998) - two sessions per week

The program runs from October - March and will be held in various schools/community centres in the Charlottetown area. We will be taking registrations at the West Royalty Community Centre on Saturday, September 18 from 9 AM – 12 PM and Wednesday, September 22 from 6 – 8 PM. Resident and non-resident rates will be set prior to registration. Late Registrations will be subject to a late fee.

For further information please contact Shayne Connolly, President at 566-2236 or 892-3779 or Stacey Silliphant, Registrar at 892-3730 or via email at charlottetowntigers@hotmail.com.

BOWLING

MURPHY'S COMMUNITY CENTRE

Located in the heart of downtown Charlottetown, the Murphy's Community Centre houses the largest bowling alley on Prince Edward Island. Murphy's Bowling Centre has been the hub of bowling on the Island for over 40 years. The Centre's 14 lanes of five pin bowling offers open, regular, and glow-in-the dark bowling, as well as many leagues for youth, adult, and senior bowlers. Each year the Murphy's Bowling Centre offers a weekly youth bowling program, for children aged 4 to 18, on Saturday mornings from September to May. Bowling/Pizza party packages are available for birthdays, team parties, staff functions, family gatherings, etc.

*Bowling is a fun, affordable sport that everyone can enjoy.
Phone 892-1762 to reserve a lane or to book a bowling party.*

CURLING

CHARLOTTETOWN CURLING CLUB

The sport of curling has a strong history on the Island and in the Charlottetown area with many teams from the Charlottetown Curling Club enjoying success at the Provincial and National levels. Various curling programs and leagues at our club allow both young and old alike to progress at their own pace and enjoy a lifelong activity while making numerous friends. Free curling clinics are offered the first two weeks of October, and we offer full and one-night memberships, Junior and Little-Rock programs, as well as Getting Started leagues which include instruction. No matter what your skill level we have something for you. The club also offers catering for your curling group or parties, daily dining and an extensive Curling Pro Shop as well as hall and kitchen facilities that can be booked for meetings, weddings, or other functions.

For further information or to book ice or hall rentals, please contact the Charlottetown Curling Club at 892-7467 or chtowncurling@eastlink.ca or visit www.charlottetowncurlingclub.ca for a full list of our services.

DANCE

ISLAND DANCE ACADEMY

Dance classes offered for ages 3 and up. The Academy offers classes in ballet, jazz, creative movement, modern, and intensive training programs.
Director - Martha Nicholson ARAD ATC RTS.

For more information contact the Academy at 628-6561 or visit our website at www.islanddance.ca.

YOGADANCE (NEW)

YogaDance, Saturday evenings 6-7 PM at the PATH, 344 University Ave., is fun fitness for all ages (6 +) and abilities and begins Sept. 25 to run all winter. Check our website yogapei.com for seasonal or weather changes. A fantastic mix of world music sets the stage for this fusion of yoga warm-ups, poses, breathing and dance. No yoga or dance experience is required and no partner is needed. If you enjoy moving to music, try YogaDance which begins slowly, then the music and movement is quickened to get your heart rate up in a fun and enjoyable way, then finish with slower movements, stretching and breathing, meditation, contemplation and relaxation.

Every class is unique with some favorite songs and dances returning. It is a drop-in class but multi-class cards are available for a reduced fee. Current participants are saying it is their new favorite form of exercise. Children enjoy it too and it's a great activity for child and parent or the entire family. Noon Hour drop-in will be offered starting in October, check yogapei.com for scheduling.

Contact Mary at yogaforlife@eastlink.ca or 892-4658 for information or to purchase a class card. Private sessions for groups and presentations to youth/adults on fun, active living, positive self esteem, etc. are available.

DAY CAMPS, AFTERSCHOOL PROGRAMS & SPORT CAMPS

ADVENTURE GROUP AFTER SCHOOL

The Adventure Group Youth Club is an After School Program for youth ages 13-15. Some of the activities include drama, cooperative sports, art instruction, computer, and homework help. The program is offered at Birchwood Jr. High. Everyone welcome! You do not have to attend Birchwood to join.

To register for this program please call Rae at 628-8668.

CARI MARCH BREAK DAY CAMPS

CARI will once again be offering their March Break Day Camps. Day Camps include a full set of swimming lessons, indoor and outdoor activities, skating, pool games and many other exciting activities. Cost for the full week is \$130. However, if you wish to send your child on a per day basis the cost is \$25 per day, with swimming lessons not included. Lunch is provided on Fridays!

For more information or to register please contact the CARI Control Desk at 569-4584 or visit us at 550 University Ave. Registrations can be completed at any time.

CHARLOTTETOWN BOYS & GIRLS CLUB AFTER SCHOOL PROGRAM

September – June (Monday to Friday 2 – 6 PM.)

The Boys and Girls Club in Charlottetown is a non-profit organization, which has been offering programs to children in the Charlottetown area since 1983. The club has a commitment to ensure that when the school day ends every child has a safe and fun place to learn and grow.

We promote respect for our children by encouraging them to search out their creativity, build on their own interests, develop skills and motivate children to play together and have fun. Our goal is to promote equal opportunities for children and help them achieve personal growth leading to active and responsible members in the community.

Children will have an after school program of fun filled activities such as:

Sports & Recreation	Arts & Crafts	Group Activities
Homework Help	Exploring with Science	Healthy snacks
Fun with Computers	Field & Gym Games	Field trips
Special guest	Presentations	Free tutoring program
Cultural Activities	Leadership Activities	Cooking

Our facility offers an art & crafts room, a games room, a large kitchen for our kids in

the kitchen component, a resource area with computers, an audio-visual room, and a gymnasium. The facilities are located within a 5-minute walk of 4 large outdoor parks and play areas, which include playground equipment, a basketball courts, and a soccer/baseball field. All activities are led by enthusiastic and experienced staff with a variety of special skills in education, recreation, and leadership.

In addition to the after-school program we will offer a full day program from 8AM - 5:30PM during parent/teacher interview days, and professional development days.

We also provide Christmas Camps and March Mania during school break weeks. We are available to accommodate children during mid day school closures.

Rates: Full time (3 or more days per week) - \$50.00 for one child, \$90.00 for two children and \$125 for three or more children. Part time (1-2 days per week) \$25.00 for one child, \$40.00 for two children and \$60 for three or more children.

For more information you may contact Annie Nielson, Afterschool and Summer Day Camp Supervisor at 892-2223 or annie@bgcharlottetown.com, or Krista O'Brien, Executive Director at 892-1817 or krista@bgcharlottetown.com.

MURPHY'S COMMUNITY CENTRE DAY CAMPS, AFTER SCHOOL PROGRAMS AND SPORT CAMPS

The Murphy's Community Centre is pleased to offer an After School Program and Summer Camp Program under the direction of Patrick MacDonald.

The Community Centre is centrally located in the heart of historical Charlottetown and ensures working parents are provided with quality year round childcare for their school-aged children (ages five to twelve).

The Murphy's Community Centre School Age program and Summer Day Camp are built on the premise of mind, body and spirit. Any child who is registered with us will receive a well-rounded, high quality program that promotes team play and encourages individual expression. The Centre offers a full day program, 7:30am-6pm, during parent/teacher interview days, professional development days, storm days, Christmas break, March break and summer vacation.

For further information please contact Patrick MacDonald, School Age Program Manager, at 566-9259, email pmacdonald@murphyscommunitycentre.com. Or visit www.murphyscommunitycentre.com. (License #L4446)

Y's MEN AFTER SCHOOL PROGRAM

Daily programming is done at 6 locations (West Royalty, Westwood, West Kent, Spring Park, Sherwood, and Glen Stewart) with many indoor and outdoor activities. All centers

have many activities to choose from on a daily basis. All locations offer after school care as well as 4 that offer morning programs.

Registration: The registration fee is \$25 per child \$35 per family and a program fee is also charged

Time: Monday – Friday from 2:00 until 6:00 PM, and mornings run 7:30 – 8:30 AM
Daily snacks are provided. We are open all “storm days” and PD Days.

For more information, please call 892-0292 or email: tracey@pei.aibn.com.

ZUMA ZONE – AFTER SCHOOL KIDS PROGRAM

Zuma Zone offers a variety of different activities for your children (i.e., homework time, crafts, physical activities and games). A heat snack is provided daily. This program offers a Fun, Healthy and Safe environment for your children. This is a licensed program and employs certified staff. Zuma Zone is open for all of the following: PD Days, Storm Days and Early Closures.

Where: West Royalty Community Centre, Spring Park United Church, & Winsloe Lions Club

When: Week-days 2:30 - 5:30PM (school days)

PD Days: Start 8 AM – 5:30 PM

Cost: \$60.00 per child per week

For further info or to register call Patsy at 628-1698 / 314-1698 or Trudy at 569-2351 / 393-5251.

DROP-IN YOUTH PROGRAM

ACTIVITY NIGHT

This program is offered by the Charlottetown Parks and Recreation Department to children in Grades 1 – 5. Come socialize with friends old and new alike! A FUN evening of games, arts & crafts, movies and much more!

Location: Hillsborough Park Community Centre

Date: Tuesdays (starting October 5, 2010)

Time: 6 – 7:30 PM

Fee: \$1.00 per child per night

Please note that parent or legal guardian must sign in children with contact phone number.

For more information, contact Parks and Recreation office at 368-1025.

HALLOWEEN PARTIES

Come join in the scary fun with the Charlottetown Parks and Recreation Department Halloween Parties. Open to all ghosts and goblins in grades 1 – 6. There will be treats and lots of scary fun.

Location: Hillsborough Park Community Centre

Date: Friday, October 22, 2010

Time: 6 – 7 PM

Location: West Royalty Community Centre
Date: Saturday, October 23, 2010
Time: 6 – 7 PM

For more information, contact the Parks and Recreation office at 368-1025.

MARCH BREAK DROP-IN ACTIVITY PROGRAM

The Charlottetown Parks and Recreation Department will be offering an inclusive drop-in program for school aged children ages 6 – 12 years old on those well-deserved days off school. Activities include recreation activities, games, arts & crafts, and much more. Lots of active fun!

Locations: Hillsborough Park Community Centre (HPCC)
Date: March 21 – 25, 2011
Time: 10 AM – 12:30 PM
Fee: \$2.00 per child per day
Lunch and refreshments will be served!

Please note that a parent or legal guardian must sign in children with contact phone number.

For more information, contact Parks and Recreation office at 368-1025.

PD DAYS DROP-IN ACTIVITY PROGRAM

The Charlottetown Parks and Recreation Department offers an inclusive fun drop-in program to school aged children ages 6 – 12 years old, on those well-deserved days off school. Activities include arts & crafts, games, recreation activities, theme days and much more. Lots of active fun!

Locations: Hillsborough Park Community Centre (HPCC)
Dates: October 1, 14 & 15 / November 26 / February 1 / April 26 / May 6
Time: 10 AM – 12:30 PM
Fee: \$2.00 per day per child

Lunch and refreshments will be served!

Please note that a parent or legal guardian must sign in children with contact phone number.

For more information contact the Parks and Recreation office at 368-1025.

YOUTH SPORTS DROP-IN PROGRAM

The Charlottetown Parks and Recreation Department offers two drop-in programs for youth and teens in grades 1 – 9. These programs give youth the opportunity to play a sport in a pick-up game setting. These programs are inclusive and open to children of all abilities. These drop-in programs will focus on basketball, volleyball, badminton, soccer, and other fun games, unless otherwise stated.

The programs will take place at the following locations, days, and times.

Location: SHERWOOD ELEMENTARY SCHOOL
Day: Thursdays (starting October 7, 2010)
Time: Grade 1 – 3 6 – 7 PM
Grade 4 – 6 7 – 8 PM

Location: WEST ROYALTY COMMUNITY CENTRE (GYM)
Day: Fridays (starting October 8, 2010)
Time: Grades 1 – 3 6 – 7 PM
Grades 4 – 6 7 – 8 PM
Grades 7 – 9 8 – 9 PM

All programs are co-ed and will run until mid April. There will be a drop-in fee of \$1.00 per child/night. Children in grades 1 – 5 must be signed in by parent or legal guardian with contact phone number.

For more information, contact Parks and Recreation office at 368-1025.

FOOTBALL

FLAG FOOTBALL

The Sherwood/Charlottetown Flag Football program will run from September to the end of October. The program cost is only \$60 and baseball/soccer cleats, mouth guard, and water bottle are suggested. The program is open to all boys and girls ages 10 – 16. Age levels are under 10, under 12, under 14 and under 16. The child must be that age by the end of 2009. Coaches and volunteers are always needed.

For information, please contact Glen Flood at Football PEI 368-4262 or email gflood@sportpei.pe.ca Registration forms will be available to be picked up at the Charlottetown Parks and Recreation Department (199 Queen Street).

PEI TACKLE FOOTBALL

PEI Tackle Football is a 4-team league with 1 team in Cornwall, 1 team in Charlottetown, 1 in Summerside and 1 in Souris. Players between 15 and 18 are eligible. There is also a Bantam age group for ages 14 – 15 years old. No experience required. An Indoor Winter Youth Flag football program will run this winter out of the Stratford Indoor Complex. Dates and times are to be determined.

For more information please contact Glen Flood at 368 4262.

