

Upcoming ~ Technical Courses

Need your Boating License?

If you operate any motorized recreational watercraft in Canada you are required to obtain a Pleasure Craft Operator Card*, commonly known as a boat license. The boat Operator Card is required regardless of age, size of boat or engine horsepower.

- **Friday April 25th** | 6pm - 10pm
- Instructor: Jack Harder
- Location: Morris Multiplex (Curling Club)
- \$85 each | Supper Included | Min: 10 ppl
- Call the Rec Office to register your spot

Stain Glass Classes

Then this Tuesday evening 6 week session is for you.

Each student will be taught how to construct a sun catcher & a lampshade

- **Wednesday Oct 15, 22, 29 Nov 5, 12 & 19**
- 7pm - 9pm | Instructor: Lucien Jean
- Location: Morris School (High school Lab)
- \$90each (includes grinders, soldering irons, light tables, pliers & other equipment required in construction of stain class)
- Glass & supplies will range in price depending on the type & quantity of glass that you wish to purchase (\$50-\$175)
- Min: 6 ppl Max: 10
- Call the Rec Office to register your spot

Hunter's Education Course

Want to purchase a Manitoba Hunting License? You are required to have a Hunter Education card or certificate when purchasing a hunting licence.

- Friday May 23rd from 6pm—11pm
- Instructor: Jack Harder
- Location: Morris Multiplex (Curling Club)
- \$85 each | Supper Included | Min: 8 ppl
- Call Rec Office to register your spot today

First Aid & CPR ~ Re Certification

This course is designed for individuals who have taken the full CPR/First Aid course in the past 3 years and need a brush up session to keep their certification current.

Ages 12 years & older

- Friday May 2nd | 6:00-9:00pm | \$75 each
- Instructor: Devin Pahkala
- Location: Morris Multiplex (Curling Club)
- Call the Rec Office to register

First Aid & CPR~ Full Certification

This course is designed for those who have never taken a First Aid or CPR course in the past, or those who have taken a course more than 4 years ago.

Ages 12 years & older

- Saturday May 3rd | 9-4pm | \$110 | Lunch included
- Instructor: Devin Pahkala
- Location: Morris Multiplex (Curling Club)
- Call the Rec Office to register

Non Restricted Firearms Safety Course

This one day 8 hour training course is designed to get you familiar with safe handling of non-restricted firearms.

This will enable you to fulfill the pre-requisite in order to apply for your 'Possession and Acquisition License'. Instruction and hands on demonstration will be followed by a written and practical examination to obtain required documents for application of a license.

- Saturday May 10th | 9-4pm | \$95 | Lunch Included
- Morris Multiplex Min: 10 | Max: 14 | Dennis Wiebe
- Contact the Rec Office to register your spot today

Morris Recreation Activity Guide

Spring/Summer 2014 **Manitoba**



Morris Pool Scheduled to Open June 7th

You've Got Mail! Want to be in the know and keep up to date? We can send you regular recreation notices of upcoming programs events and activities happening in the Morris & Area . You can subscribe to our E—News Letter by simply emailing the word "ADD" to recreation@townofmorris.ca or contact the Morris Area Recreation Office (204) 746-6622 to get on the list. It's that easy!

Swimming Lesson Registrations

April 22nd, 23rd & 24th from 4pm-7pm
Morris MultiPlex Assembly Hall
Register by phone or email **AFTER** April 25th



www.townofmorris.ca

Morris Area Recreation Office

Recreation Director: Angela Wiebe

Phone: 746-6622

Fax: 746-6009

Location: Morris Arena

Email: recreation@townofmorris.ca

Facebook: Morris Area Recreation Commission

Twitter: MorrisAreaRec

P.O. Box 28 Morris MB R0G 1K0

Registration for Recreation Programs:

- Programs for children under the age of 18 require a registration form along with payment
- Adult programs do not require a registration form
- Adults can phone the recreation office to register for their programs
- Registration Fees can be paid by Cash or Checks only
- Checks are made payable "Town of Morris"
- Some programs are offered by outside groups in which case contact names and numbers are included
- The Rec Commission is not responsible for outside programs

Morris Recreation Refund Policy

- Please be advised of our refund policy when registering yourself or your children for our programs. Refund Policy applies to programs greater than 3 weeks in length
- **Prior to program starting & up to the end of the 1st class-** Full refund (*may be charged drop in fee for 1 class*)
- **After the beginning of second class** 75% instructor fee is refunded, Facility fee NOT refunded & Applicable Equipment Fee NOT refunded
- **After the beginning of third class** Absolutely no refunds will be issued

Did you Know...

