

NORWOOD COMMUNITY CLUB

87 Walmer

www.norwoodcc.ca

SPRING REGISTRATION

The Norwood Community Centre offers a range of spring and summer activities from knitting to kickboxing. Come down to the Club to register for one of our many and varied programs:

Wednesday, March 7 6:30-8:00 pm

OR

Saturday, March 10 10:00am-noon

TAX CREDIT RECEIPTS

If your child has participated in a fitness program with Norwood Community Centre, you may be eligible for a child fitness tax credit.

The Club will not mail your Child Fitness Tax Credit receipt to you.

Rather, as of February 27, you can pick up your receipt from the office or get it from us during spring registration. If you require more information, please visit the website www.cra.gc.ca/fitness, or call Canada Revenue Agency 1-800-959-5525.

SOCCER

The Norwood Community Centre is currently seeking a volunteer, or volunteers, to oversee the youth portion of our Soccer program. If possible, a "mini convener" will help to support the youth convener with his experience. If you have an interest in soccer, and a desire to help out in your community, please contact Bruce Samson for more information at 237.8661.

In absence of a youth soccer convener NCC will not be able to take registrations at our centre.

NCC IMPORTANT DATES

March 7 and 10, 2012

Spring Registration

For all NCC programs, please come down to the club to register for you and your family!

May 13, 2012

Mother's Day Pancake Breakfast

Come join us for a delicious pancake breakfast at the club!

June 20, 2012

Playgroup Carnival

A fun event for children under five! More details to follow.



MOTHER'S DAY PANCAKE BREAKFAST

Sunday, May 13th

9am - 11:30am

Norwood Community Centre

Norwood Community Centre's annual Mother's Day Pancake Breakfast is on Sunday, May 13th from 9:00am to 11:30am.

Please come join us for some delicious pancakes and to celebrate the wonderful moms in our community. Thanks to the "Norwood Men" for doing the cooking and cleaning for this event.

Any Norwood Men interested in volunteering can contact Evan Macdonald at 772-3134 or emacdo3@yahoo.ca.
Silver collection at the door.



"I didn't have time to get you anything, but you can download some Mother's Day wishes off my web site."

NAUGHTY KNITTERS CLUB...as the yarn unravels

Our group of naughty knitters seems to be expanding in members and in talent. We have between 15 and 20 knitters meeting every Sunday from 2pm to 4pm in the Nursery School room. The projects being created range from socks to shawls to baby blankets to toys to scarves toanything you can imagine, we will try to knit.

We welcome new knitters and gladly nurture them through the beginning stages of knitting. There is lots of knitting, talking, laughing and fun...yes ripping out mistakes can be fun when done in a group...someone else rips out the mistake and someone else distracts you until it's over. So if you need to enjoy yourself on a Sunday afternoon, come on down...cost is a club membership of \$20 and if you don't have needles or yarn just let us know ... a true knitter always has a stash that can be shared. Call me if you have any questions and I will even put down my needles to answer the phone.

Shelley

P.S. Check us out on Facebook!!



PRESIDENT'S MESSAGE

Hello Fellow Norwoodians:

We haven't really had winter yet, but it is already time to start looking towards spring. With the statues for Festival in doubt and the outdoor rinks in jeopardy, this is one of the warmest winters I can remember. Who ever heard of plus 7 Celsius in early February in Winnipeg? Hopefully, you have all had a chance to make the most of the outdoor activities during this mild winter and have sampled our rinks and toboggan slide. For those of you that rely on snow for some winter fun, maybe we will still get a chance to use our skis or fire up the snowmobiles before the first spring rains arrive. Besides the arrival of Festival, the other sign of the approach of spring is the announcing of Norwood's Spring Registration dates. This is the time to be thinking about the activities that you and your family may be interested in for the coming season. Norwood offers a truly amazing variety of programs, both sporting and otherwise. There really is something here for everyone. If you have an idea for a program that we do not offer and are interested in getting it off the ground, please contact our tireless Vice President in charge of programming, Regan MacDonald, and pitch your idea to her. If there is a demand for a particular program, and if we can accommodate it, we are always willing to provide that opportunity.

