

2019 Spring/Summer Program Guide

KIDS FITNESS PROGRAMS

Active Start

Active play is key at this stage as it builds important connections within the brain, and refines motor skills. Activities help children feel competent and comfortable participating in a variety of fun and challenging activities as well as non-competitive games.

Ages 4-6:

Tuesdays 4:30pm-5:30pm

March 5 to April 23 (8 Weeks)

Cost: \$80.00

Ages 1-3:

Saturdays 10:00am-11:00am

May 4 - June 22 (8 Weeks)

Cost: \$80.00



FUNDamentals (Age 7-9)

The next step in athlete development! Kids develop fundamental movement skills in structured and unstructured environments for play. The focus is on providing fun, inclusive multi-sport opportunities! These experiences will result in kids developing a wide range of movement skill along with the confidence and desire to participate!

Thursdays 4:30pm-5:30pm

March 7 - April 25 (8 Weeks)

Cost: \$80.00

Register online at

www.dakotacc.com or call 204-254-1010

ATHLETE DEVELOPMENT

The best athletes are built from the inside out, focusing on developing a strong athletic base before entering into a sport specific focus. Taking this approach, athletes become strong and resilient. Athlete Development is perfect for those who are in season, have a variable schedule, multi-sport athletes or pre & post-sport academy training.

Cost: 4 sessions \$95+GST or 8 1 sessions for \$160+GST

Monday & Wednesday 4:30PM-5:30PM

TEAM TRAINING

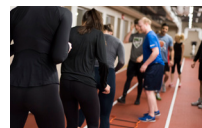
Team Training focuses heavily on building a wide movement foundation to improve all aspects of athletic abilities. By implementing a coach-lead dynamic warm up, balance and coordination skills are integrated into the start of every session. After this warm up, athletes transition to speed and agility-based drills. The objective is to include the entire team in fun, competitive and challenging drills.

Cost: \$165+GST per hour

Monday to Friday

6PM - 7PM

7:15PM - 8:15PM



OFF SEASON HOCKEY STRENGTH & CONDITIONING

Speed is the ultimate divider between good and great. Every element required for speed is addressed and developed in this program. Movement, strength, conditioning and power all play an integral role in an athlete's success. STRIVE's coaches and environment will provide you with the proper guidance to reach the next level.

Alumni include Eric Fehr (NHL), Justin Falk (NHL), Riley Stotts (Maple Leafs draft pick)

Cost: \$299+GST per month (3 sessions per week)

Ages 12+

May & June: Evening training available

July & August: Day time training available

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YOUTH

DAKOTA *KIDS* SUMMER CAMPS

Hockey Essentials Camp

This camp is designed for all levels of players who want to continue to develop their hockey skills in the off-season and be active in the summer! Our coaches aim to improve overall skills by teaching proper technique in power skating, puck control, passing and receiving. The skills introduced allow players to improve their game & provide them with the confidence to excel!

Date	Ages	Price
July 15-19	7-9	\$299
July 15-19	10-12	\$299
July 22-26	7-9	\$299
July 22-26	10-12	\$299
July 29-Aug 2	7-9	\$299
July 29-Aug 2	10-12	\$299
Aug 6-9	7-9	\$249
Aug 6-9	10-12	\$249
Aug 12-16	7-9	\$299
Aug 12-16	10-12	\$299



Hockey Development Camp

Get ready for the season in our Hockey Development Camp! This more advanced camp goes over all the skills of skating, passing, receiving & puck control with a focus on individual development. All drills are designed to challenge players & practice in game situations. **The camp includes Dakota Performance Program Dryland Training in partnership with Strive.**

Date	Ages	Price
Aug 19-23	7-9	\$449
Aug 19-23	10-12	\$449
Aug 26-30	7-9	\$449
Aug 26-30	10-12	\$449



Basketball Camp

This camp will emphasize foundational basketball skills through a progressive & active game approach. Work on shooting technique, ball-handling, dribbling, rebounding and game play. Each day will also include the multi-sport benefits of additional sports & activities.

