



RECREATION NEWS

A newsletter brought to you by Morris Area Recreation Commission

VOL. 1, ISSUE 1

JANUARY-APRIL 2017

Important Dates & Information



Baseball Registration
February 6th, 5-8pm at
the Morris Multiplex



Swim Lesson
Registration April 19th &
20th, 4-7pm at the
Morris Multiplex



Click on Calendar to
view the Morris Arena
online schedule



6th Annual Winter Carnival- 50/50 Raffle (Proceeds to Splash Park Project LGA#3534RF)



Come join us at the Morris MultiPlex on Saturday January 21st, 2017 starting at Noon for a fun day filled with activities for all ages.

Horse Wagon Rides, Bonfire & Weiner Roast, Outdoor Skating, Ice Fishing on the River, Kids Games, Face Painting, Inflatable Fun, Ice Sculptures, Children's Entertainment & More...

CARNIVAL FEATURE: 1ST ANNUAL BROOMBALL TOURNAMENT
Splash Park Fundraiser

Grades 5-8 & 9-12 Team Fees: \$50.00

18+ years Team Fees: \$100.00

Registration Deadline: Monday January 9th, 2017

BROOMBALL REGISTRATION FORM & RULES

PRIZES AWARDED TO WINNING TEAMS IN EACH DIVISION

Carnival schedule will be posted closer to the date

Morris Dance Program



The Morris Area Recreation Commission in partnership with Prairiesoul Dance Company will be offering our annual dance program located at the Highwaters Therapy Studio in the Town of Morris.

Program runs on Tuesday evenings starting January 10th—March 7th, 2017. Our dance recital will take place on March 14th at the Morris MultiPlex.

Creative Movement 5-5:30pm / \$85.00

An introduction to ballet, basic movement, skills, creativity, expression and musicality for ages 3 & 4 years.

Mix & Match 5:40-6:20pm / \$95.00

A combination of ballet & jazz focusing on basic technical and musical skills for ages 4 & 5 years.

Hip Hop 6-8 years 6:30-7:30pm 9-11 years 7:40-8:40pm / \$125.00

A dynamic, fun class focusing on hip hop and incorporating elements of pop music and urban choreography.

Adult & Teen Jazz 12+ years 8:40-9:45pm \$125.00



Preschool Gym Time



The Red River Valley Parent Child Center in partnership with the Morris Area Recreation Commission have organized a free 6 week program for parents and their children to have fun together through active play that promotes physical activity, games, songs and a healthy snack.

We encourage all parents and their children ages 0-5 years to come out and enjoy this free drop in program on Thursday evenings from 5:45-7:00pm at the Morris School Gymnasium.

The program runs from January 12th-February 16th, 2017.

Facilitator: Angela Wiebe

Please note that this isn't a commitment based program however; we encourage parents who are interested in participating to contact the recreation office to put your name on the list.



Gymkyds Gymnastics Centre



Gymkyds is one of the leading gymnastics training centres in Manitoba. Our goal is to promote a healthy, active lifestyle by providing a supportive, friendly, and above all a fun environment for both parents and students. Gymkyds offers both recreational and competitive programs for children of all ages.

Instructor Peggy Glassco and her team will be running our annual program in Morris at the Morris MultiPlex on Monday evenings. Starting April 17th—June 12th, 2017

\$105.00 1-2 years 5-5:30pm
\$135.00 3-5 years 5:30-6:30pm 5-7 years 6:30-7:30pm and
7+ years 7:30-8:30pm



Tactical Taekwondo

Is providing high level instruction to interested students in the Morris and area. They are currently home to 8 national champions as well as national team coach Kate Noseworthy.

We welcome ages 5 + years to enroll in our program. We plan to start up again on Monday & Wednesday evenings at the Morris School mid January providing we have enough students enrolled.

Initial start up fee \$119 includes member fees and uniform and then \$79.00 Monthly for 2 days/week. Must sign a 3 or 6 month contract.

Contact the recreation office if you or your child's interested in participating.



55 + Walk Stretch Refresh Program



Calling all 55 plus residents to join us for our walk stretch refresh program in the New Year. Begins on January 10th— March 14th, 2017.

9:00am: Walk the Morris MultiPlex Arena Track

10:00am: Gentle stretching with Leslie Poulin

10:30am: Socializing & coffee time

The program is \$20.00 for 10 weeks.

Contact the recreation office to sign up today!

Multi-Level Yoga



Coralie offers a gentle multi-level yoga class for students of all levels and experience. You will leave this class feeling relaxed and refreshed.

