



Extracurricular Games Activities

2010 Arctic Winter Games Exhibit

Heritage Discovery Centre - Centre 2000, 11330 - 106th Street
 Monday - Friday: 8:30 am - 4:30 pm
 Saturday - Sunday: 10:00 am - 4:30 pm



Featuring:

- The History of the Games
- The Arctic Winter Games Pin Collection
- Stained Glass Drums from each contingent.
- Artifacts from the Circumpolar World
- Admission for this exhibit is free.
- If you are interested in a group tour, please phone ahead to (780)-532-5790.

Grande Prairie Museum's Polar Challenge

10329 - 101 Avenue (Across the bridge from Muskoseepi Park)

Monday, March 8 - Friday, March 12, 2010

Program Times: 9:30 - 11:30 a.m. or 1:00 - 3:00 p.m. Age of group: Suitable for ages 6 and up.

Participate in the Grande Prairie Museum's Polar Challenge! Learn to play traditional Inuit Games and how these games relate to life in the Polar region. The cost of the program is included with the price of regular admission to the Grande Prairie Museum. Special group rates are available for this program. Please call the program coordinator at (780) 830-7086 for more information or to schedule your program.

1's a Purchase, 2's a Pair, 3's a Congeries!

Grande Prairie Museum Rodacker/ Campbell Gallery

Why do people collect? The fascination of objects is the foundation of any individual or museum collection. In this exhibit, local and regional community members showcase their treasured private collections which celebrate the diversity of our community culture.

The Heritage of Winter Sports in the Peace Country:

An Evening of Reminiscences

Thursday, March 4, 2010 • 7:00pm • Grande Prairie Museum

Fitness Place Schedule - Drop in Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------------|---------------------------------------|---------------------------------|---------------------------------------|--------------------------------|------------------------------------|
| SPIN with Laurie 6:15 am | SPIN with Richard 6:15 am | | SPIN with Laurie 6:15 am | SPIN with Richard 6:15 am | |
| MIX IT UP MONDAY with Sari 9:15 am | CARDIO BLAST with Colleen 9:15 am | SPIN with Colleen 9:15 am | CARDIO BLAST with Colleen 9:15 am | CARDIO BLAST with Sari 9:15 am | CYCLE CIRCUIT with Jessica 9:30 am |
| | CHISEL & SCULPT with Colleen 10:30 am | | CHISEL & SCULPT with Colleen 10:30 am | | |
| STEP STRENGTH with Sari 5:25 pm | TOTAL BODY WORKOUT with Sari 5:25 pm | CYCLE CIRCUIT with Lisa 5:25 pm | SPIN with Lisa 5:25 pm | | |

Call in (even the day before) to book a SPINS bike 780-538-0455! Spring Schedule in effect until June 27, 2010*

Weight Room Schedule

| MONDAY - FRIDAY | SATURDAY & SUNDAY |
|-----------------|-------------------|
| 5:30am - 9:30pm | 9:00am - 9:00pm |

Childcare Services - Monday - Friday 9-11:30am

Our Childcare service is available for children 8 months to 6 years. Participate in fitness, weight training, or swimming while your child enjoys a supervised playtime. Please send your child with small, nutritious snack time. No food containing nuts please. All snacks must be labeled with child's name.

The Leisure Centre Pool Arctic Winter Games Schedule March 6-14, 2010

During the Arctic Winter games why not warm up at The Leisure Centre. Enjoy our swimming pool, waterslide, hot tub and dry sauna with additional public swim times Monday thru Friday from 1-3pm

| | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|------------------------|---|------------------------------------|------------------------------------|------------------------------------|------------------------------------|---|
| 5:30-6am | | | | | | | |
| 6-6:30am | User Group Rental | | User Groups Sharing With Lane Swim | User Groups Sharing With Lane Swim | User Groups Sharing With Lane Swim | User Groups Sharing With Lane Swim | User Groups Sharing With Lane Swim |
| 6:30-7am | | | | | | | |
| 7-7:30am | | | | | | | |
| 7:30-8am | | | | | | | |
| 8-8:30am | | Lane Swim & Limited Edition Family Swim | Lane Swim & Ltd. Edition Family | Lane Swim & Ltd. Edition Family | Lane Swim & Ltd. Edition Family | Lane Swim & Ltd. Edition Family | Facility Maintenance |
| 8:30-9am | | | | | | | |
| 9-9:30am | | | | | | | |
| 9:30-10am | | | | | | | |
| 10-10:30am | | | | | | | |
| 10:30-11am | Lane Swim | | | | | | |
| 11-11:30am | | Lane Swim & Public Swim | | | | | |
| 11:30-12 pm | | | | | | | |
| 12-12:30pm | | User Group Rental | | | | | |
| 12:30-1pm | | | | | | | Lane Swim & Ltd. Edition Family |
| 1-1:30pm | Public Swim | | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim |
| 1:30-2pm | | | | | | | |
| 2-2:30pm | | | | | | | |
| 2:30-3pm | | | | | | | |
| 3-3:30pm | | | Sr. Lane Swim | Sr. Lane Swim | Sr. Lane Swim | Sr. Lane Swim | Sr. Lane Swim |
| 3:30-4pm | | | | | | | |
| 4-4:30pm | Rental Space | | | | | | |
| 4:30-5pm | | User Group Rental Birthday Space | Swim Lessons & User Group Rentals | Swim Lessons & User Group Rentals | Swim Lessons & User Group Rentals | Swim Lessons & User Group Rentals | User Group Rental & Birthday Party Rental Space |
| 5-5:30pm | | | | | | | |
| 5:30-6pm | Lessons Birthday Space | | | | | | |
| 6-6:30pm | | Rental Space | | | | | |
| 6:30-7pm | | | | | | | |
| 7-7:30pm | | | User Group Rentals | Public Swim | Family Swim | Public Swim | Family Swim (Stay For Public) |
| 7:30-8pm | Public Swim | Family Swim | | | | | |
| 8-8:30pm | | | | | | | |
| 8:30-9pm | | | Lane Swim | | | | |
| 9-9:30pm | | | | | Lane Swim | Lane Swim | Lane Swim |
| 9:30-10pm | Rental Space | | | | | | |
| 10-10:30pm | | | | | | | Rental Space |
| 10:30-11pm | | | Rental Space | | | | |



PROUD SPONSOR



The City of Grande Prairie welcomes all visitors & participants!