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**2019 Spring/
Summer
Program Guide
Inside**



www.dakotacc.com

SPRING 2019



**Dakota Kids Summer Camps
See inside for details!**



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Questions?

General Information & Memberships

Phone: (204) 254-1010

info@dakotacc.com

Facility Rentals

Rae Vincent

Phone: (204) 254-1010 ext. 210

rvincent@dakotacc.com

Dakota Performance Programs

Randy Anderson

(204) 254-1010 ext. 212

randy@dakotacc.com

Adult Hockey League/Ice Rentals

Anthony Knapp

Phone: (204) 254-1010 ext. 201

anthony@dakotacc.com

Hockey Development (Camps)

J.P. Vigier

jpvigier@dakotacc.com

Fitness & Yoga/Fieldhouse Track

Jared Neufeld

Phone: (204) 254-1010 ext. 215

jared@dakotacc.com

Nursery School

Loraine Purdey

Phone: (204) 256-4748

dakotannurseryschool@dakotacc.com

Older Adults/Seniors Programs,

Volunteers & Seniors Resource Finder

Megan Moore

Phone: (204) 254-1010 ext. 217

meganm@dakotacc.com

seniorresources@dakotacc.com

Youth Sport Convenors

Youth Basketball

Brent Amos

Phone: (204) 256-9933

basketball@dakotacc.com

Youth Baseball

Christine Kieloch

Phone: (204) 612-0219

baseball@dakotacc.com

Youth Soccer

Pram Tappia

Phone: (204) 254-2868

soccer@dakotacc.com

Youth Softball

Moe Berard

Phone: (204) 223-1984

softball@dakotacc.com

Mini-Soccer

Jared Neufeld

Phone: (204) 254-1010 ext. 215

jared@dakotacc.com

Dakota Community Centre Inc.

1188 Dakota Street, Winnipeg, MB R2N 3H4

Tel: (204) 254-1010 Web: www.dakotacc.com

For more information visit www.dakotacc.com

This publication has been produced
by Jae Media. Project Manager: Lori Kemp



Our Board of Directors is comprised of dedicated members of the community who believe that in building possibilities, we can continue to transform lives. This group of people have volunteered countless hours to bring Dakota up to the point that it is and have committed to continue their involvement.

Board of Directors

Mark Antunes

Chair

Chantal Sturk-Nadeau

Vice-Chair

Darren Neufeld

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Christopher Chapman

Member Accountable for Sports Programs

Elliot Cameron

Victoria Cornick

Elaine Hunnie

Christian Kennedy

Tim Smith

Teresa Toutant

**FOR 2019 YOUTH SPORT REGISTRATION INFORMATION PLEASE FLIP TO
PAGE 3 OF THE PROGRAM GUIDE SECTION OF THIS NEWSLETTER.**

Dakota CC Hours of Operation

DCC Reception Desk (located in Dakota Fieldhouse) Monday – Sunday (Daily) 6am – 10 pm

Fieldhouse Track */**

Daily - 6am – 10 pm

Weight room * (Sportsplex Basement)

Daily 6 am – 10 pm

Robins*

One or both locations open daily 8 am – 8 p.m.

Lazers Edge Skate Shop*

M – F, 5 pm – 11 pm, S/Su, 9 am – 11pm

Jumpstart Community Rink (seasonal – weather permitting) Daily - 8 am – 10 pm

Administration/Facility Rentals /Seniors Office (2nd Floor Jonathan Toews Sportsplex)

Monday – Friday 8:30 am – 4:30 pm (Closed Statutory Holidays)

*hours of operation are reduced during summer months - please check dakotacc.com

**occasional closures may occur for special events

03



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MLA for Seine River

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Janice.Morley-Lecomte@leg.gov.mb.ca



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Message from the Board Chair & CEO

As another busy winter season comes to an end, it's wonderful to have this opportunity to reflect on the season past and look forward to what spring will bring to our community.

The opening of the *Jumpstart Community Rink* this past December, was certainly the highlight of the winter season at Dakota CC! As Manitoba's first accessible outdoor rink facility, we received much press coverage and accolades locally and across the country in celebration of our new outdoor rink. Our sincere thanks to Jumpstart Charities and all our funders and donors for bringing this much loved past-time back to Dakota CC! With the spring melt, preparations will be underway to utilize this facility for beach volleyball (4 courts) this spring/summer!

We were also excited to welcome *Robin's* to DCC as our new food services provider in both the Sportsplex and the Fieldhouse! Since their fall arrival, Robin's has been a well-received addition to the DCC family, offering both a regular Robin's menu, as well as a healthy/fresh choices and standard canteen options. Until later this spring, one of the two Robins locations at DCC

will be open from 8 a.m. – 8 p.m. daily and we thank all of you who have supported this new addition to our club.

*"Our sincere thanks
to Jumpstart
Charities and all
our funders and
donors for bringing
this much loved
past-time back to
Dakota CC!"*

Last fall, we also welcomed a new strength training partner to Dakota CC! Strive/United Therapies and Dakota CC have come together to offer *Dakota Performance Programs – powered by Strive*. Early Start & FUNdamental movement skills for young children, as well as team training began in the fall and new classes will begin this spring. This January, we also kicked off our *Adult strength and conditioning program – 'Ultimate You!'* with several members of our community committing to improve their health and fitness. Improvements to the Centre's Weight room, including the installation of quality synthetic turf surface, were put in place in late December to enhance the space for training purposes. You can join Ultimate You anytime and we hope to see you 'in the gym' soon!