We plan to offer another session Mid- January providing we have enough participants.

Location: Highwaters Therapy Studio Fee: \$75.00

Contact the recreation office to sign up today!

Drop in Sports Programs



Drop In Pickle Ball: Thursday evenings from 7-8:30pm at the Morris School Elementary Gymnasium Contact Cheryl Waldner for further information 204-746-6336

Drop in Community Volley Ball: Monday evenings from 7-9pm at the Morris School



Domain Dinner Theatre



Join us for an outing on the bus to enjoy the Annual Dinner Theater in Domain MB. "Do I Stay or Do I Go" will take place on Saturday January 28th. Pick ups will begin at 4pm. The fee including transportation, dinner and show is \$65.00 each. We have limited spaces on the bus. Call the recreation office to get your name on this list today. Registration deadline is Monday January 9th, 2017

Shopping—St Vital Centre



The bus is heading to St Vital Shopping Centre in Winnipeg on the following dates,

Friday February 3rd and April 14th, 2017.

Pickups will begin at 9:00am. If we have a full bus the fee is \$15.00 each.

Contact the recreation office to get your name on the list today!

Painting on the Prairies— Love at first Sight



Paint Party @ The Morris Multiplex
Friday, February 10 – 7:00 p.m.



Register through
the Recreation Department
204-746-6622

REGISTRATION DEADLINE: Monday January 9th, 2017

Non Restricted Firearms Course



This is a Canadian Firearms Safety Course to handle non-restricted firearms. To be eligible to apply for the Possession & Acquisition License, classroom participation in the full CFSC is mandatory for first time applicants. Once the course is completed, individuals will then have to pass the written and practical tests to obtain documentation for the application of a license.

Join Joe Harder from Eastman Safety on Saturday April 29th, 2017 from 9:00-6:00pm at the Morris School for the CFSC.

Fees are \$100.00 each (not including lunch)

Contact the recreation office to get your name on the list today!



Standard First Aid & CPR C + AED



This is a comprehensive two day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Included the latest first aid and CPR guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid and CPR.

Course will run on Saturday April 8th and Sunday April 9th, 2017 from 9:00-5:00pm on both days. Course fee is \$120.00 each (does not include lunch).

Contact the recreation office to register your spot today!

Morris Community Pool



We are now accepting resumes and cover letters addressed to Angela Wiebe for employment at the Morris Community Pool for the 2017 pool season. Please email or drop off your resume to the recreation office.

For further information please call the recreation office

Other Recreational & Sports Organizations

Morris Area Senior Services

Cheryl Waldner 204-746-6336 mass@mts.net

Manitoba Fitness Council Trainer

Brienna Mazinke bmazinke@live.com

Manitoba Stampede & Exhibition

Trish Cainflone 204-746-2552 vas@mymts.net

Morris Curling Club

Family Curling: Lorne & Chris 204-746-8042

Regular & Stick Curling: Brian & Brenda 204-746-6618

Framer's Curling: Larry 204-746-2076

Morris District Skating Club

Shelly Spence 204-427-2686 bjspence2686@gmail.com

Red River Wild Minor Hockey

Carolyn Thiessen 204-746-8505 carolyn@hillbillygardencentre.com

Morris MultiPlex

Chelsea Gauthier (Events Coordinator) 204-746-2832 admin@morrismultiplex.ca

Morris Scouts

Ted & Debbie 204-746-2354

Girl Guides of Canada

Daniele 204-209-0352 danchiniah@gmail.com

Red River Valley Parent Child Centre

Cheryl Crick 204-746-2410

Royal Canadian Army Cadets

Roxanne Maynard 204-737-2005 roxane.maynard@adets.gc.ca

Youth for Christ

Jack Wiebe 204-712-5884 jewiebe@mymts.net

Morris Area Recreation Program Registration



To register for MARC programs you can do so by contacting the recreation office.

Registration fees can be paid by cash or check.

We only accept checks payable to "TOWN OF MORRIS".

Morris Area 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 the program starting and until the end of the first class a full refund will be issued (may be charged applicable drop in fee).

After the beginning of the second class a 75% instructor fee is refunded. Facility fee and applicable equipment fees will not be refunded.

After the beginning of the third class absolutely no refunds will be issued.

If a participant does not show up for a course, refunds will not be issued due to specific numbers needed to keep the course running.



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Morris Area Recreation Commission

Recreation Director: Angela Wiebe

recreation@townofmorris.ca

380 Stampede Grounds Box 28 Morris MB, R0G 1K0

Office: 204-746-6622

Cell: 204-746-5086

townofmorris.ca

