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No matter what your goals are, Snap Fitness has all of the tools and support to help you look good, feel great, and get results. As a Snap Fitness member, you'll receive a free customized nutrition and online meal plan, one-on-one instruction with a personal trainer, and access to over 2,000 locations worldwide. Stop in today and let us help you kick start your journey towards creating a better you.

Offer expires 12/31/2016

Limit one per household. No cash value. Access card fee, other fees and some restrictions may apply. Valid only for local residents on first visit at participating clubs. © 2014 Snap Fitness, Inc.
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24 Poulin Drive, Winnipeg, MB R2H 0S8 | Phone: 204-233-2500 | www.poulin.ca
**Mini Soccer**
(5 & 6 yrs old; Born 2010/2011)
*WHEN*: 2x’s per week, Tues & Thurs thru May and June @ 6:30PM
*FEES*: ~$50
**LATE FEE** applied after March 20th of $30.
Due to high demand, NO registrations accepted after April 1st.

Still 100% fun, just with more basic game fundamental’s designed for your 5 & 6 year old. Our teams play against each other and nearby community centre teams including Archwood, Champlain and Notre Dame. The team typically has a 15 min warm-up/practice and then play a game for 30 minutes.

The concepts of team sport and the game of soccer continue to be introduced and then play a game for 30 minutes.

~$50 2x’s per week, Tues & Thurs thru mid-April and run thru to mid-July.
Recreational (“Rec”) soccer is organized for 9 to 18 year olds who are interested in playing competitive outdoor (and indoor soccer). Norwood and its neighboring Riel District Community Centres are members and coordinate their Rec soccer activities through the Bonivital Soccer Club (BVSC).

*If a Norwood based team cannot be formed at a particular age level due to small registration numbers, then all impacted Norwood registrants are transferred to other nearby club teams (and placed according to team preference whenever possible).*

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**BALL HOCKEY**
Want to play ball hockey? We are trying to gauge interest for a weekly organized pick-up game of kids’ (10-16) ball hockey at the club - day and time to be determined based on responses and club availability.

**Email Cameron at nccballhockey@gmail.com** if you might be interested.

**Class is at Norwood CC on Wednesday at 7 pm with Heather**
Fall, Winter and Spring sessions (10 classes per session)
Price ~$60.00 per session
Sign up at Spring Registration or contact Ten for more information at: terimoffatt@hotmail.com

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**Norwood Fitness**

Come Join the Fun!
**Winter Session - Jan 4th to March 31st**

The Norwood Adult Fitness Program offers challenging workouts in a fun, supportive, safe environment. We have something for all fitness levels, from Yoga to High Intensity Interval Training. If you want great instruction and a little nudge in the right direction in 2016, then this is the program for you. Our classes run Monday through Thursday each week. Come join the team!

**Email**: info.norwood.fitness@gmail.com
**Website**: www.norwoodfitness.wix.com/norwoodfitness

**YOGALATES**
Yogalates is an athletic blend of Pilates and Yoga. A session includes exercises and poses to build core muscles and improve strength, stamina, stability and flexibility. Obtain the benefits of the two disciplines with this perfect workout that can help you get the body you’ve always wanted!

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**Norwood Athletic Group**

Looking for a safe, fun and affordable way to get active, stay fit & lose weight? Why not check out the Norwood Athletic Group Training classes. We offer a wide variety of fitness options in a friendly, fun environment all with a certified fitness instructor. Open to all fitness levels age 16 and up. Join us, in step, hi/low aerobics, weight and resistance training as well as athletic workouts, boxersize, skipping, interval and circuit training. Classes run every Monday and Thursdays from 6:20 p.m. to 7:20 p.m. starting Monday April 4th and will run until Thursday June 2nd.

**Fees**:~$63.00 for twice a week
~$52.50 for once a week
**Drop in fee is ~$5.00 per class**

*Fees include GST*

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

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**Norwood CC Softball**

Hello neighbors. My name is Jay Downs and I’ve taken over for Karen Tarr as Norwood’s softball convenor. Thank you Karen for all your hard work!

I’m looking forward to meeting some of the returning kids/coaches and hopefully some new recruits as well this year. The season runs from beginning of May through final week of June. However, for some age groups provincials can run into July.

Depending on the child’s age, they will be registered into one of the levels shown below. All boys ages 8 & up will play out of Champlain CC, however you still register your child at Norwood.