FUNDING SUPPORT

KIDSPORT™ PEI - SO ALL KIDS CAN PLAY! (A program of Sport PEI)

The KidSport Fund™ is a program administered by Sport PEI whose mission is to overcome financial obstacles that prevent some young people from playing sports. Children should feel there will always be a place for sport in their lives and that sport will always have a place for them. Youth 6-16 years old are eligible for funding.

To apply to the KidSport Fund™ call 368-4110 or 1-800-247-6712, write (Mail Address: PO Box 302, Charlottetown, PE C1A 7K7) or drop into the Sport PEI office (40 Enman Crescent, Charlottetown) to receive an application and procedure form.

To make a donation to Kid Sport Fund please call 368-4110 or 1-800- 247-6712 or mailing to Box 302, Charlottetown, PE, C1A 7K7 or drop off at Sport PEI office (40 Enman Crescent, Charlottetown).

CANADIAN TIRE JUMPSTART™

Canadian Tire JumpStart™ is a charitable program created by the Canadian Tire JumpStart Charities, to help kids in need (4-18 yrs), participate in organized sport

and recreation programs. Funding is available for the cost of registration fees and equipment for activities that extend over a season, up to \$200 per child, per year. The PEI Local Chapter is made up of community leaders from KidSport PEI, Recreation PEI, and Canadian Tire Associate Dealers.

To apply to the Canadian Tire JumpStart™, please contact one of the following organizations:

FOR SPORT: All provincial organized sport organizations: Contact KidSport™ PEI at 368-4110

FOR RECREATION: Including dance, fitness and gym memberships, yoga, pilates, aquafitness, aerobics, Girl Guides, Scouts and Boys and Girls Club activities, swim and bowling passes, cheerleading, etc.: Contact Recreation PEI at 892-6445.

GIRL GUIDES/SCOUTS/4-H/CADETS

GIRL GUIDES OF CANADA – Girl Greatness Starts Here!

Guiding is THE place for today's girls. Girl Guides of Canada offers challenging, girl-centered programming for girls aged 5 to 17+.

Since 1910, we've been a trailblazing organization advocating for girls and women. We offer opportunities for fun, friendship and adventure, teach valuable leadership skills and encourage community involvement. All Guiding members are empowered to reach their full potential, be independent, involved, confident and caring in their home communities and in the world at large.

2010 marks our 100th anniversary. Join us and help celebrate 100 years of Guiding.

For more information about Guiding programs and locations on PEI, please contact us at 894-4936, toll free at 1-800-565-8111, or by email at info@girlguides.pe.ca.

PEI 4-H PROGRAM – Charlottetown Opportunities

Welcome to the home of learned success, earned respect and "I wish I'd known about this sooner".

PEI 4-H has been strengthening communities on PEI and providing opportunities for youth and adult leadership for over 90 years. The program has a focus on providing as much variety and choice to youth and adults as possible, creating an organization that is applicable to anyone, at any time of their life.

Charlottetown and area clubs and opportunities for 2010/11 include:

Charlottetown Lucky Clovers 4-H Club – meets in the Murphy Centre downtown, days and times TBD. This group will explore many different projects available to 4-H members, from Outdoor Survival, to Horse and Pony, to Crafts.

Green Team 4-H Club - afterschool club in Stratford, running Tuesdays and Thursdays from October until December at a location TBD. Members will explore different non-mainstream sports, such as ringette and cricket. \$30 membership.

Main Stage Club – an evening club running in Charlottetown in January – March at a location TBD. Members will explore different parts of drama, acting, and media, ranging from improve, to musicals, to being a radio personality. \$30 membership.

For more information about 4-H, contact the PEI 4-H Office at 368-4833 or check out the 4-H web site at www.pei4h.pe.ca. You can also get more information by attending the

Charlottetown District 4-H Rally – Saturday, September 18th, 1 PM in Tea Hill Park or the Charlottetown District 4-H Information Night – Wednesday, September 22nd, 7 PM at the Farm Centre. Volunteers are also needed. Please attend information night if interested!

#148 ROYAL CANADIAN ARMY CADETS

The #148 Army Cadets will be starting its upcoming training year on Wednesday September 9, 2009. The Army Cadet program is the oldest of Sea, Army and Air Cadets. Adventure training is one of the many ways that Army cadets remains a challenging program. Through active outdoor pursuits like trekking, canoeing, rock climbing and survival training. Army Cadets gain valuable life skills, knowledge of themselves and an awareness of their environment. Army Cadets also learn about army traditions and participate in a variety of national and international expeditions that focus on adventure training, like whitewater rafting, horseback riding and canoeing.

Each year, Army Cadet Adventure Expeditions involving hundreds of cadets are conducted across Canada. Past expeditions have been held in places like Iceland, Morocco, Australia and Mexico! Army Cadets may attend summer courses ranging from two to six weeks. Their exact dates vary from year to year.

The start date is Wednesday September 8, 2010 at the Queen Charlotte Armouries (3 Havilland Street). There is no cost for this program. The program runs on Wednesday evenings from 6:30 to 9PM.

This program is open to Youth between the ages of 12 to 19 years of age, if you would like more information on the Army Cadets you can visit www.cadets.ca, or call 393-9976 or email 2ltquinn@gmail.com.

ROYAL CANADIAN AIR CADETS

Boys and girls between 12 – 18 years of age, are you interested in a youth movement that has no admission charge to join?

- Do you want to learn how to fly a glider or Cessna plane?
- Do you want to be in a marching band?
- Do you want to participate in Air Rifle competitions?
- Do you want the opportunity to go on an international exchange in Europe or Asia?
- Do you want to participate in Survival training weekends?
- Do you want the opportunity to go to summer training (camp) and get paid?
- Do you want to get over \$500 of uniform loaned to you free of charge?

Remember, all these opportunities and so many more are readily available in 60 Confederation Squadron Royal Canadian Air Cadets free of charge. Mandatory training night is each Tuesday from 6:15 – 9:15PM at Queen Charlotte Armoury. Optional training is Saturday.

For membership information please call 629-9291 or you can leave a message at 892-5651 or email at 60air@cadets.gc.ca. Visit our WEBSITE at www.cadets.ca.

SCOUTS CANADA

“Bring on the Adventure” is a phrase that only just begins to describe Scouting in your community. Today’s youth want challenges and action oriented programs. That’s just what Scouts Canada is all about!

Why don't you get your child involved and let him enjoy the Adventure of Scouting.

If you would like more information about programs and locations, please contact Scouts Canada PEI Council at 566-9153.

GYMNASTICS

ISLAND GYMNASTICS ACADEMY

The Island Gymnastics Academy offers artistic gymnastics classes to all ages. Pre-school classes for 1-3 year old children who attend with an adult are offered during the weekdays and on the weekend. Recreation classes for 4-5 year old children are offered for one hour a week. Class times vary through the weekday and weekend. CAN GYM classes for school age children who wish to enroll in the entry level and work their way through the badge system is offered in the evening on Friday and during the day on Saturday and Sunday. Provincial Stream and Competitive gymnastics is offered to the children who are ready to compete.

Please call the Island Gymnastics Academy at 566-3935 or visit www.gymnasticsacademy.ca for more information and details on classes and registration.

HOCKEY

CHARLOTTETOWN MINOR HOCKEY ASSOCIATION

Registration will be held on Saturday, September 11, 2010 from 10:00AM - 2:00PM at the Charlottetown Civic Centre. Registrations may also be done online at www.cmhapei.ca. Registrations (after the above date) will be accepted at the Charlottetown Parks and Recreation Department (1st Floor City Hall). A late fee will apply after September 24. The CMHA season will begin October 2, 2010

Registration Fees: Fees are posted on the CMHA website at www.cmhapei.ca

Note: All peewee division players, including A players, are required to complete a checking clinic at a cost of \$20 per player, which is payable at registration. CMHA will also hold a refresher-checking clinic for 2nd year peewee players.

For additional information please call the hockey line at 626-7106 or send an email to cmha@isn.net or check the WEBSITE <http://cmha.isn.net>.

SHERWOOD/PARKDALE MINOR HOCKEY ASSOCIATION

Registration for the Sherwood/Parkdale Rural Minor Hockey Association will take place on Wednesday, September 8, 6PM- 9PM and Saturday, September 11, 9PM-12PM. Both registrations will be held in the Maplewood Room of Cody Banks Arena.

Registration Fees: City resident - \$255.00 Non-resident - \$375.00

Any questions concerning registration please contact Sherwyn MacArthur at 566-5153 or check the WEBSITE at www.sprmha.com.

ANDREWS HOCKEY GROWTH PROGRAMS

Andrews Hockey operates a World Renowned Summer Hockey School as well as year

round training at Andrews Sport Science Centre. On our Synthetic Ice Surface and Brand New Rapid Shot Shooting System, players can receive 1 on 1 personal training with our coaches to work on shooting, puck handling and skating skills. Andrews is the premier training centre in the region where individuals, groups or teams can receive the most sport specific training available.

Call 894-9600 or visit www.hockeygrowth.com for more details.

YOUTH BALL HOCKEY PROGRAM

The Parks and Recreation Department, with the sponsorship support from Source for Sports, will once again be running their youth ball hockey program. The program has been very popular and continues to expand every year. The program will get underway mid April and will run for 7 weeks and will be held at Cody Banks Arena. Watch for more details in the New Year.

For additional information contact the Parks and Recreation office at 368-1025.

MARTIAL ARTS

CHARLOTTETOWN CHITO RYU KARATE CLUB EST 1970

- Excellent physical conditioning
- Strong mental discipline
- Proven method of self defense

Our schedule is:

Monday	6:00 – 6:40 PM	Little Dragons
	6:45 – 7:30 PM	Juniors Orange/Up
	7:30 – 9:00 PM	Adult Class/All Belts
Wednesday	6:00 – 6:40 PM	Juniors White/Yellow
	6:45 – 7:30 PM	Juniors Orange/Up
	7:30 – 9:00 PM	Competition Class
Thursday	5:00 – 5:45 PM	Ninja Karate/L. Beck
	6:00 – 6:40 PM	Little Dragons
	6:45 – 7:30 PM	Juniors White/Yellow
	7:30 – 9:00 PM	Adult Class/All Belts
Friday	6:00 – 7:15 PM	Kobudo
Saturday	10:00 – 10:45 AM	Juniors White/Yellow
	11:00 – 12:00PM	Juniors Orange/Up

In addition to regularly scheduled classes, students are given the option to participate in various karate tournaments throughout the year.

The Charlottetown Karate Club is a member of the National Karate Association.

For more information please contact Ken Roper at 892-3640 or visit our website www.peichitoryu.ca.

FENCING

Fencing is a Western Martial Art that combines mind, body and spirit. There are tournaments throughout the year within the Maritimes and abroad.

You can participate recreationally or competitively. Both group and private lessons are taught.

For more information please contact Philip Stewart at 566-1073 or check www.upei.ca/~fencing.

KARATE

Karate classes for children will be offered Monday evening from 5:30 - 6:15 beginning in mid-September at the PATH - 344 University Avenue. This class will be suitable for those aged 7-10 years. The focus will be on developing balance, coordination and general fitness. This will be a non-competitive, non-contact class that will introduce basic karate techniques as well as strive to enhance self-esteem and confidence. Class size will be limited to 10 students.

Contact Greg at 892-4658 for more information.

KOED BOXING ACADEMY

The academy has been in operation for more than 20 years, specializing in boxing and fitness, with certified coaches. It is located at the Holland College Royalty Centre and it is open for ages 10 years and over. The hours of operation are 6:30 – 8PM Monday through Thursday. A female fitness class will be held Wednesday evening 5:30 – 6:30 PM. Male Fitness classes are held Tuesday and Thursday evenings from 5:30 – 6:30 PM.

For more information please contact Howard Watts 569-9499 / 569-5423 or John Chassion 368-7571.

MEIBUKAN KARATE DOJO-Exercise with a purpose

Children – Mon / Wed / Fri from 6 to 7PM

Teaching traditional Okinawan Goju-ryu 4 nights a week, the MKD is suitable for ages 6 and up. Classes take place at the Sherwood Rec Hall on Maple Ave & are available for both children and adults.

For more information go to our webpage at www.meibukankaratedojo.com or feel free to email brock@meibukankaratedojo.com.

PEI TAEKWONDO

Whether it's for fun, fitness, competition or self-defense, come try Taekwondo free for two weeks. New students are joining all the time. Children can improve their focus and build self-confidence while learning courtesy, perseverance, self-control and integrity. Adults can relieve stress and stay healthy while learning something new.

In addition to our traditional Taekwondo classes for beginner children, advanced kids and adults, we also offer beginner adult sessions and family sessions.

We have school locations in Charlottetown and in Montague.

For more information call 314-KICK (5425) or check out www.peitaekwondo.com.

RIKIDOKAN JUDO CLUB

Judo: (7 years and up, including adult) Tuesday and Thursday 7:00pm - 8:30pm, Saturdays 10am to 11:30am.

Wrestling: (7 years and up, including adult) Monday and Friday 5pm to 6:30pm

Jiu Jitsu: (12 and up) Wednesday 5pm to 6:30pm and Sundays from 4:30pm to 6:30pm

MMA classes also offered. For times, please contact Matt MacGrath at 367-2796.

Location: Classes are held in the Holland College Royalty Centre – House of Sport.

