NORWOOD COMMUNITY CENTRE – A START...

Great GIVE YOUR CHILD A

204 984 9600 EXT 4
Please call Heather to arrange a tour.  www.bsls.ca  •  admissions@bsls.ca

• Unique Music Program
Strings & Early Start Band
• K-8 High Academic Standards
• Early Start French in Kindergarten
• Full-Day Kindergarten (3 or 5 Day Program)
• Before & After School Program
(Guaranteed space for all BILLS Students)
• 2 Nursery School Campuses
• 2 Daycare Locations

Excellence in Education Under the Gospel
Dougald Lamont
MLA for St. Boniface
Député de Saint-Boniface

118 Marion St.
Winnipeg, MB
R2H 0T1
info@dougaldlamont.ca
dougaldlamont.ca

204 984 9600 EXT 4

Call Lisa Reid...We’re All Ears!

204.837.4327
St. Boniface • 412 Marion St
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We offer FREE citywide shuttle service

LISA REID AUDIOLOGY
WE'RE ALL EARS
Your neighborhood hearing center
LisaReid.ca

Alone I’m just a hearing aid.

But in the hands of an expert,

I’m the key to a better way of life.

Dougald Lamont
MLA for St. Boniface
Député de Saint-Boniface

We offer FREE citywide shuttle service
Join us for an engaging and interactive evening of trivia fun. All funds raised will support the Norwood Community Centre. Teams of 8 will compete for the elite title of Norwood Quiz Masters. Categories include pop culture, history, science, geography, and more.

Bring your own snacks: Fondue, charcuterie, ice sculpture, candy bar, vegan delights, traditional Manitoba social, be creative! Prize for the team with the best snacks. And no, you don’t need to share!

Don’t have a team of 8?

* Check website for U9-U18 soccer registration dates as they may differ.

**For more information, check website – www.norwoodcc.ca/programs/club-registration/.

Spring registration 2019

Registration is online!

Don’t have Internet access or need assistance? Come to the community centre and one of our staff will be happy to assist you. Check website for U9-U18 soccer registration dates as they may differ.
Starting in 2019, Norwood Nursery School Inc. is excited to announce its new “Forest-School Inspired” School-Age Spring Break/Summer Programs and a full-time Preschool Program!

Follow us on Facebook at @NorwoodNursery or check out our website at www.norwoodnursery.com for more information or to add your child to our waitlist!

Spaces remain in these Monday to Friday programs:
- Part-time Nursery School Program: 8:45 – 11:30 am
- Kinder Program: 7 – 8:15 am and 11:30 am – 6 pm
- Before and After School Programs: 7 – 8:15 am and 3 – 6 pm


Norwood Nursery School is a licensed program with the Province of Manitoba and is able to provide subsidies. Call Corine at 204-237-1572 to arrange a tour of one of our programs and to pick up registration information.

**SMURF AND MINI SOCCER**

Mark your calendars! Set multiple alerts on your phone! Soccer Registration is March 1 – 31, 2019!

A late fee of $30.00 will be applied to registrations after March 31, 2019. You MUST register your child in the program for their age group. No registrations will be accepted after April 5, 2019.

**SMURF SOCCER**

3 and 4 year olds (born 2014/2015)

Monday evenings at 6:30 pm

May – June, weather permitting

Smurf soccer is a great opportunity to introduce your 3-4 year old to team sport. Players will be led through a 15-minute practice (i.e. fun and games!), followed by a 15-minute fun-filled game against another team, followed by the ever-popular snack time! By now, you’ve figured out that the main focus with our youngest soccer players is FUN! Our teams play against each other and nearby Champlain and Notre Dame Community Centres.

**MINI SOCCER**

5 and 6 year olds (born 2013/2014)

Tuesday and Thursday evenings at 6:30 pm

May – June, weather permitting

Still 100% fun, just with more basic game fundamentals designed for 5 and 6 year olds. Our Mini teams typically practice for 15 minutes then play a 30-minute game. The concepts of team sport and the game of soccer continue to be introduced at a very basic level, with the primary emphasis on fun and participation. Like most community centre programs, our soccer program is 100% volunteer-driven. Please consider volunteering your time to coach or assist.

**LEARN TO PLAY SOFTBALL**

For children age 5-8 (born 2011-2014)

Days and times to be determined. Please visit the website for current information. Our T-ball and Coach-pitch programs are an amazing way for kids to get involved in the great sport of Softball! This twice a week program is an hour of fun and fitness. Warm up, games and skill development are focused on for the first 30 minutes, and then a rousing game is played against another local team. Registration will run from February to mid-March on the Norwood CC website. Contact Kate Walsh if you have any questions at kate.hs.walsh@gmail.com.