I would like to thank all the volunteers who have helped plan and execute our winter activities. Over the past couple of months, our club has hosted three incredibly successful community events. The Breakfast with Santa, the New Year's Eve Family Dance, and the recent Winter Carnival were all well attended, well organized and a ton of fun! The organizers of these events worked hard to make them memorable, and they deserve a huge round of thanks. When you are registering your kids in March, please take a little extra time to thank the conveners for all the time they donate to keep our programs running and our kids involved in sport. At the same time, give some thought to helping out by volunteering your time as a coach or convener. Without our volunteers, our kids would have much fewer opportunities. We do our best to make our volunteers successful, so why not give it a try.

Hope to see you all at registration!

Bruce Samson

President, NCC



WHAT'S BEEN GOING ON AT THE NCC

Volunteer Appreciation has come and gone – and “What a Night!”

The “Music” theme was a resounding success and more than 150 volunteers were invited, which made me ecstatic (until I had to address, lick and seal all of those envelopes!) Truly though, I am astounded by the volunteer power that goes into maintaining Norwood Community Centre, making it the active and respected Community Centre it is.

However, over the past few years more and more events have emerged (NCC Floodbowl Campout, New Year’s Eve Family Party, Winter Carnival, Breakfast with Santa, Mother’s Day Pancake Breakfast, etc.) Yet, as our demographic changes and former young families grow up, the need for new volunteers, new blood and new ideas becomes even more important.

That being said, Norwood Community Centre is currently hosting the following ongoing and annual events:

Winter Carnival (February): an afternoon and evening event that features outdoor activity, indoor events, potluck dinner, cash bar and early evening social for the whole family. No cost; potluck dinner.

Mother’s Day Pancake Breakfast: a male driven event that makes the mom’s in the community know how loved they are. Sausage are pre-cooked the preceding event (Sausage Party anyone??) and then the boys arrive early to set up and decorate and then to spoil those moms of the community who are most deserving. Silver Collection.

Flood Bowl Campout (August): a two day event that features children’s entertainment, bouncer castles, swimming, dinner, evening activities including music, cash bar, fireworks, campfire, etc. and breakfast the next morning after tenting for the night in the Floodbowl. Approximately \$25 -\$30 per family for all events and meals x 2 days.

Volunteer Appreciation (November?): a themed event dinner and social that honours the 150+ volunteers that have made Norwood Community Centre the hub it is over the past year. Games, costumes and prizes make this an event not to be missed! Cash bar; no additional charges.

Breakfast with Santa (December): a second pancake breakfast hosted by NCC in the year. Sausage are pre-cooked the preceding event (Sausage Party deux??) and then the committee arrives early to set up and decorate. Breakfast is provided, along with the opportunity to have picture taken with Santa. Provided on the weather, tobogganing, skating and other outdoor activities are accessible. No cost; Silver Collection. Donation accepted for Winnipeg Harvest.

Family New Years Eve Party: a family friendly, community event. Starting around 7pm, the community centre is open to families – social in the large hall; children’s events in the small hall. The Norwood Community Centre provides a cash bar, paid babysitters (in the children’s area) and plenty of opportunities for socializing with your neighbors. Fireworks are provided by the City of Winnipeg at 10pm. No cost; potluck snack (appetizers). Donations accepted for Koats for Kids.

These events cannot run without the organization of dedicated community members, willing to sacrifice a few hours of their time to volunteer and organize. Without volunteers, events such as these will cease to exist.

Whether you are a long time community member or a new addition to Norwood Flats, please consider sitting on one of these committees and contributing to the ongoing legacy created by previous volunteers – the legacy that has made Norwood a desirable and attractive community to be apart of. As members of our community move out, and young families grow older, new volunteers are always needed.

If you are interested in contributing in any way to any of the above mentioned events, please contact any one of the members of our board of directors.

Thank you!

Regan Macdonald, Vice President; Operations, Norwood Community Centre

NEW YEAR'S FAMILY DANCE

Over thirty Norwood families came to the New Year's Eve Family Dance making this year's event a great success. For those who brought donations for Koats for Kids and Dress for Success, thank you so much for your generosity. I would like to extend an extra special thanks to the volunteers who worked hard to make this event possible: Regan and Evan MacDonald, Julian and Teri Moffatt, Murray and Karen Tarr, Dave Beeusaert, Pamela Sersun, Cheryl Dixon, and Sean Gautama. A special thanks to Joe Madden for lending us his PA system for the dance. I am looking forward to next year!

Darla McFarlane



BREAKFAST WITH SANTA



Santa's Helpers: Mike Furness, Tom Downey, and Duane McClinton

A huge thank-you to the Tarr, Downey, & Anderson families, Julie Diakiw, and all that helped put together a fabulous Breakfast with Santa. We had over 115 kids come and go throughout the event, making it the largest breakfast over the past 5 years. What a great time!!! For those of you who brought items for Winnipeg Harvest, thank you! They were most grateful for the donations.