For additional information for Judo please contact John Wilbert at 892-3805.

For additional information for Wrestling please contact Bradshaw Campbell at 394-0601.

For additional information for Jiu Jitsu please contact Matt MacGrath at 367-2796.

MUSIC LESSONS

GUITAR LESSONS WITH JEFF MORRIS AT NATIONAL MUSIC

Teaching a variety of styles, beginner through advanced, all ages welcome. Jeff is a Grant MacEwan College Music Graduate in Jazz Studies (Guitar Performance) with 16 years of professional teaching experience. Instruction in guitar, bass, music theory, and song writing available.

Jeff has extensive performing and recording experience, having released three albums and numerous radio singles, while sharing Canadian stages with artists such as Bryan Adams, Steve Earle, Tom Cochrane, and The Hip.

For more information please contact Judy at National Music 566-2894 or check out www.jeffmorris.net.

LONG & MCQUADE MUSIC EDUCATION CENTRE

We are excited to announce the start of another great year of music and dance lessons for all ages, levels, and musical styles. The Music Education Centre offers private musical instruction in a wide variety of instruments and genres. We also offer group instruction at different times of the year, and summer camps like Rock Camp and Fiddle Camp. Be sure to follow our Long & McQuade Charlottetown Facebook page for upcoming classes that may be offered! We also offer dance classes in Hip Hop, Jazz, Contemporary, Ballet, Creative Movement, and Dance Basics. These are for ages ranging from 3 through to seniors.

There are no registration fees and we offer affordable instrument rental rates for all students.

For more information contact Tammy at 902- 367-3433 or email charlottetownlessons@long-mcquade.com.

PIANO LESSONS WITH HELEN HOLMAN (ARCT)

Registered with the PEI Music Teachers Association, Helen has 25 years experience teaching students of all ages and skill levels. Classical to popular piano styles, ear training, and theory available. Festival, exam preparation and performance opportunities. Studio located on Prince Charles Drive in the Brighton area of Charlottetown.

For more information call 566-1434.

POTTERY AND CRAFTS

POTTERY IN THE PARK

PEI Potters Studio

Victoria Park (small white house next to tennis courts)

Children's Classes (Ages 9-14)

Classes for children aged 9-11 (mornings) and 12-14 (afternoons) are held on Saturdays. While creative exploration with clay is stressed, both classes provide beginners with the basics of clay preparation, a variety of hand-building techniques, glazing and decorating, and an introduction to wheel throwing. Students with previous experience may focus more on wheel throwing. Classes are taught by an experienced potter and are designed to be fun as well as educational. Classes are small in size (maximum of 8) and relaxed and informal in style. In either class participants will get a thorough introduction to the art of pottery making and have fun while creating their own pieces from start to finish.

Fall Session:

Registration will be held on Tuesday, Sept. 14, 2010 from 5:15 to 7 PM at the studio

Saturdays: 10:30am to 12:30pm Sept. 25 to Nov. 27 \$150 (includes clay) age 9-11

Saturdays: 1:30 to 3:30pm Sept. 25 to Nov. 27 \$150 (includes clay) age 12-14

Winter Session:

Registration will be held on Tuesday, Jan. 4, 2011 from 5:15 to 7 PM at the studio

Saturdays: 10:00am to 12:30pm Jan. 8 to March 12 \$150 (includes clay) age 9-11

Saturdays: 1:30 to 3:30pm Jan. 8 to March 12 \$150 (includes clay) age 12-14

For more information call Joyce at 892-5057 (after 5 PM) or leave a message at 892-2701.

READING PROGRAMS

CONFEDERATION CENTRE PUBLIC LIBRARY CHILDREN'S LIBRARY

The following list of children's programs will be offered in the fall and winter of 2010.

All Library programs are free. The general public is welcome.

Hackmatack Children's Choice Book Award

This is a book club for children in grades 4 to 6. Join the group and choose the winning authors for the annual Hackmatack Children's Choice Book Award. Read at least 5 of the official selections from either the fiction or non-fiction lists. Interested children should call the Children's Library at the Confederation Centre Public Library for details.

Origami Club

Confederation Centre Public Library, Children's Library

Every second Tuesday, 6:30 - 7:30 PM

Starting September 21 until November 30

For ages 8 and up

Games@the Library

Confederation Centre Public Library, Children's Library

Join in an active TV game such as Wheel of Fortune, or challenge your friends to participate in one of the many board games that the library has to offer.

Friday, October 15 at 10:30 AM
For ages 8 and up

Robin Hood Program

Winter is fast approaching. What is winter like for Robin Hood and his band of Merry Men?
Confederation Centre Public Library, Children's Library
Sunday, October 17 at 2:00 PM
For ages 6 - 12

Santa's Annual Visit

Confederation Centre Public Library, Children's Library
Santa plans on stopping by to read Christmas stories and visit with the children.
Wednesday, December 15 at 10:30 AM
For any age

Teen Book Club

Confederation Centre Public Library
Last Wednesday of the month, 7:00 PM
September - November
For ages 12 - 15

A Twilight Fan?

Are you on Team Edward or Team Jacob? If so, come in and defend your team.
Confederation Centre Public Library
Friday, October 1 at 1:30 PM
For ages 13 and up

Sea Glass Necklace Workshop

Bring along a favorite piece of sea glass that you have collected or choose one of ours to make your own sea glass necklace. Registration is required.
Saturday, October 2 at 1:00 PM
Ages 12 - 15

Robin Hood for Teens

Do we need the legendary outlaw Robin Hood in today's world? Come share your views.
Confederation Centre Public Library
Thursday, October 21 at 7:00 PM
For ages 13 and up

Registration for Fall programs begins the week of September 7. Please call 368-4644 to register. A full listing of all library programs can be seen on the library website at www.library.pe.ca.

RINGETTE

CHARLOTTETOWN RINGETTE

Ringette is a fast paced team sport played on ice in which players use a straight stick to pass, carry and shoot a rubber ring to score goals. Originally designed to be a unique winter team sport for girls, Ringette has become an alternative to hockey for both girls and boys. Ringette has evolved into a fast paced, exciting sport that combines the speed of hockey with the strategy of basketball.

Charlottetown Ringette Association runs a program for players aged 5 - 18. Participants are divided in 6 divisions by age: U – 8 (5-7) U –10 (8 - 9), U – 12 (10 - 11), U – 14 (12 - 13), U – 16 (14 - 15) and U – 18 (16 - 18). We play in leagues against other associations in locations such as Montague, Souris and Summerside.

Registration costs for 2010-11 are:	Resident:	Non Resident:
	1st Child \$180.00	1st Child \$300.00
	2nd Child \$165.00	2nd Child \$285.00
U – 8 (age 5-7)	\$90.00	\$150.00

Registration will take place Saturday September 11 at the same time and locations as Charlottetown and Sherwood Minor Hockey. As well registration will occur on Wednesday, September 15 from 6 – 8 PM and Sunday, September 19 from 12 – 2 PM at CARI. Come try Ringette for FREE on Sunday Sept 19 from 12:15 – 1:15 PM at CARI. More details to follow.

For additional information, please contact Mike James at 626-9612 or email mjames@islandtelcom.com or visit <http://www.ringettepei.ca/charlottetown/contacts.php>.

SKATING

CHARLOTTETOWN FIGURE SKATING CLUB

The Charlottetown Figure Skating Club offers instructional skating to children/adults learning to skate and to those progressing through the Can Skate, Junior and Senior program levels. Skaters are placed and taught at the level of their ability.

Participants must be 4 years of age as of August 31.

The season starts early in October and continues to March Break.

CanSkate:

Can Skate is a learn to skate program for beginners of all ages and is tailored to meet each user group (preschool, youth and adult). Participants earn badges while they learn the fundamental skills. CanSkate is the feeder program to all other Skate Canada programs. Begins on Wednesday October 6, 2010 and Saturday October 9, 2010.

Wednesday	5:30 – 6:15 PM	Civic Centre Beginners
	6:15 – 7:00 PM	Civic Centre CanSkate Plus
Saturday	11:15 AM – 12 PM	Simmons Arena Beginners
	10:30 – 11:15 AM	Simmons Arena CanSkate Plus

Starskate:

The Starskate program offers opportunities for skaters to develop basic figure skating skills with the option of taking Skate Canada tests and taking part in competitions. The program is taught ingroup and/or private lesson format in Junior or Senior sessions.

Junior Program:

The Junior program is for those skaters who have completed the CanSkate program and wish to advance their skating abilities and commence combining skills and jumps to perform routines and consider participation in competitions. It includes 3.5 hours of group instruction by a professional coach per week.

Senior Program:

The Senior program is similar to the Junior program but at an advanced level for those skaters who have completed their Junior level skating and wish to further advance their skating abilities. It includes 1 hour of group instruction by a professional coach per week.

Registration:

- Wednesday, September 8, 6 to 8PM at the Charlottetown Civic Centre
- Saturday, September 11, 10AM to 12PM at the Charlottetown Civic Centre

For more information please contact Amy MacMillan 626-3339 or Cindy MacCormac at 368-2052.

CHARLOTTETOWN CAN POWER SKATE

This is a program for skaters in the sports of hockey and ringette. Sessions are taught by certified instructors on a ratio of 1:15. At all levels skaters can earn a Bronze, Silver and Gold Standard. Four courses are held during the winter:

Monday nights: Simmons Arena 5:00- 6:00 PM beginning October 4, 2010 and continuing for 10 weeks until December 6,2010 Levels: Pre Power, 1 & 2. Cost: \$140.00 for 10 sessions.

Wednesday nights: Civic Centre 7:00 PM. - 8:00 PM beginning October 6, 2010 and continuing for 10 weeks until December 8,2010 Levels 2 Silver/Gold, 3, 4 & 5. Cost \$140.00 for 10 sessions.

For information, please contact Beryl MacMillan at 393-1608.

SHERWOOD PARKDALE SKATING CLUB

The Sherwood Parkdale Skating Club offers skating instruction programs to residents of Charlottetown and surrounding communities at the Cody Banks Arena. A Skate Canada authorized club, the programs are conducted by certified professional coaches. Programs offered include:

PreCanSkate (formerly PreSchool): Designed for children 4 and 5 years old, this program is an introduction to skating that focuses on having fun while developing the skills of balance and motion.

Sundays 1:45 – 2:30 PM

CanSkate: A learn-to-skate program for beginners of all ages who are placed and taught at the level of their ability. Skaters earn badges as they learn fundamental skating skills.

Mondays and Thursdays 4:45 – 5:30PM Stages 1 – 2

Mondays and Thursdays 5:30 – 6:15PM Stages 3 – 6

STARSSkate: For skaters that have completed the CanSkate stages and want to develop figure skating skills. Skaters progress through a series of Skate Canada tests. Skaters are grouped in Junior, Intermediate and Senior levels.

Junior: Group instruction led by a professional coach.

Mondays and Thursdays 3:15 – 4:45 PM

Sundays - Optional Practice 4:00 – 5:00 PM

Intermediate: A combination of group instruction and private lessons with a professional coach.

Mondays and Thursdays	3:15 – 4:45 PM
Wednesdays and Fridays	3:30 – 4:30 PM
Sundays – Optional Practice	4:30 – 5:30 PM

Senior: Skaters further advance their figure skating skills by working independently with private instruction.

Mondays and Thursdays	6:30 – 8:00 PM
Wednesdays	3:30 – 5:30 PM
Fridays	3:30 – 5:00 PM
Sundays	2:30 – 4:00 PM
Sundays – Optional Practice	4:00 – 5:00 PM

Registration Fees (City Residents):

PreCanSkate	\$160 (October to March)	\$100 (October to December)
CanSkate	\$220 (2 days/week)	\$170 (1 day/week)
Junior	\$300	
Intermediate	\$340	
Senior	\$350	

Programs are subsidized by the City of Charlottetown Minor Sport Subsidy; therefore an additional registration fee will be added for skaters who are not City residents.

Registration Dates: Wednesday, September 8, 6:00 - 9:00PM and Saturday, September 11, 9:00AM - 12:00PM at the Maplewood Room, Cody Banks Arena (Maple Avenue).

For more information, visit www.sherwoodparkdaleskatingclub.com or call Karen Vanderkloet at 368-2804.

SPEED SKATE PEI

Location: Charlottetown Civic Centre

Learn to Skate and Short Track Speed Skating Programs - October to March

- *Novice (ages 5-8 years): Learn to skate and skill building; 1 hour/week, Saturday 12:45 to 1:45 PM
- *Development I (Skills) (ages 7-12): 1 hour/week, Monday 5:15-6:15 PM
- *Development II (Speed) (ages 9 & up): 2 hours/week, Monday 6:30-7:30 PM, Thursday 5:15-6:15 PM
- *Competitive B (ages 10 & up): 3 hours/week, Tuesday 6:15-7:15 PM, Thursday 6:30-7:30 PM, and Saturday 2:00-3:00 PM
- *Competitive A (ages 12 & up): 4 hours/week, Tuesday 7:30-8:30 PM, Thursday 7:45-8:45 PM, and Saturday 3:15-5:00/5:30 PM
- *Recreational (13 & up): Tuesday 6:15-7:15 PM and Thursday 6:30-7:30 PM
- * Schedules to be confirmed based on actual registration numbers.