Kid Sport Funding

- Full or partial funding for kids physical activities and or sports is available for lower income households
- All children's activities are eligible
- Equipment funding is also available
- Deadline is the 15th of each month
- Forms available at the Rec Office

So **ALL** Kids
Can Play!



KidSport™

Morris Wellness Centre

GYM MEMBERSHIPS ARE NOW
AVAILABLE IN BOTH THE

MORRIS MULTIPLEX AND RECREATION OFFICES

1st Annual Southland Honda Father's Day Classic



JUNE 14th—15th

Cash prizes from \$5000 up

Based on 100 golfers. Prizes from \$7,500
with 120-144 golfers. Multiple holes in 1 valued at
\$5,000- \$25,000

\$100 ENTRY FEE INCLUDES GOLF & MEAL

Location: Morris Riverview Golf & Country Club

Portion of tournament proceeds go to the South Central
Cancer Resource to help with transportation as well as
other services they offer- www.sccr.mb.ca

Day1: Par 3 tournament with 18 holes. At the end of the
day, players will be separated into 3 equal flights based on
scores.

Day2: Par 3 competition with 18 holes, with player com-
peting against other's in his/her flight. Prizes awarded at
the end of the day.

MUST PRE REGISTER

To register contact Glen Munford
(204) 746-4263 or glen@redtigergroup.com

Instructor Course

FITNESS FOR FUN

FITNESS THEORY COURSE

Interested in becoming a Manitoba Fitness Council
Fitness Instructor?

Date: June 6-8, 2014
(Fri 6-10pm, Sat & Sun 8-4pm)

Morris MB—Corral Room (380 Stampede Dr)
Course Conductor: Sheena Butler

Fitness Theory is a prerequisite course for all
Fitness Leader Courses with the Manitoba Fitness
Council. This course will focus on:

1. Health Related Benefits of Physical Activity
2. Skeletal System
3. Muscular System
4. Biomechanics of Motion and Force Production
5. Principals of Conditioning
6. Exercise Injury Prevention and Risk Management
7. Energy Systems and Energy Production
8. Attendance is mandatory for each class

COURSE FEE: \$183.75 Manual Fee: \$89.25

Total Fees: \$273.00



AQUA FITNESS COURSE

Interested in becoming a Manitoba Fitness
Council Aqua Fitness Instructor?

Date: June 13-15, 2014

Morris MultiPlex Corral Room
(380 Stampede Drive)

Morris Community Pool (237 Boyne Ave E)

Friday: 6-10pm: Corral Room

Saturday & Sunday:

8-11am Morris Community Pool & 11-4pm
Corral Room

Course Conductor: Sheena Butler

This course will focus on

1. How to Teach An Aqua Fitness Class
2. How to Use Music to Motivate Participants
3. How to Manage Different Abilities In One Class
4. Intensity Options

**EXERCISING IN A GROUP ADDS ENJOYMENT
AND MOTIVATION TO YOUR WORKOUT**

TOTAL FEES: \$246.75

Includes Course & Manual

For more information or to register for either of the above courses please contact Manitoba Fitness Council @
(204) 235-1245 or visit our website by clicking our logo or send an email to info@manitobafitnesscouncil.ca

Supporting Fitness Leaders in Manitoba for over 20 Years! 219 Provencher Blvd., Winnipeg MB, R2H 0G4

Instructors Wanted...

Do you have any special skills, talents or interests?

*Do you want to make a difference in your communi-
ty and put some extra money in your pocket?*

*The Recreation Commission is always on the look-
out for new talent to offer quality recreation
opportunities to our community!!*

Program Ideas/Suggestions

*Is there a program or event that you would like to
see in our community? The Recreation Office is look-
ing to our community members for your suggestions
and new ideas. Tell us what you want by
calling the rec office.*