Leslie Perring

PILATES

We're having a great year at Pilates with lots of new faces! Come out and join us in having some fun while we stretch and strengthen our bodies. Beach season is just around the corner!

Classes are Thursdays at 8:15 pm. Cost is \$55.65 (including GST) and the \$20.00 booster fee, if required.

Please contact Teri Moffatt at terimoffatt@hotmail.com or 237-6178 for more information or I'll see you at Spring registration!

NORWOOD ADULT CONDITIONING CAMP

Spring/Summer Session (April 3rd - June 29th)

Spring/Summer Session (April 8 – July 4)

It's time to shed the winter coat! And if you've been part of the Conditioning Camp's fall and winter sessions, then it's time for the final push. Summer's just around the corner and this year you can look and feel better than ever.

The mix of core strength and conditioning, cardio boxing and cardio kickboxing offered at the NCC is just what you need to lose weight, strengthen your core and boost your cardiovascular endurance. We've pulled together an amazing group of trainers they're coming prepared to help you reach your goals for the summer season.

Due to high demand, we've added another Core Strength and Conditioning class for the spring/summer session. The new line-up will include Cardio Boxing on Sunday nights, Core Strength and Conditioning on Monday and Wednesday nights and Cardio Kickboxing on Thursday nights.

Sunday, Monday, Wednesday and Thursday nights at the Norwood Community Centre.

All classes run from 8:30 to 9:30 p.m.

Sunday night is cardio boxing night. Sensei Darren Walsh is back for another season to put you through one of the toughest workouts you'll find. You'll be

shadow boxing, punching focus mitts, skipping and doing lots of sit ups, push-ups and burpees. Find your pace and stick to it, but know that Darren will be right there pushing you to do the best you can.

Monday night is core strength and conditioning. Kru Kelly Westerlund packs the hall every Monday night with people craving some punishment at the beginning of their week. Every class is different and every class seems to be harder than the last – with Kru Kelly constantly dreaming up new ways to make you sweat through his high intensity interval training program.

Wednesday night is core strength and conditioning AGAIN. There's simply so much demand for this class we thought we'd add another. Take another kick at the core strength and conditioning class – if you can handle it.

THREE Thursdays nights per month we offer conditioning kickboxing. Kru Kelly Westerlund, owner of Kwest Kickboxing and certified professional Muay Thai instructor brings fitness to whole new level with his killer cardio kickboxing conditioning class. As with boxing class, you'll be learning proper technique, but focusing on burning thousands of calories and getting in shape.

**** Note:** The above are conditioning classes so you will not be kicking, punching or sparring with anything other than focus mitts, pads or your own shadow. Instructors are available for technique instruction after class or through their respective clubs for an additional fee.

ALSO NOTE: for the boxing class and the kickboxing class you **MUST** have 14 oz boxing gloves. You can purchase

them yourself or order them through Greg Cherewyk at a cost of \$51.50 (incl. skipping rope and hand wraps).

Spaces are limited so contact Greg Cherewyk at 989-2380 or gcherewyk@gmail.com to reserve your spot now.

We'll also be set up at the spring registration session so come down to learn more about options and pricing!

SELF DEFENSE

Are you interested in taking a female self-defense class once a week at the Club? We're looking at putting a program together, so please send Greg Cherewyk an email at gcherewyk@gmail.com to register your interest.

FEMALE MINOR HOCKEY

The 2011 hockey season has been an exciting one for female minor hockey in the city and specifically in St. Boniface. The St. Boniface Female Hockey program has 12 teams registered throughout the various divisions, and we have numerous girls from right here in Norwood in all divisions!

This year, in only its second season of offering a Novice division (8 & under), we have doubled from 1 team of 16 girls to 2 teams of 32 girls. The season is not yet over; however, playoffs and a year-end tournament are right around the corner.

Next year consider registering your daughter in Female hockey and be part of the good times!



Winnipeg Female Minor Hockey is categorized into the following age divisions:

Novice: 8 yrs old & under
Atom: 9 & 10 (A1, A2)
Peewee: 11 & 12 (A1, A2)
Bantam: 13 & 14 (AA, A1,A2)
Midget: 15 to 17 (AA, A1,A2)

According to Hockey Canada, Female hockey is one of the fastest growing sports in the world, creating more opportunities for everyone involved in the sport. There are provincial, regional, national, and international championships, which allow players more exposure and chances to compete. Players no longer have a chance to play – they have choices on where to play.