Equipment Required: Participants may use hockey skates in Novice and Development I, but speed skates (long blades) are required as you move through the program levels. Speed Skate PEI has speed skates available for rent or skaters may purchase their own. Helmet, neck guard, eye protection, knee pads, soccer shin guards, elbow pads and cut-resistant gloves are also required.

Registration:

New members: Saturday, September 11, 2010, 9:30 - 11:30AM at the Charlottetown Civic Centre

Returning members: Thursday, September 9, 2010, 6:00 - 8:00 PM, Charlottetown Civic Centre

Fees:	Novice; Development I:	\$130 city	\$250 non-city resident
	Development II:	\$295 city	\$415 non-city resident
	Competitive B:	\$380 city	\$500 non-city resident
	Competitive A:	\$480 city	\$600 non-city resident
	Recreational:	\$225 city (if under 19yrs)	\$345 non-city resident

10% discount for 2 or more skaters from the same family.

Full refund available for any skater who withdraws within first month of season.

For more information please contact Rob at 569-2498, email info@speedskatepei.ca, or visit our website at www.speedskatepei.ca

PUBLIC SKATING

Simmons Sports Centre

Sunday:	Public Skate	2:00 – 3:30 PM
Monday:	Pre-School Skate	9:30 – 10:30 AM
Wednesday:	Pre-School Skate	9:30 – 10:30 AM
Friday:	Pre-School Skate	9:30 – 10:30 AM

(Effective: Sunday, October 3)

Cody Banks Arena

Sunday:	Public Skate	12:30 – 1:30 PM
Monday:	Adult/Senior Skate	2:00 – 3:00 PM
Tuesday:	Pre-school Skate	9:00 – 10:00 AM
Wednesday:	Adult/Senior Skate	2:00 – 3:15 PM
Thursday:	Pre-School Skate	9:00 – 10:00 AM
Friday:	Adult/Senior Skate	2:00 – 3:15 PM

(Effective: Sunday, October 3)

Charlottetown Civic Centre

Mon / Wed / Fri Adult Skate	7:30 – 9:00 AM
-----------------------------	----------------

(Effective Monday September 13)

CARI

Sunday:	Univ./Coll./Adult Skate	8:15-9:15PM	(MacLauchlan A starting on October 3)
Tuesday:	Pre-School Skate	9:00-10:30AM	(MacLauchlan B starting on October 5)
	Seniors Skate	8:30 – 10:30AM	(MacLauchlan A starting on October 5)
Wednesday:	Univ./Coll./Adult Skate	11:30 – 1:15PM	(MacLauchlan B starting on October 6)
Thursday:	Senior Skate	8:30-10:30AM	(MacLauchlan A starting October 7)
Friday	Pre – School	9:00 – 10:30AM	(MacLauchlan B starting October 8)
	Univ./Coll./Adult Skate	11:30 – 1:15PM	(MacLauchlan B starting October 8)

FAMILY HOLIDAY SKATES

Monday	Oct. 11/10	2:15PM – 3:45PM	MacLauchlan	Thanksgiving
Thursday	Oct. 14/10	1:15PM – 2:45PM	Civic Centre	PEITF Convention
Friday	Oct. 15/10	1:15PM – 2:30PM	Simmons	PEITF Convention
Saturday	Dec. 4/10	12:00PM – 1:30PM	Civic Centre	Mayors Xmas Skate

Wednesday	Dec. 29/10	2:30PM – 4:00PM	Simmons	Xmas Break
Friday	Dec. 31/10	7:30PM– 9:05PM	MacLauchlan	Xmas Break
Sunday	Jan. 02/11	2:30 – 4:00PM	Cody Banks	Xmas Break
Tuesday	Feb 01/11	1:30 – 3:00PM	MacLauchlan	Teachers PD Day
Monday	Feb. 21/11	1:15PM–2:45PM	Simmons	Islander Day
Monday	Mar. 21/11	1:15 – 2:45PM	Civic Centre	March Break
Tuesday	Mar. 22/11	1:15 – 2:30PM	Cody Banks	March Break
Wednesday	Mar.23/11	1:15 – 2:30PM	Simmons	March Break
Thursday	Mar.24/11	1:15 – 2:45PM	MacLauchlan	March Break
Friday	Mar.25/11	1:15 – 2:45PM	MacLauchlan	March Break

Fees: Children \$1.00 Adult \$2.00 Family \$4.00

OUTDOOR RINKS

The Charlottetown Parks and Recreation Department will once again be providing outdoor skating opportunities for our residents and visitors alike. Depending on the weather the outdoor rinks are usually up and running in mid January.

In areas where it is possible to split the ice in two, we will try to provide for those who wish to play pick up hockey AND skating for those wishing to skate without interruption. If rinks are small and not divided, then we ask people to respect the fact that they are for skating only. All outdoor rinks are subject to weather and equipment factors.

Volunteers Accepted...

When the snow flies we often have to rely on volunteers to assist us with snow removal on our outdoor rinks. So please bring a shovel and give us a helping hand, it makes a tremendous difference and will be greatly appreciated.

For more information on locations, please contact the Parks and Recreation Department at 368-1025 or visit our website: www.city.charlottetown.pe.ca.

SKIING

CROSS COUNTRY SKIING

If cross country skiing is one of your recreation activities, then you will be pleased to know that trails will be marked and groomed (weather permitting) in the following areas. Trail maps are available in the Recreation Department at City Hall or online at <http://www.city.charlottetown.pe.ca/trailmaps.php>.

Victoria Park...

Offers 3km trails that wind through a beautiful wooded area, some open space and loop back to allow for any distance that you require.

Beach Grove Trail...

Offers a 2km-looped course that surrounds the Beach Grove Home and follows a portion of the Routes for Nature and Health.

Belvedere Golf Club...

A marked trail will loop around the golf course. Please stay on the marked groomed course.

For more information, please contact 368-1025.

SWIMMING

Please see the *AQUATICS* section of this brochure.

TENNIS

TENNIS AT THE PARK (Victoria Park)

Registration for Programs: at the Tennis Club House

VICTORIA PARK TENNIS CLUBHOUSE & COURT SUPERVISION HOURS

Hours: Sept. 7 – 30 Mon. – Fri. 5 – 10 PM & Sat. – Sun. 8:30 AM – 12:30 PM
Oct. 1 – 30 Mon. – Fri. 6 – 8PM & Sat. – Sun. 10-noon

Play is always free except under the lights is available for \$5 for 45 minutes per court.

Jr. Fall After-school Tennis Program (Sept. 7 – 30)

Learning the game / Developing Skills

Ages 4/5 Tuesday and Thursday 4 – 5 PM

Ages 6-10 Tuesday and Thursday 4 – 5 PM

Ages 11-17 Tuesday and Thursday 5 – 6 PM

Costs: \$35 (resident) \$48 (Non-residents)

Rain Days: Instructional classes will still be held but in the club house

High Performance & Junior Challengers Tennis Training (Sept. 8 – Oct. 1)

Training to compete

Mon, Wed & Fri 4 – 6 PM

Costs: \$220 2-hour classes, 11 classes in September

Jr. Rookie Tournament Sat/Sun (September 25/26)

Under 8's, Under 10's and Rookie Divisions

Cost: \$15/person Registration deadline: September 24

Indoor Tennis Programs Starting Saturday (October 2 and running through April 2011)

"Tennis at the Park" will be leasing indoor tennis courts at the Spa Fitness Centre in the Charlottetown Mall. Call 314-4985 for details.

*For information on additional tennis programs at Victoria Park go to www.peitennis.ca or call 629-6920 or 314-4985. For information on Adult Programming see the *ADULT/SENIOR* section of the brochure.*

YOUTH AND TEEN GROUPS - SERVICES

COMMUNITY OF HILLSBOROUGH YOUTH GROUP

The 2010/2011 year will be the 9th year for the Community Youth Group. Some of the program's activities include swimming, overnight camps, crafts, sports, guest speakers and teaching community involvement.

This program is open to children, between the ages of 8 to 14, in the communities of Hillsborough Park, East Royalty and surrounding area. This year the youth group will operate at two time slots, based on the age of the youth. Please note that you can register anytime of the year.

Pre Registration: Hillsborough Community Centre, September 10, 2010 @ 7:00 - 8:30PM
Program Location: Hillsborough Park Community Centre (199 Patterson Dr.)
Dates: September 2010 - May 2011
Times: Friday evenings, 7 – 9PM.
Fees: \$35 per child

For further information contact Todd Bannister at 628-6870.

CHARLOTTETOWN TEEN ZONE (NEW)

Hey teens looking for something to do! How about drop in to the Charlottetown Teen Zone, located downstairs in room 105 in Murphy's Community Centre. Open to youth ages 12 to 18 years old. This is a partnership between Murphy's Community Centre and the City of Charlottetown.

Hours of operation: Tuesday through Saturday 3:00PM-9:00PM

This is a great place to just hang out or join in lots of fun activities such as Glow Bowling, gym activities, music, Wii games and much more.

Some future programs will include: Art Workshops; presentations from AIDS P.E.I., Charlottetown City Police, Murphy's Pharmacies nutritionists, and much more.

For more information please contact Jenny Cormier at 892-1719 or jcormier@murphyscommunitycentre.com or visit <http://charlottetownteenzone.net/> for a schedule of upcoming activities and links to other youth/teen groups.

THE SURVIVAL CENTRE FOR YOUTH

(Sponsored by the Boys and Girls Club of Charlottetown and the United Way of PEI)

Drop in centre for youth offers many useful services for today's youth:

Computer services	Hot Meals
Job searching	Laundry Facilities
Youth workers	Referrals to appropriate community services
Shower facility	Help finding apartments/room & board
A safe place	Comfortable hang out
Gymnasium	Fixed mailing address

The Survival Centre is open Monday-Friday from 5:30pm- 9pm.

Please call 892-1817 if you need a daytime appointment. Located at 35 St. Peter's Road (across from the Parkdale Pharmacy)

If you have any questions or concerns please call 894-5884, or email us at krista@bgcharlottetown.com Check out our web site at www.bgcchtown.org.

WRESTLING

WRESTLING PEI

Ages 10 and up to senior. Cost is \$40 a member for WPEI for the year. Programs are for both male and female participants and run from October 1st to Sept 30.

If interested contact Wrestling PEI at 368-4262.



ADULT/SENIOR

ART

CONFEDERATION CENTRE ART GALLERY EXHIBITIONS

- Out of Purgatory - September 4–October 3 - Organized by the Peake Street Collective
- Jayce Salloum: history of the present - September 25-January 3
Curated by Jen Budney
- In The Shadow of Evangeline: 10 New Acadian Tales - September 25- January 30
Curated by Nisk Imbeault
- Laura Archer: Eyes on Darfur - October 9-December 23 - Curated by Kevin Rice
- Hannah Claus: Nephology - October 9-January 16 - Curated by Mireille Eagan
- Alanna Jankov: Scar - January 8-March 13 - Curated by Pan Wendt
- Jinny Yu and Don Andrus - January 15-May 15 - Curated by Ihor Holubizky
- Kathleen Munn and Lowrie Warrenner: The Logic of Nature, the Romance of Space
January 22-May 1- Curated by Cassandra Getty
- Shelagh Keeley: A Retrospective - February 15-May 29 - Curated by Linda Jansma

For more information on the Confederation Centre Art Gallery exhibition schedule, please visit www.confederationcentre.com.

BADMINTON

SHERWOOD BADMINTON CLUB

An adult program opened to recreational badminton players.

Location: Stonepark Intermediate

Days/Times: Tuesday and Thursday from 7 – 9:30 PM

(Starting on September 21, 2010 – Ending in May 2011)

Registration Fee: \$30 per session

For more information, please contact Ken Molyneaux at 894-3272 or Parks and Recreation Department at 368-1025.

BOWLING

MURPHY'S COMMUNITY CENTRE

Located in the heart of downtown Charlottetown, the Murphy's Community Centre houses the largest bowling alley on Prince Edward Island. Murphy's Bowling Centre has been the hub of bowling on the Island for over 40 years. The Centre's 14 lanes of five pin bowling offers open, regular, and glow-in-the dark bowling, as well as many leagues for youth, adult, and senior bowlers.

Bowling party packages are also available for birthdays, team parties, staff functions,

family gatherings, etc. Bowling is a fun, affordable sport that everyone can enjoy. Phone 892-1762 to reserve a lane or to book a bowling party.

COMMUNITY SCHOOLS

Please see information in the **COMMUNITY GROUPS** section.

CURLING

Please see information in the **YOUTH/TEEN** section.

CYCLING

INDOOR CYCLING

A cardiovascular fitness program designed to increase your aerobic capacity.

Location: Indoor Cycling at MacQueen's Bike Shop, 430 Queen Street, Charlottetown

Schedule: Monday – Saturday; early morning, noon, evening & weekend

Season: October - May

Cost: Free trial session, please call for an appointment. Drop-in Rate \$15
Season Pass and Monthly Memberships at a reduced rate

For more information contact Kelley at 368-BIKE (2453), email kelleymacqueen@yahoo.com or visit www.kelleymacqueen.typepad.com.

