



CITY OF
YELLOWKNIFE

Yellowknife Recreation Guide Winter 2020



Successful Safety Events see page 2

Special Events and Added Swims see page 6

REGISTRATION BEGINS 9:00AM ON MONDAY, DECEMBER 16, 2019

2019 SUCCESSFUL SAFETY EVENTS

Ruth Inch Memorial Pool has been the home base for a few very exciting Water Safety Events that continue annually. The staff has a great time offering these important and fun events. We would like to thank the participants and sponsors who made it all possible in 2019.

We are currently seeking sponsors for the 2020/2021 event.

Interested parties can contact Jessica at (867) 920-5680 or Jamie at (867) 920-5607.

Sponsors 2019 - Adam Dental Clinic, Avery Cooper & Co, Canadian Tire, Carl's Carpet Cleaning, City of Yellowknife, Corothers Home Hardware, De Beers Canada, Diamond Glass, Dominion Diamond Mine, Get Active NWTRPA, KBL Environmental LTD, Northland Utilities, Nuna Logistics, Shoppers Drug Mart.

You   

TABLE OF CONTENTS



Flexi Pass Rates
4



Lifeguards and Emergencies
5



Statutory Holidays,
Closures & Special Events
6



Red Cross Swim
Level Chart
8 - 9



Red Cross Swim
Programs
10 - 13



Private Lessons
14



Pool Rentals
15



Other Pool Programs
16



Lifeguard Stream
17



Yellowknife Public Library
18 - 19



Advertising
20 - 25



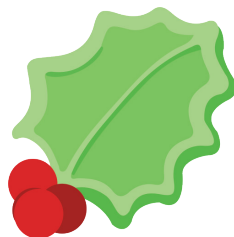
City of Yellowknife Map
26 - 27



Registration opens at 9:00AM. Spots in our registration are limited and are available on a first-come-first-served basis. Visit yellowknife.ca and register. Clerks are available at the swimming pool, Fieldhouse and City Hall to assist you.



RUTH INCH MEMORIAL POOL



6002 Franklin Avenue, Yellowknife

For Pool Schedule:

Call (867) 920-5682 or

Visit www.yellowknife.ca

For Questions, Bookings, & Registrations:

(867) 920-5683 or

yellowknife.ca/programs

Staff Available:

Saturday to Monday:

12:00 PM - 8:00 PM

Tuesday to Friday

9:00 AM - 9:00 PM

Amenities

- 25 m beach entry, gradual depth swimming pool (0 to 3.5m) with a wave machine (28-29°C)
- Whirlpool with chair lift (40°C)
- Deck steam room (90 - 100°C)
- Water wheelchair
- Tot slides
- Pool toys and ice mat
- Climbing wall (overhanging the deep end)
- Springboard diving board
- One large washroom for families to change in (in lobby)
- Coin lockers for valuables (coin returned)
- Solarium area indoors
- Large outdoor deck with a BBQ and picnic tables

The Ruth Inch Memorial Pool is a bright, warm, welcoming place to exercise, learn (Red Cross and Lifesaving Society programs available), and play. The main pool beach access and hot tub lift allow accessibility for all abilities and ages. The steam room and whirlpool are the perfect place to relax after your workout or long day. The facility also has a large outdoor deck with a BBQ and picnic tables overlooking Frame Lake, providing a premier rental opportunity for private functions (in season)!

We take great pride in our clean, safe building and our friendly and qualified staff. We want to ensure that you have the best possible experience while you visit. Help us keep a safe, fun, and healthy environment for everyone by following the facility guidelines and respecting other visitors and staff. Your courtesy and cooperation will encourage others to do the same.



WEAR IT!
**ALWAYS WEAR YOUR
LIFE JACKET!**



FLEXI PASS RATES

Flexi Passes are available for purchase at the Ruth Inch Memorial Pool (RIMP), Multiplex, City Hall, and the Fieldhouse. Fees include GST.

The single admission, punch pass, and Flexi Pass allow access to the following recreational activities:

- The preschool playground at the Fieldhouse
- The walking/running track at the Fieldhouse
- The climbing wall at the Fieldhouse
- Noon Swim & Splash, Public Swim, Family Swim, Adult Swim, Lane Swim, and Aqua Jog at the RIMP
- Public Skate, Parent and Tot Skate, Adult Noon Skate, and Adult Noon Skinny (Multiplex and Community Arena)

To view the Fees and Charges By-law No. 4436, go to www.yellowknife.ca.

Pass Type	Single Admission	Vouchers (min. 10 passes*)	1 month Flexi Pass**	3 month Flexi Pass** (-5%)	6 month Flexi Pass** (-10%)	1 year Flexi Pass**/*** (-15%)
Under 2 yrs	Free	N/A	Free	Free	Free	Free
Preschool (2 - 6 yrs)	\$4.50	15% discount	\$29.25	\$83.75	\$158.50	\$299.50
Youth (7 - 17 yrs)	\$5.50	15% discount	\$39.75	\$113.00	\$214.25	\$404.50
Students	\$6.50	15% discount	\$48.00	\$136.50	\$258.50	\$488.50
Adult (18 - 59 yrs)	\$7.75	15% discount	\$60.75	\$173.25	\$328.00	\$619.75
Seniors (60+ yrs)	\$6.50	15% discount	\$48.00	\$136.50	\$258.50	\$488.50
Family****	\$16.50	N/A	\$132.00	\$376.50	\$713.25	\$1,347.50
Playgroup*****	\$17.75	15% discount	\$174.50	\$497.50	\$942.75	\$1,780.75



*Vouchers - minimum of 10 passes purchased at one time; photo scan card, no expiry.