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**Norwood Community Centre – 4**
ZUMBA - WINTER THROUGH SPRING 2016

ZUMBA Classes will be held Tuesdays & Thursdays, starting on February 2nd until June 23rd at 7:00pm. Register at the first class you attend. It’s a great place to meet your neighbors! For ages 12+; girls, boys, women, and men...perfect for a parent-child activity.

No judgments here and best of all NO experience required: just a willingness to have a good time. All you need are a pair of running shoes and a water bottle.

Tuesday classes are Zumba Toning classes that enhance and tone to upbeat rhythms. Please bring hand weights with you, maximum 3 lbs, or bring 500 ml water bottles, they work too.

Thursday classes are Zumba Fitness classes; forget the workout and just lose yourself in the music and find yourself getting in shape. It’s easy to do, effective and totally exhilarating.

NOTE: for the Thursday class; we will be adding the newest member of the Zumba family...Zumba Step for a couple of song tracks where using a step is optional. It’s great for toning legs and glutes.

Fee Information:

- We have the BEST prices in town!
- 6 class pass $45.00* | 12 class pass $70.00* | 20 class pass $100.00*
- Drop In $10.00* (exact change please)
- *includes GST
- Cheques are made payable to Norwood Community Centre.
- Class passes expire June 23rd, 2016.
- Licensed Instructor: KK Pinkowski
- http://kkpinkowski.zumba.com/
- Convener: Sandra Ryan
- Cell: 204-995-2285
- norwoodzumba@gmail.com

NEED INPUT FOR NEW PROJECT – TROPHY CASE & NCC HISTORY WALL!

We are looking at the Lobby of club as the next possible refurbishment project - The idea is to evaluate using this space to tell the history of NCC, celebrate current successes, and provide a more functional space to highlight the active programs & our neighbourhood youth, year after year.

It should prove to exciting project – The committee is not limited to Board members; if you have a special interest or talent that could help with this project, please send me a direct email nccboardpresident@gmail.com.

Also – we know LOTS of history resides with our long-time residents; If you come across some old memorabilia that is part of the Norwood CC “History” let us see if we can preserve it! We will be looking to include a variety of items highlighting NCC points of interest.

Again send me a direct message at nccboardpresident@gmail.com

Jason Perrin

TRADITIONAL FAMILY EVENTS ON THE ENDANGERED LIST!

We desperately require the following planners/convener to carry-on the torch:

Seeking: Flood Bowl Campout Convener – if you attended this event in the past you know “it is the place to be”. Swimming, games, music, tents, a fire, kids running around like characters in Lord of the Flies...

Need we say more; we need to bring this event back – good times under the Norwood sky.

A SPECIAL THANK YOU TO ALL OUR ADVERTISERS

A big THANK YOU to our advertisers for helping us get this information out to every household in The Norwood Flats.

Your support has enabled us to produce and distribute this newsletter at no cost to the community centre.

NORWOOD NURSERY SCHOOL / BEFORE & AFTER PROGRAM

We are a unique combination of a Nursery School, Kinder Program, and a Before & After program nestled in the Norwood Flats community.

For more information about our programs and availability, please call the nursery school directly at 204-237-1572 or email us at norwoodnursery@gmail.com.

Nursery Program:
We offer two sessions: Monday/ Wednesday/Friday or Tuesday/Thursday. We open our doors at 8:45 a.m. and pick up is at 11:30 a.m.

Kinder Program:
We offer care to children attending Kindergarten. Families are able to access our centre at 7:00 a.m. Pick up in the afternoon is up to 6:00 p.m.

Before and After Program:
For families who need care before and after school, we are open at 7:00 a.m. until 6:00 p.m. Children who attend Nordale school are walked to school in the morning, and picked up again at 3:35 p.m. Children attending Ecole Henri-Bergeron, Ecole Provencher, or Marion school are walked to the bus, and picked up from the bus at the end of the school day.

Nordale Before and After Program:
To qualify for this program, your child must be a student attending Nordale School. This program will begin at 7:15 a.m. and children will walk to their classroom when the first bell rings at 8:25 a.m. Children will then walk back to Rm 19 at 3:15 p.m., and we will remain open until 6:00 p.m. Children will be offered a light snack at 7:30 a.m. and again at 3:45 p.m.

NORWOOD COMMUNITY CENTRE
87 Walmer St.
Winnipeg, MB R2H 3H4
Ph: 204-986-7056
Website: www.norwoodcc.ca

NORWOOD COMMUNITY CENTRE – 5