DANCE

CANADIAN OLD TYME SQUARE DANCING AND INSTRUCTION

Olde Tyme Square Dancing every Wednesday from 7PM to 8:30PM throughout the winter months, starting in September 2010, at the Murphy Centre on Richmond Street, Charlottetown. Everyone welcome, beginners too. There is no charge.

Volunteer callers are Velma Carmody MacDonald and Tom Connor.

For more information call 892-3839 and 629-1869.

CLOGGING CLASSES

Clogging classes are being offered at the Kirk of St James (Pownal Street) in Charlottetown, beginning September 2010.

For more information please contact Theresa at 676-2358 or 626-9334 or email chipaluck@msn.com.

EXCERCISE/HEALTH

SELF-MANAGEMENT PROGRAMS

Arthritis Self-Management Program: Chronic Pain Management Workshop

Take Control for a better tomorrow by participating in our self-management programs.

They are designed to help you:

- Take a more active role in managing your arthritis and/or fibromyalgia
- Break the cycle of pain, stress and decreased mobility
- Learn, and practice, ways to control your pain and increase your mobility
- Fully use the services of your health care team

Aqua Arthritis & Pace - Exercise Classes for People with Arthritis

The Arthritis Society offers water and land based recreational exercise classes for people

with arthritis, designed to relieve stiffness, restore or maintain muscle strength, improve posture, and increase endurance. Classes are held across Prince Edward Island.

Joints in Motion

The Arthritis Society invites you to be a part of its Joints in Motion Training Team and help make a difference in the lives of people living with arthritis. Whether it's for a walk, run or trek, set your sights on completing an event in Barbados, Disney World, Vienna, Alaska, Nepal, Athens, Caymen Islands or New Orleans!

For more information on our Self Management Programs, Aqua Arthritis and PACE Exercise classes, or Joints in Motion, contact the Arthritis Society at 1-800-321-1433, info@pe.arthritis.ca, or visit www.arthritis.ca/pei.

MURPHY'S HEALTH EDUCATION CENTRE

Murphy's Health Education Centre is a facility that offers a wide variety of health services to patients of Murphy's Pharmacies and our community. The health services offered focus on health promotion, health education and illness prevention.

These health services include:

Health Seminars	In Pharmacy Health Clinics
Individual Medication Consultations	Dietary/Nutrition Consultations
Home Safety Assessments	Certified Foot Care
Bone Density Testing	Warfarin (Coagulation) Testing
24-Hour Blood Pressure Monitoring	Memory Testing
Weight Management Programs	Registered Dietitian Services
Travel Health Clinic	Personal Health Assessments
Women's Health Consultations	

(includes information on Bio-Identical Hormone Replacement Therapy)

For further information on our health services, please contact Murphy's Health Education Centre at 902-892-1210 or Toll Free at 1-877-844-1210 or visit us at 20 Linden Avenue.

FITNESS

COMMUNITY ADULT FITNESS CLASSES

The Charlottetown Parks and Recreation Department offers classes to suit all fitness levels, including aerobics, step classes, ball classes, strength training, interval classes, and circuit classes. Classes are offered at convenient times (morning and the evening). All of our instructors are certified. Fun and easy to follow!

ADULT

Stepping Out Fitness Classes - Low-Medium Impact

Location: Park Royal Church Gym

Date: Session 1 - Tuesday & Thursday (October 5 – December 14, 2010) *No class Nov 11
Session 2 – Tuesday & Thursday (January 4 - March 10, 2011)
Session 3 – Tuesday & Thursday (March 15 – May 26, 2011) *No class March 22 & 24

Time: 6:00 – 7:00PM

Fee: Resident \$63.00 incl. GST Non-Resident \$78.75 incl. GST
Resident (Three Sessions) \$136.50 incl. GST
Drop-in: \$5.00 per class

Adult AM Fitness Classes – Low-Medium Impact

Location: West Royalty Community Centre

Date: Classes to run 2 days per week (Days TBD)
3 sessions being offered (October - December, January - March, and March - May)
Time: Morning classes (Time TBD)
Fee: Resident \$63.00 Non-Resident \$78.75 incl. GST
Resident (Three Sessions) \$136.50 incl. GST
Drop-in: \$5.00 per class

Circuit Fitness Classes

A great class filled with a variety of exercises - a whole body approach. Come and improve your balance, strength, abs, and flexibility, with cardio bursts. High and low impact options given throughout the class. Fun and easy to follow!

Location: West Royalty Community Centre

Date: Session 1 – Monday & Thursday (October 4 – December 16, 2010)
*No class Oct. 11 / Nov 11
Session 2 – Monday & Thursday (January 6 – March 17, 2011) *No class Feb. 21
Session 3 – Monday & Thursday (March 28 – June 9, 2011)
*No classes Apr 25 / May 23
Time: 7:30 – 8:30PM
Fee: Resident \$63.00 incl. GST Non-Resident \$78.75 incl. GST
Resident (Three Sessions) \$136.50 incl. GST
Drop-in: \$5.00 per class

Noon Time Downtown Cardio Strength Boot-Camp

Brenda Richard is a Certified Fitness Instructor with more than 20 year's experience. Brenda combines the benefits of strength training and cardio exercise into a condensed 40 minute workout designed to sculpt your entire body.

Location: Murphy's Community Centre (Room 106)

Date: Tuesday & Thursday (October 5 - December 14, 2010) *No class Nov. 11
Time: 12:10 - 12:50PM
Fee: Resident \$63.00 incl. GST Non-Resident \$78.75 incl. GST
Drop-in \$5.00 per class
Note: Summer drop-in session in affect until October 5

SENIOR

Parkdale Fitness Classes

Location: Park Royal United Church Gym

Date: Session 1 – Tuesday & Thursday (October 6 - December 14, 2010) * No class Nov 11
Session 2 – Tuesday & Thursday (January 4 - March 10, 2011)
Session 3 – Tuesday & Thursday (March 15 – May 19, 2011)
Time: 9:30 – 10:30AM
Fee: \$36.75 incl. GST Three Sessions \$84.00 incl. GST

Downtown Fitness Classes

Location: Trinity United Church Gym

Date: Session 1 – Monday & Wednesday (October 5 – December 13, 2010) *No class Oct. 11
Session 2 – Monday & Wednesday (January 5 – March 16, 2011) *No class Feb 21
Session 3 – Monday & Wednesday (March 21 – June 1, 2011)
*No classes Apr 25, May 23
Time: 9:30 – 10:30AM
Fee: \$36.75 incl. GST Three Sessions \$84.00 incl. GST

REGISTRATION:

Participants may register for the above fitness programs by dropping into the Parks and

Recreation Department (1st Floor City Hall), register on-line, or register on the first day of the program. Limited space, so please register early!

For more information, contact Parks and Recreation office at 368-1025.

IMOTION PILATES FITNESS AND CONSULTING

Group and private fitness and Pilates training
Pre and Post-natal fitness
Mom and Baby Stroller fitness classes

Contact Stephanie Knickle-Currie at 314-3488 or email: fitness@eastlink.ca, www.imotionfitness.ca.

DYNAMIC FITNESS / ELI SPORT

Drop-ins Welcome! Second class is Free!

- Hot Yoga
- Reformer
- Corporate Memberships
- Eli-Sport Athlete Training Programs
- Pilates
- Conditioning Classes
- Injury Rehabilitation

For more information please call 892-5504 or visit www.dynamicfitnesspei.ca.

UPEI FITNESS CLASSES

For information on UPEI Communiversy Program – offered at the UPEI Sports Centre, please drop by the UPEI Sport Centre, check the UPEI WEBSITE at www.uepei.ca/athletic/ or contact 566-0305.

FITNESS CENTRES

Atlantic Fitness Centre

18 Garfield Street
Charlottetown, PE
892-1999

Charlottetown Fitness Club

18 Queen Street
Charlottetown, PE
566-9200

Atlantic Fitness Downtown

119 Kent Street
Charlottetown, PE
368-3622

Spa Total Fitness Centre

670 University Avenue
Charlottetown, PE
566-1400

FOOTBALL

CHARLOTTETOWN TOUCH FOOTBALL LEAGUE

This adult league runs on Tuesday and Thursday evenings and Saturday mornings, starting in late August and runs until late October. This year there will be an Indoor Adult Touch

Football program that will run out of the Stratford Indoor Complex. Dates and times are to be determined.

Interested players and teams are asked to call Glen Flood at 368-4262 for more information.

MARTIAL ARTS

KARATE

Exercise with a purpose! Karate classes for adult learners are offered at The PATH, 344 University Avenue, Monday and Wednesday evening from 6:15 - 7:45 PM. Classes are suitable for individuals of all fitness levels. The class focuses on teaching an in-depth understanding of the techniques and philosophy of a classical system of karate. Karate practice can be a means of improving fitness levels, developing self-defense skills, confidence and developing new and long lasting friendships. Limiting class size to a maximum of 15 students enhances learning opportunities. Stop thinking about it and come to our newly renovated studio and TRY it!

For more information call 620-8337.

MEIBUKAN KARATE DOJO- Exercise with a purpose

Adults: Mon / Wed / Fri / Sun from 7 – 9 PM

Teaching traditional Okinawan Goju-ryu 4 nights a week, the MKD is suitable for ages 6 and up. Classes are available for both kids and adults.

For more information you can contact Sensei Brock Vickerson at (daytime) 368-3881 or email brock@meibukankaratedojo.com. You can also view our web page at www.meibukankaratedojo.com.

PEI TAEKWONDO

CHARLOTTETOWN JKA KARATE CLUB

CHARLOTTETOWN CHITO RYU KARATE CLUB EST 1970

FENCING

KOED BOXING CLUB

MEIBUKAN KARATE DOJO

RIKIDOKAN JUDO CLUB

*Please check the **YOUTH/TEEN** section of this brochure for information on the aforementioned programs.*

POTTERY AND CRAFTS

POTTERY IN THE PARK

P.E.I Potters Studio at Victoria Park (small white house next to tennis courts)

Adult Classes

Classes are taught by professional Island potters and are designed to be fun as well as educational. Perfect for beginners as well as those with some experience, classes are small in size (maximum of 8) and relaxed and informal in style. Instruction covers the basics of clay preparation, wheel-throwing techniques, and glazing and decoration. Hand-building techniques can also be explored depending on interest. A great way to relieve stress and enhance creativity while learning a new skill! Participants will get a thorough introduction to the art of pottery making and have fun while creating their own pieces from start to finish.

Fall session:

Registration will be held on Tuesday, Sept. 14, 2010 from 5:15 to 7 PM at the studio

Mondays	6:30 to 9:30 PM	September 27 to November 29	\$165 plus clay (\$25)
Thursdays	6:30 to 9:30 PM	September 30 to December 2	\$165 plus clay (\$25)

Winter session:

Registration will be held on Tuesday, Jan. 4, 2011 from 5:15 to 7 pm at the studio

Mondays	6:30 to 9:30 PM	January 10 to March 14	\$165 plus clay (\$25) *
Thursdays	6:30 to 9:30 PM	January 13 to March 17	\$165 plus clay (\$25)

* If enough participants are interested, an intermediate/advanced class will be offered that will focus more on throwing complex forms and in glazing and decorating.

For more information call Joyce after 5 PM at 892-5057 or leave a message at 892-2701.

RELAXATION

THE YOGA ROOM

The Yoga Room located at 71 Water Street and fall classes are starting in September.

Beginner, Intermediate and Advanced levels are available.

Instructor: Pamela Stewart is a certified yoga teacher in the Iyengar tradition – she has been teaching since 1986.

For more information or to register, please phone 892-9642.

YOGA FOR MIND, BODY, AND SPIRIT

Offered by Judith Merrill, a certified yoga instructor trained in Anusara and Ashtanga style yoga and recently certified as a Kundalini Yoga instructor. Classes will be offered from beginner to intermediate levels, as well as a new series of classes offering the technology of Kundalini yoga. This is a comprehensive time tested technology to help you create a healthy strong body, learn to breath and meditate so you are in control of your mind versus your mind controlling you.

Classes will be offered on:

Tuesday, Wednesday and Thursday evenings as well as Thursday morning.

Location: Trinity United Church

For more information and to register, please contact Judith at 892-3147.

YOGA FOR LIFE

Yoga appropriate for all ages and stages of life at the PATH, 344 University Ave.

Email yogaforlife@eastlink.ca or call Mary 892-4658. You can also check the website yogapei.com. The classes led by certified yoga instructor, Mary MacPhee, promote healthy breathing, calm mind, peaceful spirit and ease, comfort and strength in the physical body. Mary offers small classes, focusing on individual student needs, which incorporate breathing exercises, physical poses for flexibility, strength and balance, meditation and relaxation. The principles and philosophy of Classical Hatha yoga are woven into each class. Yoga is an excellent and complete system for health, personal development and life transformation. Individual/private sessions and classes for special groups can be arranged. Rental of the PATH yoga studio is also available at very reasonable prices. Mary also visits schools, youth groups, kindergarten and daycare centres teaching yoga and YogaDance in English or in French, single session or ongoing.

Classes average \$11-\$12 per class x session length, drop-ins sometimes available.