We are very pleased to report that following an issue with the *minor hockey* schedules earlier in the year, Dakota CC & St. Vital Minor Hockey have worked together to bring a good number of games back to the Jonathan Toews Sportsplex for the 2nd half of the season! Our thanks to SVMHA for their prompt attention to this oversight and we look forward to working with them in the new year to continue to improve ice allocation for the benefit of hockey families living in the Dakota CC catchment.

The Board of Directors welcomed Christian Kennedy as a new member for 2018/19 and thanked Tom Thiessen as he stepped down after serving for more than 6 years. We're extremely pleased that Tom has agreed to serve as the Chair of the *Dakota Futures Capital Campaign* Cabinet, as we work towards fulfilling our fundraising goal to support our recent and future expansion projects at DCC. We hope you will consider a gift to support our Campaign this year as we continue to build a bright future of our community! For more information on the Dakota Futures Capital Campaign, please see the section in this newsletter, visit our website or contact Kevin Hunter at kevin@dakotacc.com or 204-254-1010 ext 211 to make your donation!

With the continued growth of our programs and lots of new and ongoing activities at our Centre, we have developed a new *Dakota CC Program Guide* to provide a one-stop listing of all of the activities and programs available at our Centre this spring. The program guide is included in this newsletter and I hope you find it helpful!

Wishing you all good health and a fabulous spring,

Mark Antunes, Board Chair
Michele A. Augert, CEO





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* by store discretion

Wishing Winnipeg and the surrounding area a great 2019 season

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* Restrictions apply, see in store for details

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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 sessions for \$160+GST
Sessions: Mondays & Wednesdays at 4:30pm

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



The above programs are part of Dakota Performance Programs Powered by STRIVE. To book your first session or for more information contact us at 204-254-1010 ext. 215 | info@dakotacc.com | www.dakotacc.com

Register online at www.dakotacc.com



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

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.



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

4X4 SUMMER
HOCKEY

Ages 9-17
Team Registration \$2,500
(12 players + goalie)
Individual Registration \$225
12 game season
Monday-Thursday evenings in July and August
Registration starts March 29th
To register visit www.dakotacc.com or email anthony@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 March 1, March 15.
Baseball Convenor: Christine Keloch | email: baseball@dakotacc.com
Softball Convenor: Moe Berard | email: softball@dakotacc.com
Soccer Convenor: Pram Tappia | email: soccer@daoktacc.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 dakotannurseryschool@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

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 jared@dakotacc.com for more information.

2019 Spring/Summer Program Guide

ADULTS/
SENIORS

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

Intermediate

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

Tuesdays 1:00pm-2:30pm
May 28 - June 18
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

2019 Spring/Summer Program Guide

FITNESS

FITNESS & YOGA

Our fitness & yoga classes will help keep you active, provide a social connection and add consistency to your fitness regime!
For session dates please visit www.dakotacc.com

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

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.



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

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

*Ages 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



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DAKOTA FUTURES CAPITAL CAMPAIGN

Campaign Continues with Opening of Jumpstart Community Rink



Jumpstart Charities and Government representatives joined Dakota Community Centre on December 11, 2018 for the ribbon cutting and grand opening of the new Jumpstart Community Rink - the first fully accessible outdoor rink in Manitoba.

Thank you to Our Generous Donors & Supporters

We would like to offer a special thank you to the following key contributors to the Dakota Futures Capital Campaign as generous leaders within our community.

\$1 Million+

Jonathan Toews Foundation
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Province of Manitoba

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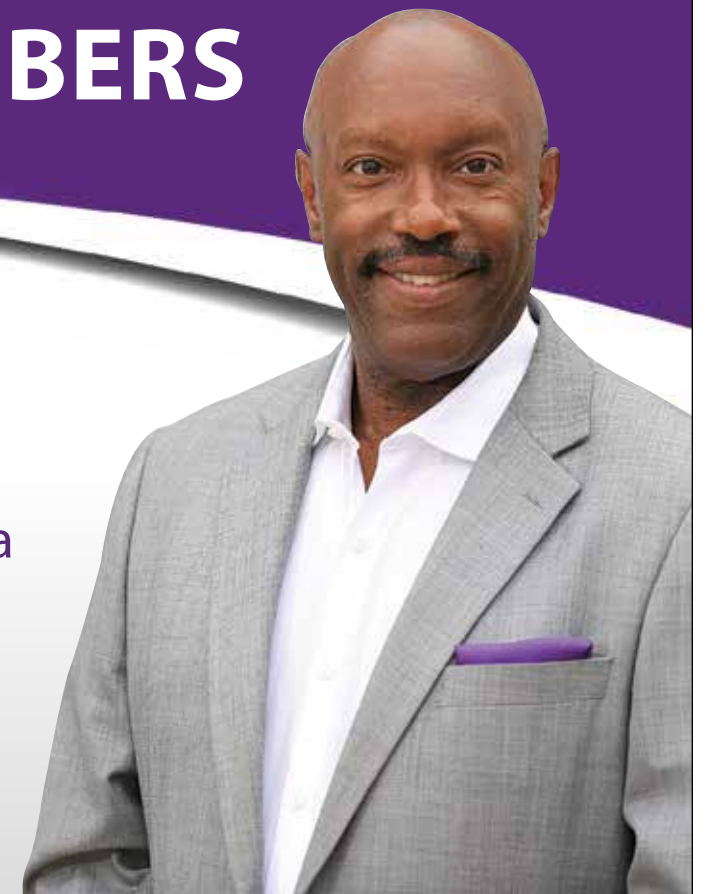
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