Number of Female participants in Minor Hockey (from Hockey Canada):

1990 - 8146
2000 - 51105
2005 - 69557
2011 - expecting 100000

For more information about the St. Boniface Stars Female Hockey, visit www.starsfemalehockey.ca

Cheers,
Brent Wagner
Asst Coach, St. Boniface Stars, Novice

NORWOOD ATHLETIC GROUP TRAINING

Get fit for spring! We offer a wide variety of fitness options in a friendly, fun environment with a certified instructor.

Open to all fitness levels age 16 and up. Join in step, hi/low aerobics, weight and resistance training as well as athletic workouts, boxer-size, skipping, interval and circuit training.

Classes run every Monday and Thursdays from 6:20 p.m. to 7:20 p.m. starting Monday, April 2 to Thursday, June 7.

Fees:

\$60.00 for twice a week

\$50.00 for once a week

Drop in fee is \$5.00 per class

There will be no classes on Thursday, April 5 and Monday, May 21 – Victoria Day.

For more information call Wendy at 237-3576 or Carrie at 233-2578.

2012 HOCKEY SEASON

We have very good year for hockey in Norwood and St Boniface. I would like to thank all the volunteer Coaches and Managers that make this happen. Without volunteers and hockey parents who get their kids to the games and practices, hockey would not be possible.

We had some challenges with online registration but, like with most new things, bugs always need to be worked out. Hopefully it will go a lot smoother next year.

We have had challenges with the ice conditions due to the warm weather this winter. I would like to extend a big "Thanks" to Jeff and Dean for doing a great job on the ice at Norwood. They have both put in countless hours making sure that the rinks were in great shape. They had a running challenge to see who had the better ice, so each treated the ice like their baby! The ice has been used to its fullest and there never seems to be any down time on the rinks despite the mild weather.

The Norwood Timbit team had a very busy year with three tournaments and the Tim Horton's Jamboree. All the kids made huge progress throughout the year. Great Job! The 7/8 team had good year and had fun as well. I wish you good luck in the playoffs. Also, thanks to Karen Clearwater for a job well done. I hope all Norwood hockey players had a great year and had fun. See you all next fall!

Dean Matthews
Norwood Hockey Convenor



ZUMBA

Zumba participants have been having a blast (and staying warm!) this winter. If you want to catch Zumba spring fever or are just curious about our program, swing by the Zumba table at registration. Our spring session will start in April featuring our Tuesday Toning classes and Thursday Fitness classes, both of which run from 7-8 pm. Check out our FREE trial classes on March 6th and 8th. Hope you can join us!

SPRING BASKETBALL AT THE NORWOOD

The Norwood Community Centre, in partnership with the Winnipeg Minor Basketball Association, is pleased to announce that we will once again be accepting registrations for spring league basketball, on March 7th and 10th.

Kids aged 8-18 are encouraged to come out and join the fun and play against other community centre teams throughout the city. Practices are held once a week on a weekday and games are held on weekends - on Saturdays for kids aged 8 to 11,

and on Sundays for kids 12 and up.

The season lasts from mid-April until the end of June. The fee is \$125.00 for the season and that covers everything including the use of a jersey. This winter we had an excellent season with a great turn-out and a special thanks goes out to the coaches who volunteered their time to make this all possible!

Alex Anderson



FAMILY YOGA WITH EMILY RIVERS

Starting this Spring we have an exciting new program to offer - Family Yoga!

Come out to Norwood Community Centre once a week to relax, learn some poses and interact in a meaningful way with the special little one(s) in your life!

This course will be taught by Norwood's own Emily Rivers, of Be Yoga and MorFit, who specializes in yoga for the very young and they very young of heart and mind! This class is designed for adults and children to learn and practices poses together in a fun and nurturing environment.

Mondays 4:45-5:30pm
Large Hall

Beginning Monday, March 19 and running until Monday, May 14, 2012 (no class on Easter Monday)
Designed for Adults and Children (ages 4-12).

Adults \$40.00 for 8 classes (\$36.29 + \$1.81 Club Levy + \$1.90 GST)
Each Child \$32.00 for 8 classes (\$30.40 + \$1.60 Club Levy)

Each parent/adult may register with more than one child, understanding that time divided may affect length of time spent in each stretch and/or pose

Participants will need to provide their own yoga mats and water bottles. Bare feet are encouraged.