Yoga for Life classes for fall 2010, pre-registration is recommended:

Adults -Tues. evening 7-8 PM, 10 week session begins Oct. 12, Adults Hatha Yoga

Adults -Wed. evening 5-6 PM, 13 week session begins Sept. 15, Adult Hatha Yoga

PostNatal yoga, Mom and baby, Wed 10:30-11:30 AM,

begins Sept. 29 for 10 weeks - Dec. 1

***NEW* Adults -Morning yoga**, Wed 9-10 AM, begins Sept. 29 for 10 weeks, - Dec. 1

PreNatal Yoga, Saturdays 3:30-4:40 PM, begins Sept. 18, runs for 8 weeks, begin at any time in pregnancy or during the session

Children's Yoga, Saturdays 5-5:45 PM, begins Sept. 18, runs for 10 weeks, ages 4-9, family rates available

PreSchoolers yoga, ages 2-5, TBA midweek morning, call to register. 892-4658.

YogaDance, Saturday evenings 6-7 PM, begins Sept. 25, Noon class TBA midweek beginning in Oct.

For more information please contact Mary at 892-4658.

SOCIAL ACTIVITIES

BRIDGE THE 'GYM' FOR THE MIND

11 Audrey Grant Basics lessons + 3 texts begins Thursday Sept. 23, 6:30-8:30 PM \$195.

8 Improving Your Judgment series + 2 text begins Saturday Sept. 25 1-3 PM \$145.

Islander Motor Lodge.

For more information please contact Irene MacArthur at irene.macarthur@pei.sympatico.ca or 563-3180.

DEFINITELY NOT THE SYMPHONY (DNFS)

Time: Saturdays 10 – 11:15 AM (Starting early October)

Place: Calvary Church.

Cost: \$2 per week.

An All-Comers' Orchestra boasting 35 budding 'musicians'. Open to anyone interested in making music with others in a stress-free environment regardless of age or skill level. Any instrument is welcome ... we will fit you in!! Lack of talent not a problem!

For more information contact Jenny Likely: 368-3576 or jmllikely@hotmail.com.

SECOND CHANCES BAND – (NEW)

The Second Chances Band, a community band starting into its second year in September, will once again offer a chance for rusty musicians to play and people who've always wanted to learn an instrument, but never had the chance to do so. Two levels of band instruction/practice will be offered: a beginner band and a concert band. The weekly practices are held in the Queen Charlotte Intermediate School band room (Beginners - Monday, 7 - 9 PM; Concert - Tuesday, 7 - 9 PM).

The first semester of three starts at 7 PM on Tuesday, September 21.

The fee for each semester (fall, winter, spring) is \$45.

Interested persons are encouraged to attend an information session on Tuesday, September 14 at 7 PM at the Queen Charlotte band room. Visit the band website for more information at secondchancesband.ca. For questions go to 'contact us' and send them to the email address noted (Allie McCrady).

THE PEI SOCIABLE SINGLES

The PEI Sociable Singles is a non-profit, non-denominational social group with over

Discover the Benefits

70 members ranging in ages from 40's to 80's. The group provides individuals who are separated, divorced, widowed and unmarried with an opportunity to participate in healthy group social activities such as dances, pot lucks, movies, walks, hikes, card games, dining out, barbecues, games nights and many other activities with other singles.

For more information please contact Edith at 892-3870 or sociable_singles@yahoo.com.

SPORTS

UPEI SPORT LEAGUES

For information on UPEI Communniversity Programs, please check the UPEI WEBSITE at www.uepi.ca/athletic or call Janice at 566-0305.

RECREATIONAL HOCKEY LEAGUES

Metro Rec Hockey League

Lee Gauthier

675-4353

Ise's / Moosehead Oldtimers Hockey League

Vaughan Smith

894-5790

Molson Canadian Men's Rec League

Jeremy Pierce

629-4171

SKATING

PUBLIC SKATING SCHEDULE

OUTDOOR RINKS

SPEED SKATE PEI

SHERWOOD-PARKDALE SKATING CLUB

For more information on the aforementioned skating programs, please see the **YOUTH/TEEN** section of the brochure.

SKIING

UPEI SPORT LEAGUES

Please see the **YOUTH/TEEN** section of this brochure.

SENIORS GROUPS

SENIORS ACTIVE LIVING CENTRE

The Seniors Active Living Centre is open Monday to Friday from 9 AM- 4 PM providing recreation, social and volunteer opportunities for people 50 plus in the Charlottetown area. This membership-based organization's annual fee is \$25 per person. Visitors are always welcome. Programs include:

- Cards - (auction, bridge, euchre and cribbage)
- Fitness Programs
- Monthly ceilidh
- Foot clinic
- Socials and Pot Luck suppers
- Surprise Events
- Weekly Bingo
- Choir
- Travel opportunities
- Reading Groups
- Pool Table and lessons
- Beginner / Intermediate Bridge Lessons

- Brown bag lunches with guest speakers on various topics of interest to seniors
UPEI Field House provides a 50% discount for SALC Members on the Walking Track, also an additional 10% off senior pool rate.

Please contact the Seniors Active Living Centre at 628-8388 or visit the Centre located in the CARI Complex at UPEI.

WEST ROYALTY CARD PARTIES

There will be senior Card Parties held every Thursday evening from 7:30 – 10:30 PM at the West Royalty Community Centre. The program will begin on October 7.

For additional information, please contact Ruby Howes at 566-4933.

WEST ROYALTY SENIORS CLUB

The West Royalty Seniors hold their meetings the 1st Monday of the Month at 1:30 PM (unless it is a holiday) at the West Royalty Community Centre. Membership is \$5.00. The Club enjoys guest speakers, luncheons and some travel. Cards are held every Friday at 1:30 PM at the Centre (except July and August). The knitting group meets every Tuesday at 9:30 AM (starting Sept 14) and carpet bowling takes place on Thursday morning at 10 AM (starting Oct 7). Everyone welcome!

Anyone interested in joining the group or would like further information please contact Mary Crozier at 892-6279.

TENNIS

TENNIS AT THE PARK (Victoria Park)

Registration for Programs: at the Tennis Club House

VICTORIA PARK TENNIS CLUBHOUSE & COURT SUPERVISION HOURS

Hours: Sept. 7 – 30 Mon. – Fri. 5 – 10PM & Sat. – Sun. 8:30AM – 12:30PM
Oct. 1 – 30 Mon. – Fri. 6 – 8PM & Sat. – Sun. 10-noon

Play is always free except under the lights is available for \$5 for 45 minutes per court

CHARLOTTETOWN RECREATIONAL TENNIS GROUP (until October 30th)

This is a non-profit group that leases courts at Victoria Park in the evenings during the week for organized play and leagues from novice to advanced levels or for those just looking to find a game.

Check out the programs on the Charlottetown Recreational Tennis Group link at www.peitennis.ca.

INDOOR TENNIS PROGRAMS (starting in October at the Spa Total Fitness Centre)

“Tennis at the Park” will be leasing indoor tennis courts at the Spa Fitness Centre in the Charlottetown Mall. Call 314-4985 for details.

For information on additional tennis programs at Victoria Park go to www.peitennis.ca or call 629-6920 or 314-4985.

WALKING AND HIKING

INDOOR WALKING FACILITIES

Confederation Court Mall	Charlottetown Mall	Charlottetown Civic Centre
566-1153	368-8854	629-6600

TRAILBLAZERS WALKING CLUB

The benefits of walking are endless. Walking helps keep you active and healthy.

[Discover the Benefits](#)

This club allows for the 50 plus of the community to get to now their neighbours and keep fit at the same time. We meet every Mon, Wed and Fri ~ 8AM at the Charlottetown Civic Centre: inside Oct-April and outside May-Sept on the Confederation Trail. Call Roma at Four Neighbourhoods CHC 368-6933 today to join for free! The group meets at 8:30AM for coffee on the 1st Wednesday, of every month in our Community Room at our CHC following their morning walk.

WALKING PASS & PROGRAMS

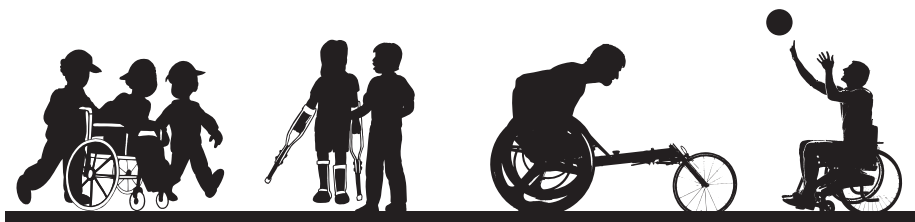
For information on UPEI Community Program – offered at the UPEI Sports Centre. Drop by the Sport Centre, check out the UPEI WEBSITE at www.upei.ca/athletic/ or call 566-0305.

WINTER WALKING TRAILS

As the weather changes and the snow flies, the Parks and Recreation Department will be providing access to trails/boardwalks to allow for those avid winter walkers. We will once again plow the Victoria Park / Queen Charlotte Army / Confederation Landing Boardwalks, as well as make a walking path available through Victoria Park and the Confederation Trail within the City.

As well our ski trails in Victoria Park and Beach Grove will available for walkers. We just ask that people interested in walking to please stay away from groomed ski paths so both groups may be accommodated.

Please note that all motorized vehicles are strictly prohibited on any of the trails. For additional information, please contact Parks and Recreation office at 368-1025 or 629-4024.



PERSONS WITH DISABILITIES

SPECIAL OLYMPICS PEI

Special Olympics PEI, a non-profit, charitable, sport organization. We provide year-round opportunities for individuals with an intellectual disability to participate in sport. Programs are available for athletes of all ages and abilities in either the Community Sport Program stream (non-competitive) or the Competitive Sport Program stream (various fall/winter sports offered). If you or someone you know is interested in getting involved as an athlete, coach or volunteer, or for more information, contact us at our Charlottetown office.

Contact Information:

Charity Sheehan, Program Director, csheehan@sopei.com

Phone: 902-368-8919 Toll free: 1-800-287-1196 Fax: 902-892-4553

Website: www.sopei.com

PARASPORT AND RECREATION PEI (formerly Paralympics PEI)

ParaSport and Recreation PEI is a volunteer, non-profit and charitable organization established in 1974. ParaSport and Recreation PEI provide recreation and sport opportunities for individuals with a physical disability on PEI. Programs that are offered during the fall and winter

months include, Sledge Hockey, Wheelchair Basketball, Aqua-Abilities (swimming lessons with children with a disability) and G.E.A.R (Getting Everyone Accessibly Riding) a new tandem cycling program designed for people who are visually impaired. ParaSport and Recreation PEI has a variety of equipment (e.g. sport wheelchairs, hockey sleds, handcycles, goalball equipment, etc.) available to loan free of charge. Sport demonstrations are also available.

For further information on the above programs or inquiries about other opportunities, please contact the ParaSport and Recreation PEI office at 368-4540 or visit the website at www.parasportpei.ca.

OTHER PROGRAMS AND ACTIVITIES

*Within this brochure there are other groups that offer **inclusive** programs to people with disabilities. Please review and feel free to contact them if you have any questions or for more information.*



AQUATICS

CARI (Capital Area Recreation Inc.)

The Aquatics Facility offers a 25-Metre, eight-lane recreational and competitive pool with two 1-metre diving boards and one 3-metre diving board as well as a stadium seating capacity of 660. In addition to this, there is a leisure pool designed to accommodate a variety of programming and recreational swimming. The aquatics facility also offers a hot tub, waterslide and parent observation seating area.

Our aquatics facility is fully accessible to people of all levels of ability. The change rooms offer wheelchair accessible dressing areas and showers. We also have a water-wheelchair, wheelchair lift, and a set of portable stairs, which are designed to eliminate strain caused by ladders. Our family changing room has reserved changing stalls and lockers for individuals with a visual impairment. In addition to these features, our leisure pool has a ramp, which begins at zero depth in order to accommodate users with limited mobility.

FALL SWIM LESSON

The Aquatics Department will be offering two sessions of Swim For Life swim lessons beginning September 12th, 2010. Classes will run on Sunday, Tuesday, Thursday, Friday and Saturday for the Fall 1 session; and Tuesdays and Thursdays for the Fall 2 session. Registration for both fall sessions of swimming lessons will begin on August 25th, 2010. Registration can be completed at the CARI Control & Information Desk or by browsing the online registration module at www.booking.biz/bkcarpei.

AQUA FITNESS:

You don't even need to know how to swim – just come endure a water workout! CARI offers a wide variety of classes to suit the needs of each and every individual client. Check out our website or our Fall Program Brochure (Available online or at the Control & Information Desk) for our Fall Aqua Fitness schedule.

BIRTHDAY PARTY PACKAGES

Make the next birthday an unforgettable one – have a pool party! Our packages include 1.5 hours in the pool, an hour in a private party room, pizza and soft drinks. All you need to bring is the cake! For only \$15.00/person – you can't go wrong with this choice. Call (902) 569-4584 Ext. 0 to book your party today.

For information on programming or the aquatics facility contact the Control & Information Desk at (902) 569-4584 Ext. 0 or visit our website www.carpei.ca.

TAKE TWO – THE EXERCISE CONNECTION

CARI offers PEI's only Physiotherapy Water Program! Program runs once and twice a week and it is covered by most extended health insurance plans. Exercising in the water is fun and easy and you don't have to know how to swim. Debbie Gee and Marlene Cairns have over 50 combined years of experience in physiotherapy and aquatic therapy.