Date	Ages	Price
July 15-19	8-12	\$209
Aug 6-9	8-12	\$169
Aug 12-16	8-12	\$209

Volleyball Camp

Learn the game & develop your skills through repetition and instruction from our coaches! Get ready for the season with game play and drills that help you master the basics. PLUS try out beach volleyball on the new outdoor courts! Each day will also include the multi-sport benefits of additional sports & activities.

Date	Ages	Price
July 22-26	12-14	\$209
Aug 26-30	12-14	\$209

Active Explorer Camp

Become a master of all sports in this camp! Keep active with a variety of games each day on the court, the field or exploring the outdoors. Receive an introduction to the rules and skills needed for a variety of sports. Who says you can only be good at one?!

Date	Ages	Price
July 29-Aug 2	6-10	\$209
Aug 19-23	6-10	\$209



General Camp Info

Registration starts in February 2019!

Available at www.dakotacc.com or call 204-254-1010 ext. 215. For more information email info@dakotacc.com

Camp Times

All camps are 9am-4pm! Drop Off is 8am-9am and Pick Up is 4pm-5pm in the Jonathan Toews Sportsplex Gym.

Camp info packages will be sent out one week prior to start date and will include what to bring, camp schedules and more!

Full equipment is required for all hockey camps.

Register online at www.dakotacc.com

DAKOTA
COMMUNITY CENTRE

4X4 SUMMER HOCKEY

- Ages 9-17
- Team Registration (12 players + goalie) \$2,500
- Individual Registration \$225
- 12 game season
- Monday-Thursday evenings in July and August
- Registration open!

To register visit www.dakotacc.com or email info@dakotacc.com

BASKETBALL

Registration for basketball will be through Winnipeg Minor Basketball Association at www.wmba.ca. Check WMBA website for registration dates.

Basketball Convenor: Brent Amos
Email: basketball@dakotacc.com



CANSKATE

CanSkate is a learn to skate program developed by Skate Canada and is a nationally recognized program for all ages and stages that is taught by certified coaches. For more details and registration please visit www.skatewinnipeg.ca

MINI SOCCER

Ages 4-8! Mini soccer is a great introduction to organized youth sport. Register your child online at www.dakotacc.com between March 1 & 31 to ensure they're ready when the season begins!

For questions or more information contact Program Coordinator Jared Neufeld at jared@dakotacc.com

BASEBALL, SOFTBALL & SOCCER

Register online at www.dakotacc.com between Friday, March 1 & Friday, March 15.

Baseball Convenor: Christine Keloch | email: baseball@dakotacc.com

Softball Convenor: Moe Berard | email: softball@dakotacc.com

Soccer Convenor: Pram Tappia | email: soccer@daotacc.com

DAKOTA NURSERY SCHOOL

Now accepting registrations for classes starting September 2019!

3 Days/Week

Monday, Wednesday & Friday Mornings (9:00 a.m. - 11:30 a.m.)

2 Days/Week

Tuesday & Thursday Mornings (9:00 am - 11:30 am) OR

Monday & Wednesday Afternoons (12:30 pm - 3:00 pm)

To register your child please go to dakotacc.com.

For more details contact Loraine Purdey at 204-256-4748 or email dakotanurseryschool@dakotacc.com

ULTIMATE YOU! ADULT TRAINING

Dakota Community Centre has partnered with United Therapies STRIVE to bring you the ultimate fitness experience and coaching. Individual adult training is unique, effective and fun while remaining safe for everyone at the same time. Each session focuses on the individual and is run in a group setting by our coaches.

Cost: \$99+GST (33% savings!) for 30-day trial!

Unlimited sessions.

Session Times:

Monday-Wednesday-Friday

6AM - 7AM

8AM - 9AM

7AM - 8AM

9AM - 10AM



For more information contact us at
204-254-1010 ext. 215 | jared@dakotacc.com

BEACH VOLLEYBALL

ADULTS/ SENIORS

2019 will be the inaugural year of the Dakota Beach Volleyball League. The brand new Jumpstart Community Rink transforms into four regulation courts over the summer months!