For further information please contact Regan Macdonald at reganmac@mymts.net or Emily Rivers at healinghug108@netscape.net

Please watch for future additions to the Yoga Program at Norwood Community Centre!

BASEBALL, SOFTBALL, AND T-BALL

The most fun you'll have this year!

Crack.... The ball leaves the bat and eludes the outstretched hands of your opponents. You run as fast as you can and experience the thrill of beating the ball to first base. Softball, Baseball and T-ball are fun, exciting, great for team spirit AND provide the added bonus of guaranteeing each child a chance at bat. Every child gets her/his moment in the sun. Children who learn to play ball often continue in fun leagues as adults long after they stop other sports... it has lasting appeal.



Come and register for:

Learn-to-Play I & II - the perfect sport for 4-8 year olds (girls and boys) .

Learn-to-Play I is T-ball (hitting from a T) while Learn-to-Play II has the coach pitching to the players.

Baseball – for boys aged 8 and up.

Norwood is currently looking for a baseball convener. If you would consider taking on this role so that we can run our own teams from Norwood please contact Karen Tarr.

Softball – a wonderful sport for girls.

It's lively, great exercise and loads of fun!
There are many levels for girls of all ages:

Mite C -- ages 9-10

Squirt C -- ages 11-12

PeeWee C -- ages 13-14

Bantam C - ages 15-16

Midget -17-18-19

PLEASE consider getting involved as a coach, assistant coach or equipment manager. A healthy community club needs **LOTS** of volunteers and you can make a real difference in the lives of kids in our neighborhood. If you are a youth or adult looking for extra cash consider being an **UMPIRE**.

For more information, please contact Karen Tarr (k.tarr@uwinnipeg.ca or call 231- 8434)



TENNIS AT THE NORWOOD

Summer tennis camps

Once again we are offering a fun filled camp, packed with tennis and lots of other sports and games, followed by the daily afternoon swim at the Norwood Pool.

Detailed information on camp instructors, drop off and pick up times and camp activities, including the flyer and registration form, will be available at Spring Registration and on the Norwood website at www.norwoodcc.ca

Spring tennis lessons

Drop in Saturday morning tennis lessons will be running during May and June, starting in the first week of May. Kids of all ages and levels are welcome, racquets provided, great instructors - lots of fun!

Once again we'll have a high tempo, fun 'cardio tennis' clinic for adults and parents running at the same time. Cardio Tennis is a high energy fitness activity that combines tennis with a great cardio, full body, calorie burning aerobic workout, while listening to groovy music. Numbers are limited, so please call or email if you would like to play. Cost is only 5\$ per player.

Tennis fest/open house event

Our 3rd annual open house event will again take place on a Saturday (TBD) in June. Please check the website for a confirmed date. Come on down and meet our camp coaches, hit

some balls and have some fun with tennis games and drills, while listening to some heart pumping music. Everyone in the community is welcome, from young kids to seniors. Racquets will be provided. There will be free pizza, hot dogs, fresh fruit and ice-cream.

Please bring your water bottles



NEW in 2012

Adult fun leagues

This year we're introducing a beginner, adult fun mixed tennis league. The league will run during a midweek evening in May and June and depending on interest may run twice per week. This promises to be a great social activity, while playing in a friendly round robin format of play. This also guarantees reserved court time on our increasingly popular community courts.

Kids Team Tennis

Norwood Team Tennis, comprising of skills, games and points will run on a weeknight (TBD) during May and June.

Kids will be broken up into teams and play on a shrunken court area using kid friendly balls and racquets. This is a great opportunity for the kids not only to use our community courts, but to try another sport, meet other kids and have some fun. In order for this program to run we will require parent volunteers on a rotational basis. Detailed information will be available at Spring Reg and on the NCC website.

Engelmann's Ivy

Last summer approximately 50 ivy plants were planted against the whole side fence overlooking the tennis and basketball courts. In time they'll provide some added green space, cool shade on hot days and beautify the court area. Enjoy!

Court usage

Our courts are vastly becoming the choice of many tennis players in the city. Please don't deter this from using the courts as rules are in place and usually wait times are limited. If you would like to organize a community tennis event or get involved in Norwood Tennis please contact me.

See you in court!

Brian Pound
231-3383

bripou@shaw.ca