For more information, brochures are available at the Control and Information Desk, taketwopei@gmail.com, or at (902) 316-1122.

CARI LANE SWIMS (NEW)

The Aquatics Department at the CARI Centre offers a wide dynamic of programming options to meet the needs of all clientele.

Lane swims are offered daily at various times. Lane Swims are \$4.50/each, \$40.50/10 passes or a monthly lane pass for \$45.00 (unlimited use).

Monday	5:30 – 7:00 AM 7:00 – 9:30 PM	7:00 – 9:30 AM	11:30 AM – 12:30 PM
Tuesday	5:30 – 9:30 AM	11:30 AM – 12:30 PM	4:00 – 6:30 PM
Wednesday	5:30 – 7:00 AM 6:00 – 9:30 PM	7:00 – 9:30 AM	11:30 AM – 12:30 PM
Thursday	5:30 – 9:30 AM	11:30 AM – 12:30 PM	4:00 – 6:30 PM
Friday	5:30 – 7:00 AM 8:00 – 9:30 PM	7:00 – 9:30 AM	11:30 AM – 12:30 PM
Saturday	10:00 AM – 1:30 PM	4:00 – 7:00 PM	
Sunday	9:00 AM – 2:00 PM	5:00 – 8:00 PM	

For more information on CARI, please call (902) 569-4584 or visit our WEBSITE at www.carpei.ca.

CHARLOTTETOWN BLUEPHIN SWIM CLUB

The Charlottetown Bluephin Swim Club's objective is the development of competitive swimmers both in athletic ability and personal growth. New swimmers to the program will start one of two programs: Miniphins or Novice and can join at anytime during the season.

Mini-Phins

- Designed for swimmers new to the sport and able to be independent in the water
- Able to swim one length of the leisure pool (approx. 20 meters)
- Our emphasis is on swimming skills, fun, fitness, and friendship
- This group will participate in fun 'Racing Skills' gala events
- 10 week session - 4 swimmers per instructor
- 45 minute practice (1 or 2 times per week)

Novice

- Designed for experienced swimmers who wish to race in the future
- Able to swim two lengths of the main pool (50 meters)
- Our emphasis is on swimming skills, fun, fitness and friendship
- This group will participate in fun 'Racing Skills' gala events
- Once ready these swimmers will compete in local competitions
- Yearly program September to May
- Various schedules available from one practice a week to three

'Rookie Camp'

We will be running a special 'Rookie Camp' assessments during September this season for all new Bluephins. Swimmers will have a 30 minute assessment with our Head Coach and members of the enthusiastic coaching staff. After the swimmer will be given information about what Bluephin program they would best fit.

Assessments will take place on either September 15th or 17th (4:30, 5:00 or 5:30 PM)
Other assessment times are available throughout the season. Just contact our Head Coach to arrange the 'FREE' trial period.

Spots are limited for our programs in the fall so contact our Head Coach now!
Practices and assessments take place at the CARI facility located on the University Campus.

For further information please contact: William Calhoun, (902) 316-1300, olympic-dream2012@yahoo.ca, or visit our website at www.charlottetownbluephins.ca.

SYNCHRONIZED SWIMMING

Synchro PEI and the Naiads offer programs for children of all ages and skills.

FREE: TRY SYNCHRO

When: Monday, September 13, 5:30-6:30 PM

Location: CARI Pool

Open to all ages 6 and up

FREE ADMISSION, please bring bathing suit for a fun hour of Synchro

For more information contact Doreen at dmwalsh@eastlink.ca.

SPORT FOR LIFE PROGRAM

(Recreational)-learn synchro basics, get active, have fun!

Location: CARI Pool- University Ave

Times: Wednesdays 5:30-6:30 PM & 6:30-7:30 PM

Dates: Sept. 15-Nov. 17 (Fall Session)

Nov. 24-Jan. 26 (Winter Session)

Feb. 9-Apr. 13 (Spring Session)

Fee: \$80.00 City Residents, \$136.00 Non-residents

(Registration takes place on the first night of each session at CARI)

Ages: 6 and up (entering grade 1)

For more information contact Doreen: dmwalsh@eastlink.ca.

SYNCHRO COMPETITIVE PROGRAM

(Provincial Stream)

Registration: Sept. 13, 5:00-7:00 PM at CARI Pool

Start Date: Sept. 15

Novice (first time competitive swimmers): Monday 5:15-7:30 PM, Fri. 5:15-7:30 PM
Age 12 & under: Mon. 6-7:30 PM, Fri. 5:15-7:30 PM, Sat.9-11 AM
Age 13-15: Mon. 5-7:30 PM, Wed. 5-6:30 PM, Sat. 9 AM-12 PM
Age 16 and over: Mon. 5-8 PM, Wed. 5-6:30, Fri.5-8 PM

For more information contact Judy: judygm@live.ca.

SPA TOTAL FITNESS CENTRE RED CROSS SWIMMING LESSONS

Lessons are offered throughout the fall – winter months.
Participants DO NOT have to be a gym member to register.

For more information, please contact the Spa at (902) 566-1400.

CHARLOTTETOWN MASTERS AND ADULT SWIM CLUB

The Charlottetown Masters Swimming Club is dedicated to and designed for a wide range of adult swimming interests and abilities.

Masters Swimming is an adult program designed to encourage fitness through swimming. It offers structured training sessions, most often through the auspices of a Masters Swim club. Masters Swimming provides opportunities to increase physical fitness, improve competitive stroke techniques, receive regular coaching, and participate in social activities. The level of participation in any aspect of Masters Swimming is entirely up to you, be it lap swimming, international competition, or any level in between.

Masters Swimming is one of the most cost effective organized exercise programs that you can get for the money. The only equipment you need is a bathing suit, a pair of swim goggles and the time to schedule for it. Please contact us for our fee schedule.

We have arranged for the following organized practices during the week:

Monday 8:00 - 9:30 PM

Wednesday 8:00 - 9:30 PM

If you are interested in joining us or if you would like further information, please contact Greg Mills at 566-2344 after 5 PM or email: cmsc@pei.sympatico.ca.

COMMUNITY CENTRES, HALLS & GYMS

Are you planning a special event? Are you looking for a clean and spacious environment to host a meeting? The City of Charlottetown has a number of different facilities to meet all of your needs.

Visit us online and check the availability of these facilities at www.city.charlottetown.pe.ca.

WEST ROYALTY COMMUNITY CENTRE

1 Kirkdale Road

Banquet Facilities – exclusive caterer Dave MacDonald (629-1347)

Bar Facilities available

Seating Capacity of 170

Air Conditioning

Ample Parking

Daily Rental fee \$135.00, plus GST

HILLSBOROUGH PARK COMMUNITY CENTRE

199 Patterson Drive
Banquet Facilities
Kitchen / Bar Facilities
Seating Capacity of 100
Ample Parking
Daily Rental fee \$135.00, plus GST

SHERWOOD RECREATION HALL

56 Maple Avenue
Meeting Space for Private Functions
Private Functions
Seating Capacity of 60
Kitchen Facilities available
Ample Parking
No bar facilities available and bookings will not be later than 10 PM
Daily rental fee \$50.00, plus GST

MAPLEWOOD ROOM (2nd floor Cody Banks Arena)

58 Maple Avenue
Meeting and Small Banquet Facilities
Kitchen Facilities
Air Conditioning
Seating Capacity of 80
Ample Parking
Daily Rental fee \$135.00, plus GST

MALCOLM J. DARRACH COMMUNITY CENTRE – (East Royalty)

1 Avonlea Drive
Banquet Facilities
Kitchen / Bar Facilities available
Banquet Seating Capacity of 100
Ample Parking
Daily Rental fee \$135.00, plus GST

VICTORIA PARK BASEBALL CLUBHOUSE AND TENNIS CLUBHOUSE

1 Park Driveway
Meeting Space for Private Functions
Kitchen Facilities available
Seating Capacity of 20
Ample Parking

WEST ROYALTY COMMUNITY CENTRE GYM RENTALS

Individuals or groups wishing to rent the Community Centre gym can do so by contacting the Parks and Recreation Department at 629-4024 or 368-1025. Limited gym time is available weekdays and gym time is available on Saturday afternoons between 3 – 5 PM for children’s birthday parties.

For additional information or to make a booking, please contact the Parks and Recreation Department at 629-4024 or 368-1025. You can also e-mail your booking inquiry to ddowling@city.charlottetown.pe.ca, or contact us on line at www.city.charlottetown.pe.ca.

(NOTE: To book the East Royalty Community Centre or for additional information, please contact Dawn Hobbs – Penton at 367-2161 or email dhpenton71@hotmail.com.)

UPEI GYM RENTALS

Teams or groups wishing to rent gym time at the Sports Centre may call 566-0627 for details, or visit www.upei.ca/athletic

COMMUNITY GROUPS

MURPHY'S COMMUNITY CENTRE

Murphy's Community Centre's renovations have been completed and we are now able to offer a building that is barrier free due to the installation of an elevator and renovated washrooms. Our gymnasium also sports a new look with renovations to the stage, walls and a new multi use floor, which will accommodate a variety of Community events. Drop by and visit our newly renovated facility.

Our Center operates as a non-profit organization with a mandate to increase and improve the recreation and social opportunities for families living in Charlottetown and all of Prince Edward Island.

The Centre continues to provide and enhance its commercial activities, which include bowling, licensed lounge, catering and bar service, facility rentals, licensed after school and day camp program. The well-established community service programs are continuing with new programs being offered on a regular basis. One of our most exciting new programs that started the summer of 2010 is the Charlottetown Teen Zone, which can be viewed in more detail under the Youth/Teen section of this brochure.

The Community Centre continues to support many community groups who offer their programs to the public such as; Taoist Tai Chi, Noon Fitness Classes, Overeaters Anonymous, CHANCES Family Centre parenting programs and seasonal special events, Olde Tyme Square Dancing, Special Olympics, CCB, and many more. The Centre also supports many community groups, families, and individuals who book the Centre for meetings, private gatherings, special events, and fund-raisers.

If we can be of assistance to you or your organization please feel free to contact us at Murphy's Community Centre 892-1719, email bgallant@murphyscommunitycentre.com or visit www.murphyscommunitycentre.com.

CARI (Capital Area Recreation Inc)

Capital Area Recreation Inc., better known as the CARI Complex, is Atlantic Canada's most comprehensive athletics facility. The facility houses two NHL-sized ice surfaces, Andrews Hockey Growth Programs, a Seniors Active Living Centre, East Side Mario's Express and an Aquatics facility featuring a 25-metre Competition pool, Leisure pool and Whirlpool also call the CARI Complex home.

Opening in January of 2004, the Arena facility, better known as the MacLauchlan Arena, offers two NHL-size ice surfaces, with a combined total of 12 dressing rooms, an on-site skate sharpening company, and a meeting room and hospitality room that overlook each ice surface. The arenas are home to the University of Prince Edward Island Men's & Women's Hockey Teams and the Charlottetown Islanders. MacLauchlan Arena also serves as the headquarters for many minor sport tournaments, including the annual Spud Minor Hockey tournament, which is considered to be one of the largest Minor Hockey tournaments in the Atlantic Provinces.

For more information on CARI, please call (902) 569-4584 or visit our website at www.caripei.ca. The CARI Complex is located at 550 University Avenue.

CHANCES FAMILY CENTRE

CHANCES is a non-profit organization that offers a wide range of programs for families with children ages birth to 6 years, as well as expectant parents. Whether you're looking for a playtime outing, tips on dealing with tantrums or an info packed pre-natal group. CHANCES offers a variety of programs in a fun, informal setting.

We also provide high quality childcare in our Early Learning Centres in Charlottetown, Stratford and Cornwall. As well, we offer in-home support through our Best Start Program.

For more information about the full range of programs and services offered through CHANCES Family Centre, please check our web site at www.chancesfamily.ca or contact us at 892-8744.

COMMUNITY SCHOOLS

Community Schools have served Islanders for more than 40 years and gearing up for yet another very successful year. Volunteerism is the thing that sets Community School apart from other educational programs on PEI. All committee organizers and instructors volunteer their time in order to bring a quality program to Island residents.

Approximately 100 different courses are offered across the Island such as art, drama, fitness, knitting, basket weaving, carpentry, repair, wood carving, photography, Tai Chi, computers, culinary, gardening, crafts, flower arrangements, first aid, as well as a host of other interesting and informative courses. A complete listing of courses will be distributed through an Island-wide flier circulation in late December. Islanders are cordially invited to become involved in a community school in their area.

For more information call Provincial Coordinator, Shirley Moore at 892-3445 (locally) or toll free 1-800-565-5629. Community School is friendly, informal and for YOU!

Fall School

Stratford Community School

Location: Stratford Elementary School

Stratford Community School will be offering approx. 25 courses, which will run for 10

Wednesday nights beginning on Sept. 22. Fee: \$20 per course

For additional information contact Jo-Ann Gaudet at 892-0351 or Bill Burden at 569-5997.

Also visit www.stratfordcommunityschool.ca

Donagh Community School

Location: Donagh Regional School

Donagh Community School will be offering approx .9 courses, which will run for 10 Tuesday nights beginning Sept 21 until November 30. Fee: \$12 per course.

For more information contact Jim Koughan at 569-2038.