Coaching is also a great way to connect with the community, so please keep that in mind when registering! Go Tigers!

**MOTHER’S DAY PANCAKE BREAKFAST**

SUNDAY, MAY 5, 2019 9 AM - NOON

Please come join us for some delicious pancakes and to celebrate the wonderful Mothers in our community. Silver Plate Collection. For further information please contact Jamie McGurran at jamiemcgurran@gmail.com.

PLEASE SUPPORT THOSE WHO SUPPORT US!

A big THANK YOU to our advertisers for helping us get this information out to every household in Norwood Flats. Please support them by buying their products, using their services or simply thank them when you see them. Their participation in an advertising capacity has enabled us to produce and distribute this newsletter at no cost to the Norwood Community Centre.
NORWOOD ATHLETIC GROUP TRAINING
Mondays and Thursdays, 6:20 - 7:20pm in the small hall at the NCC
April 1 - May 30, 2019
IT’S TIME TO GET INTO SHAPE FOR SUMMER!
Ladies this is a fun and challenging full body athletic workout that includes cardio, strength, interval and core training, taught by an energetic and enthusiastic certified fitness instructor.
All equipment is provided all you need is good footwear.
Come out and join us once or twice a week to get fit and have fun.

FEES:
$78.75 twice a week **GST included + $5.00 Norwood CC Program Fee
$73.50 once a week **GST included + $5.00 Norwood Program Fee
Drop in $8.00 per class
For more information please call Wendy @ 204-237-3576 or Carrie @ 204-233-2578 or visit www.norwoodcc.ca to register online

NORWOOD FITNESS PROGRAM
MONDAYS, WEDNESDAYS, AND THURSDAYS 8:30 - 9:30 PM
Are you ready for a challenge in 2019? Come join the Norwood Fitness Program. We will challenge you with our Extreme Bootcamp, up to three times a week. The program is all about pushing you to your limit and getting you the results you deserve. We work hard and have fun doing it. Come out and make a positive change in your life.

- 1 day/week membership - $125  
- 2 days/week membership - $150  
- 3 days/week membership - $165  
- Family Membership - $175 (split 4 classes per week)

The kids (ages 6-12 years old) have fun learning self defence, they gain confidence, and get a great workout, in a safe controlled environment. Space is limited! $285/child. Please visit the website for details.

KIDS’ JIU-JITSU
SUNDAYS, 6:30 - 8:30 PM
The kids (ages 6-12 years old) have fun learning self defence, they gain confidence, and have a great workout, in a safe controlled environment. Space is limited! $285/child. Please visit the website for details.

A CAISSE FOR tax free investments.
Ask us about a Tax Free Savings Account.

NORWOOD COMMUNITY CENTRE GETS A FRESH COAT OF PAINT!
During 2016, more renovations were completed to improve our community centre:
• All indoor lighting was converted to LED lighting. This will result in less energy consumption and long-term cost savings.
• Both halls received a fresh coat of paint, making them look bright and modern!
• The bar received a much needed new coat of paint, making them look bright and modern!
• LED lighting
These renovations make our community centre an appealing venue for socials, corporate events, weddings, birthday parties, and more. Most importantly, it provides a welcoming and accessible space for our community to use for a wide variety of programs and events. Please stop in and visit your Community Centre! All programming and events are volunteer-run.

The board would also like to acknowledge the hard work of our General Manager, Barry Nacci, who worked for over two years to obtain quotes, identify grants, fill out applications and oversee contractors. Over the last six years the Norwood Community Centre Board of Directors has made it a priority to undertake significant renovations to maintain and make improvements to your community centre. The projects completed over this time period include:
• Bathrooms renovations
• Kitchen renovation
• New hockey rinks
• New indoor signage
• New sound system and projector/ screen
• Hall renovations
• LED lighting
These renovations make our community centre an appealing venue for socials, corporate events, weddings, birthday parties, and more. Most importantly, it provides a welcoming and accessible space for our community to use for a wide variety of programs and events.

Grant monies received totaled over $84,000. These renovations would not have been possible without this funding.

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If you are interested in volunteering at the club, please drop by, or contact any board member.

If there are programs not offered that you would like to see, let us know! We welcome your suggestions.

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