The league runs June 11th to August 22nd, 2019.

Cost:

Coed 4's:

• **Wednesday Rec League \$400+GST/Team**

• **Tuesday Intermediate League \$400+GST/Team**

Coed 6's:

• **Thursday Intermediate League \$550+GST/Team**

Registration Dates: March 4th - March 29th, 2019

Visit www.dakotacc.com to register or email info@dakotacc.com for more information.

Register online at www.dakotacc.com



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DAKOTA ADULT HOCKEY LEAGUE

Spring Hockey League - Register Now!

- 12 game regular season
- Minimum 1 playoff game (13 total)
- All-inclusive fees (ie. Game officials, playoffs)
- Multiple divisions to choose from depending on skill level (league manager regularly re-aligns divisions to keep the league balanced)
- Season start date (Approx.) April 25th
- Playoffs over by the end of June
- Cost: \$2,700 per team (GST included)

Summer Hockey League

- 16 game regular season
- Minimum 1 playoff game (17 total)
- All-inclusive fees (ie. Game officials, playoffs)
- Games are Sunday evenings – Thursdays in July and August (no weekend games)
- Multiple divisions to choose from depending on skill level (league manager regularly re-aligns divisions to keep the league balanced)
- Season start date (Approx.) July 2nd
- Playoffs over by 2nd week of September
- Cost: \$3,150 per team (GST included)

Contact Anthony Knapp at 204-254-1010 ext. 201

or email anthony@dakotacc.com

Download the registration form from www.dakotacc.com

DAILY PICKLEBALL

Pickleball runs Monday to Friday 8:00am-12:00pm in the Dakota Fieldhouse! All levels of play are welcome. Racquets are available at the front reception desk of the Dakota Fieldhouse.

Membership (includes unlimited play)

3 Months: \$89.00

1 Month: \$35.00

Daily Drop-In: \$5.00

**Questions? Contact us at
204-254-1010 ext. 215**

LEARN TO PLAY PICKLEBALL!

Learn how to play pickleball from experienced instructors! Choose your session and learn rules of the game, proper techniques and skill development. We have sessions for those who are new to pickleball and sessions for intermediate players to develop skills.

Beginner

Tuesdays 1:00pm-2:30pm
April 23 - May 14
Cost: \$80.00

Tuesdays 1:00pm-2:30pm
May 28 - June 18
Cost: \$80.00

Intermediate

Thursdays 1:00pm-2:30pm
April 25 - May 16
Cost: \$80.00

Thursdays 1:00pm-2:30pm
May 30 - June 20
Cost: \$80.00

55+ PROGRAM ACTIVITIES

55+ Annual Membership: \$15

(required for 55+ fitness & activity registration)

Daily Schedule January - June 2019

Mondays

Cribbage 12:30pm-3:30pm

Tuesdays

Floor Curling 9:30am & 11:30am

Line Dancing 10:00am-11:30am

Wednesdays

Whist 12:30pm-3:30pm

Thursdays

Floor Shuffle 9:30am & 11:30am

Drop In Rates

Cribbage: \$3

Whist: \$3

Floor Curling: \$4

Floor Shuffle: \$4

Line Dancing: \$4

Chair Yoga: \$8

Growing Stronger: \$8

Activity Cards

Just \$30 for 10 sessions of Floor Curling, Floor Shuffle & Line Dancing!



IPAD & IPHONE LEARNING

8 week course: \$70

Learn how to use your device! This course covers everything from initial set-up to using apps & more. Have your questions answered by our experienced instructor.

Wednesdays, March 13 - May 1 10am-12pm

GROWING STRONGER

12 week course: \$75

Beginner and Intermediate classes available! Register today and start improving your strength and balance!

Tuesdays, April 2 to June 18 1pm-2pm

Thursdays, April 4 to June 20 1pm-2pm

Tuesdays, July 2 to August 22 (mixed level) 1pm-2pm

CHAIR YOGA

Once a week: \$75 or twice a week: \$125

One of our most popular programs! Register for Chair Yoga to reserve your spot for all 12 weeks!