Winter Schools

Charlottetown Community Schools

Location: Charlottetown Rural High School

For additional information, please contact Provincial Coordinator Shirley Moore at 892-3445 or 566-3797.

PEI VOLUNTEERS FOR LITERACY

PEI Volunteers for Literacy matches people who love reading with those who need help to read better. If you would like to help an adult or a child improve their literacy, call 368-4695 for information on training.

If you are an adult who needs help with reading, one-to-one, call 368-4695. If you live outside Charlottetown, call our toll-free number: 1-800-348-7323, or email at peivol@eastlink.ca.

THE ADVENTURE GROUP

The Adventure Group is a non-profit organization, which was incorporated in 1992 to address the needs of youth and their parents on Prince Edward Island as identified in a number of major studies. The goal of the Adventure Group is to offer opportunities for learning as well as personal and skill development using experiential, service learning and adventure-based curriculum. Our focus is on prevention; we provide opportunities that increase self-esteem, confidence, and leadership skills. We work in partnership with youth, police, service agencies, schools, businesses and government of all levels. The Adventure Group's office is located at Hertz Hall on St. Peters Road.

R.O.P.E.S. WORKSHOPS...Our philosophy is called R.O.P.E or Rite of Passage Experience. The goal of the program is to offer participants an adventure experience that requires them to develop team skills such as effective communication, problem solving, trust building, leadership, and cooperative learning.

Through participating in activities incorporating these elements, individuals have been shown to develop more positive self-concepts, increased decision making capacity and communication skills.

WE ALSO PROVIDE...Personal Growth and Self-Awareness Programs, Leadership Programs, Team Building Workshops, Conflict Management Workshops, Self-esteem Programs, Respect Programs, as well as advocacy and referral services.

For more information regarding other programs offered, call 628-8668.

THE GUILD

The Gallery @ The Guild has exhibits throughout the seasons of emerging and established artists from on and off Island. The Guild Theatre features performances throughout the seasons – plays, comedy, concerts and more.

For more information please visit www.theguildpei.com or phone 902-620-3333.

Play on Words storytelling festival will take place in March 2011.

The Boys & Girls of Bedlamb Children's Chorus

Teresa Doyle offers singing classes on Saturdays at 1:30 PM (starting Sept. 25) for children ages 5 -10, teaching songs from the oral tradition from cultures around the world.

For more information contact teresa@teresadoyle.com or 902-838-2973.

Arts for Kids with Wendy Druet

Starts on Sept. 20 and runs for 8 weeks. Maximum class size is 8 children. (Registration required). Programs run on the following days and times: Preschoolers on Mondays from 1 – 2 PM, Grades 4 - 6 on Tuesdays from 3:30 - 4:30 PM, Grades 1 - 3 on Thursdays from 3:30 - 4:30 PM or Saturdays from 9:30 - 10:30 PM.

For more information please contact 892-1688.

Children's Music With Mike Pendergast

Open to preschool ages accompanied by parent or caretaker. This is interactive singing and play (dancing, marching and games) accompanied by Mike's accordion & guitar. No registration required, just come to the Queen Street entrance on Tuesdays, music starts at 10:45 AM. Cost is \$5 per family.

For info please call 620-3333 or visit www.theguildpei.com.

Voice Lessons with Sylvia Mutch

Sylvia teaches Classical, Opera, Jazz, and Pop - technique, breathing, posture, tonality, ear-training and musicality.

Visit Sylvia's website: <http://www.sylviasings.wordpress.com>,

email: musika1@hotmail.com or call 651-2311.

Music therapist Peter Mutch (accredited) has a studio in The Guild, and has clients from ages 2 to 92.

For more information please contact mutchpeter@hotmail.com or phone 628-7514.

FESTIVALS & EVENTS

All Season Events 2010-2011

FALL/WINTER AT THE GUILD – Gallery...Performance...Passion

Charlottetown – The Guild

www.theguildpei.com or 902-620-3333

September 2010

FALL FLAVOURS

Charlottetown – Various

September 3 – 30, 2010

www.fallflavors.ca or 1-877-445-4849

DALLAS STARS TRAINING CAMP

Charlottetown – CARI Complex – Civic Centre

September 16 – 20, 2010

www.city.charlottetown.pe.ca or 902-629-4023

PEI INTERNATIONAL SHELLFISH FESTIVAL

Charlottetown – Confederation Landing

September 17 – 19, 2010

www.peishellfish.com or 1-800-955-2003

PEI JAZZ AND BLUES FESTIVAL

Charlottetown – Confederation Landing and Beyond

September 23 – 26, 2010

www.jazzandblues.ca or 902-629-4497

October 2010

SENIOR MEN'S & WOMEN'S NATIONAL SOCCER CHAMPIONSHIPS

Charlottetown – Various Venues

October 7 – 11, 2010 www.canadasoccer.com or 902-368-6251

ATLANTIC BREEDERS CROWN HARNESS RACING CHAMPIONSHIPS

Charlottetown Driving Park

October 9 – 10, 2010

www.harnessracingpei.com or 902-892-6823

PRINCE EDWARD ISLAND MARATHON

PEI National Park on the North Shore – Charlottetown

October 15 – 17, 2010

www.princeedwardislandmarathon.com or 902-629-6609

THE GREAT PUMPKIN WALK

Beach Grove Trail- Charlottetown

Saturday, October 23, 2010 / 11:00AM

www.city.charlottetown.pe.ca or 902-368-1025

November 2010

SPEED SKATE PEI ATLANTIC CUP CHAMPIONSHIP

Charlottetown – Charlottetown Civic Centre

November 6 - 7, 2010

www.speedskatepei.com or 902-569-1616

CANADIAN INTERUNIVERSITY SPORT WOMEN'S SOCCER CHAMPIONSHIP

Charlottetown – University of Prince Edward Island

November 11 – 14, 2010 www.cis-sic.ca or 902-566-0715

THE DOMINION NATIONAL CURLING CLUB CHAMPIONSHIPS

Charlottetown – Cornwall Curling Clubs

November 23 – 28, 2010 www.thedominioncurls.ca or 1-800-268-8447

WINTERTIDE HOLIDAY FESTIVAL

Greater Charlottetown

November 24, 2010 – January 9, 2011

www.city.charlottetown.pe.ca or 902-566-5548

EARLY BIRD MINOR HOCKEY TOURNAMENT

Charlottetown - Various Arenas

November 25 – 28, 2010

www.sprmha.com or 902-892-1032

CHARLOTTETOWN CHRISTMAS PARADE

Charlottetown

November 27, 2010

www.city.charlottetown.pe.ca or 902-566-5548

December 2010

JINGLE BELL WALK

Beach Grove Home – Routes for Nature and Health – West Royalty Community Centre

December 3, 2010 at 6 PM – Fun event for the whole family!

www.city.charlottetown.pe.ca or 368-1025

MAYOR'S CHRISTMAS SKATE WITH CITY COUNCIL, SANTA CLAUS, AND PEI ROCKET

Charlottetown Civic Centre

December 4, 2010 from 12 – 1:30 PM

www.city.charlottetown.pe.ca or 902-566-5548

MAYOR AND COUNCIL CHRISTMAS SENIORS SOCIAL

Murphy's Community Centre – Charlottetown

December 4, 2010 from 2 – 4 PM

www.city.charlottetown.pe.ca or 902-566-5548

GEORGE TRAINOR HOLIDAY CLASSIC MINOR HOCKEY TOURNAMENT

Charlottetown – Various Arenas

December 27 – 30, 2010

www.sprmha.com or 902-892-1032

www.cmhapei.ca/ or 902-892-4255

CAPITAL NEW YEAR IN THE PARK

Victoria Park -Charlottetown

December 31, 2010

www.city.charlottetown.pe.ca or 902-566-5548

January 2011

CHARLOTTETOWN RINGETTE TOURNAMENT

Charlottetown - Various Arenas

January 13 – 16, 2011

www.ringettepei.ca/charlottetown or 902-626-9612

February 2011

SPUD MINOR HOCKEY TOURNAMENT

Charlottetown - Various Arenas

February 3 – 6, 2011

www.cmhapei.ca or 902-892-4255

JACK FROST CHILDREN'S WINTERFEST

Charlottetown – Confederation landing

February 11 – 14, 2011

www.walkandseacharlottetown.com or 1-800-955-1864

SCOTTIES TOURNAMENT OF HEARTS

Charlottetown – Charlottetown Civic Centre

February 19 – 27, 2011

www.curling.ca/championships/scotties/ or 902-569-2326

March 2011

CANADIAN POWERLIFTING UNION NATIONAL CHAMPIONSHIPS

Charlottetown – Rodd Royalty Inn

March 30 – April 2, 2011

www.powerlifting.ca or 902-894-4320

SPRING THAW MINOR HOCKEY TOURNAMENT

Charlottetown – Various Arenas

Dates: TBA

*For more information on festivals and events in the Charlottetown area, please visit one of the following web-sites: City of Charlottetown – www.city.charlottetown.pe.ca
Tourism Charlottetown – www.walkandseacharlottetown.com*

THEATRE

CONFEDERATION CENTRE OF THE ARTS

Our love of the arts continues...

The Confederation Centre of the Arts first opened its doors in 1964, 100 years after the Fathers of Confederation first met in Charlottetown to discuss Confederation. The Centre was opened as a national memorial to the Fathers of Confederation, and was built to showcase the incredible artistic talents that this nation has to offer. From musical theatre and dance to the breathtaking exhibits in the gallery, the Confederation Centre of the Arts has fostered a love of the arts for over 40 years.

THEATRE

Confederation Centre of the Arts Events Listing:

Hairspray: The Broadway Musical

Playing September 8 – October 9, 2010 in the Homburg Theatre

Hairspray delights audiences by sweeping them away to 1960s Baltimore, where the 50s are out and change is in the air. Loveable plus-size heroine, Tracy Turnblad, has a passion for dancing, and wins a spot on the local TV dance program, “The Corny Collins Show.” Overnight she finds herself transformed from outsider to teen celebrity. Can a larger-than-life adolescent manage to vanquish the program’s reigning princess, integrate the television show, and find true love (singing and dancing all the while, of course!) without mussing her hair?

The Last Resort

Playing until September 25, 2010 at the Mack

Music, mirth, mayhem and murder are rampant at a remote lodge in rural Saskatchewan in this uproarious romp. The Last Resort is where you want to be, especially if you have a secret. Everyone has something to hide in this madcap mystery – a restaurateur on the run from the mob, a carpet salesman killing more than time, a poet seeking inspiration (and a shallow affair) and twins battling over daddy’s will.

LIVE @ THE CENTRE

Live music, live theatre, live comedy! This fall and winter, the best entertainment on PEI is live at the Confederation Centre of the Arts. A world of dance, incomparable musicians and musical theatre, favourite children’s entertainment and fun for the whole family, stirring choral music, seasonal traditions, and rock ‘n roll are all live on the finest stages on Prince Edward Island. Stay tuned for the 2010 season lineup.

For more information please visit www.confederationcentre.com or call 1-800-565-0278.



Let's GO! Charlottetown

The City of Charlottetown Parks and Recreation Department is proud to partner with Go!PEI, a health and wellness initiative to encourage Islanders to become more physically active and eat healthier.

To follow-up on busy summer, our department looks forward to offering activities throughout the fall and winter months to encourage residents to become more physically active and eat healthier. Some activities will include:

Go! 101

This program is composed of six easy sessions, one hour per week, designed to help inform participants about proper physical activity and healthy eating. Go!101 is a great program to help motivate you to become more active and eat healthier! Sign up today for a program near you!

Go! Cycling

Cyclists of all ages and abilities can feel the joys of cycling. Our department encourages residents and visitors to use the City's Routes for Nature and Health Trail system. Maps are available. Sessions will be available in the fall to promote safe and enjoyable cycling. Watch for details or contact us!

Go! Running

Have you always wanted to run, but felt that you did not know how? Our department will be offering a "learn to run" program this fall (dates and times TBA). Please contact us to put you name on a list of interested individuals.

Healthy Canteens

This fall, please check out our canteens at Cody Banks Arena and Simmons Arena for delicious NEW healthy food choices.

Cooking Classes

Watch for details on cooking classes being offered to help you eat healthier and use more fresh Island produce.

Winter Active Campaign

Once again Charlottetown will be promoting winter active fun during those cold winter months. Watch for details in January on activities taking place this winter!

For more information on these activities and other offered by the department please contact us at 368-1025 or visit our website at www.city.charlottetown.pe.ca.

PEI ROCKET 2010 • 2011

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

HOME AWAY



Rocket Birthday Blast Off

Birthday Package Includes:

- 10 game tickets (extra tickets can be added to package at discounted prices)
- 10 pieces of pizza & 10 pop
- Birthday announcement at the game
- Exclusive PEI Rocket practice jersey (signed by favorite Rocket Player)
- Party room upon request and subject to availability.

Price: \$145.00

(including all applicable taxes and fees)
(Age limit 14 years old)

Family Pack

Bring your family to the Charlottetown Civic Centre for a fun and exciting night out with the PEI Rocket!

Our Family Pack includes:

- 4 Tickets (2 Adult & 2 Youth)
- 4 Soft Drinks
- 4 Popcorn

Individual Family Pack Price: \$52

5 Game Family Pack Price: \$240

(includes applicable taxes & administration fees)

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	