Tuesdays, April 2 to June 18 11:30am-12:30pm

Thursdays, April 4 to June 20 11:30am-12:30pm

Tuesdays, July 2 to August 20 11:30am-12:30pm

*Pickleball & 55+ program rates include GST

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FITNESS

FITNESS & YOGA

Our fitness & yoga classes will help keep you active, provide a social connection and add consistency to your fitness regime!

DAILY SCHEDULE

Monday

9:00am - Yoga Flow
10:15am - Total Body Strength
10:15am - Yoga Flow
11:30am - Beginner Yoga

Tuesday

8:45am - Hi-Lo Strength
10am - Restorative Yoga
6:30pm - Zumba

Wednesday

9am - Mixed Level Yoga
10:15am - Restorative Yoga
10:15am - Zumba
11:30am - Restorative Yoga

Thursday

9am - Zumba Toning
11:30am - Beginner Yoga

Friday

9am - Dance Fitness
9am - Yoga Flow
10:15am - Total Body Strength

RATES

16 - 59 years of age

Drop In: \$11.00
5 Class Pass: \$50.00
10 Class Pass: \$90.00
20 Class Pass: \$160.00
30 Class Pass: \$210.00
Unlimited Class Pass: \$240.00
(includes track membership for session duration)

60+ years of age (proof of age required)

Drop In: \$9.00
5 Class Pass: \$40.00
10 Class Pass: \$75.00
20 Class Pass: \$130.00
30 Class Pass: \$165.00
Unlimited Class Pass: \$200.00
(includes track membership for session duration)

*All fitness & membership rates are GST inclusive

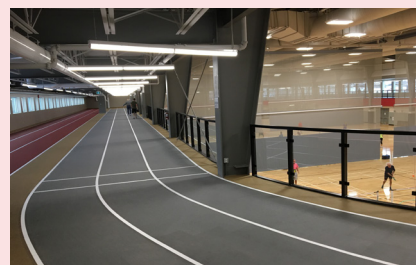
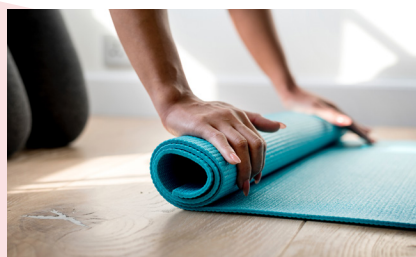
***NEW* TAI CHI**

An art embracing the mind, body and spirit. Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body.

**Wednesdays 1:00pm-2:30pm
February 20th - May 8th**

**Cost: \$100+GST for 12 weeks or
\$10+GST per session**

**Register online at
www.dakotacc.com or call
204-254-1010 for more info.**



TRACK & WEIGHT ROOM

Track Memberships

Child (Ages 4 -11)

Under 16 must be supervised by an adult member.

1 - month	\$22.00
3 - month	\$49.00
6 - month	\$69.00
12 - month	\$89.00

***3 & under free.**

Adult (Ages 19 - 59)

1 - month	\$35.00
3 - month	\$82.00
6 - month	\$129.00
12 - month	\$189.00

Senior (Ages 60+) & Youth (Ages 12-18)

1 - month	\$28.00
3 - month	\$69.00
6 - month	\$99.00
12 - month	\$159.00

Track Drop-In: \$5

Weight Room Drop-In: \$8

There is a one-time initial \$10 fee for your key fob

Weight Room Membership

Adult (Ages 19 - 59)

1 - month	\$40.00
3 - month	\$100.00
6 - month	\$160.00
12 - month	\$250.00

Senior (Ages 60+) & Youth (Ages 12-18)

1 - month	\$40.00
3 - month	\$100.00
6 - month	\$160.00
12 - month	\$250.00

Track & Weight Room combined rate available upon request.

To join fitness classes, yoga classes, track or weight room memberships register online at www.dakotacc.com or come see us in the Dakota Fieldhouse!

Contact us for more info!

info@dakotacc.com

204-254-1010

Register online at www.dakotacc.com