**Flexi Pass - unlimited visits within the defined time frame; photo scan card that expires at the end of the defined timeframe.

***Six-month/one-year Flexi Pass payment plan - monthly payment plans available.

****Family (for admission purposes) is one or two guardians and their children under 18 years who reside at the same residence.

*****A Playgroup consists of one adult and up to a maximum of four (4) children (By-law no. 4799).

*****Students must have a student card from an accredited institution.

The Ruth Inch Memorial Pool requires **all children 6 and under** to wear a wristband (provided) to help keep children within arm's reach of a supervising adult.

Thank you to all patrons for the cooperation with the wristbands.



9 months to arrive
3 years to grow
2 minutes left alone
1 minute to drown



LIFEGUARDS AND EMERGENCIES

A lifeguard's first priority is the safety of swimmers. Since each guard is responsible for many people at one time, lifeguards will position themselves in certain locations to maintain a clear view of the pool area. Lifeguards will also check the steam room and other amenities frequently. To keep alert, a lifeguard will regularly switch deck locations or switch to off-deck duties for a little while. For everyone's safety, please do not distract the lifeguard.

Lifeguards undergo extensive, ongoing training in the areas of facility operations, site specific safety, emergency procedures and rescue scenarios, along with regularly recertifying awards recognized by the national certifying body. City of Yellowknife lifeguards are also equipped with the latest lifesaving equipment such as Automated External Defibrillators (AED), aquatic spine boards, and first aid supplies. The guards will sound **one long whistle blast in the case of a major emergency** where patrons need to leave the water. Please do your part to ensure everyone's safety and follow the directions of the lifeguard staff.

Age	Wristband Required?	Able to Pass RIMP Facility Swim Test?	Supervisor Within Arm's Reach?	Lifejacket Mandatory in Deep Water?	Changeroom to Use?
6 years and under	Yes	No	Yes	Lifeguard's Discretion	Supervisor's gender appropriate locker room or lobby washroom
6 years and under	Yes	Yes	Yes	Lifeguard's Discretion	Supervisor's gender appropriate locker room or lobby washroom
7 years and older	No	No	Recommended	Lifeguard's Discretion	Participant's gender appropriate locker room or lobby washroom
7 years and older	No	Yes	No	Lifeguard's Discretion	Participant's gender appropriate locker room or lobby washroom

- Active supervision is defined as being able to render immediate assistance (a few seconds away from the child) and in swimming attire.
- Children six years and younger must be supervised by an adult (16+ years) at a 4:1 ratio or a youth (13+ years) at a 1:1 ratio.
- The RIMP Facility Swim Test consists of a minimum of two widths of the pool doing a face in, front swim. A lifeguard may ask a patron to demonstrate the ability to pass this swim test at any time or may ask patrons to use a lifejacket. Swimmers of all ages must wear appropriate swimming attire, which consists of clothing worn for swimming only. No street clothes or undergarments can be worn in the pool.
- Children who are not toilet trained must wear a diaper designed for swimming. Suitable products may be purchased at the admission desk. Disposable or cloth diapers without plastic covers are not permitted, as pool foulings can lead to pool closures and program delays for everyone.
- Patrons with serious medical conditions (seizure disorders, heart conditions) must be accompanied by a person knowledgeable of their condition and directly responsible for their supervision. Any patrons with a Medic Alert or known medical conditions should report the condition to the guard on duty. The companion will be able to swim at no charge.

EMERGENCY SIGNALS

1
Whistle Blast

Clear the pool immediately, follow the lifeguard's instructions

2
Whistle Blasts

Pay attention to the lifeguard and wait for directions

3
Whistle Blasts

Swim is over



POOL SCHEDULE

We regularly update the Pool Schedule to keep it up to date. You can access the schedule on our hotline at **(867) 920-5682** or at <http://www.yellowknife.ca/en/getting-active/pool-schedule.asp>. You will find descriptions of the swims and information on Special Events there as well.

SPECIAL EVENTS AND ADDED SWIMS

Valentine's Day Swim

February 8, 2020

Public Swim

1:00PM - 3:00PM

Come out and enjoy a heart healthy swim with prizes and events.

The Sponsor a Swim program has provided over 100 hours of free swimming. If you are interested in sponsoring one of these swims you may contact Jamie at (867) 920-5607.



NO SWIM LESSONS OFFERED

February 22, 2020

Due to Swim Meet

No swim lessons or public or family swim

February 23, 2020

Due to Swim Meet

No swim lessons or public or family swim

May 9 - 10, 2020

Due to Swim Meet

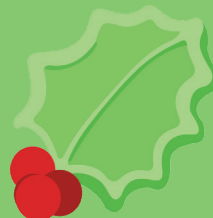
No swim lessons or public or family swim

May 16 - 18, 2020

Due to Victoria Day

No swim lessons or public or family swim

STATUTORY HOLIDAYS



Christmas Eve - December 24, 2019

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 2:55PM

Christmas Day - December 25, 2019

CLOSED

Boxing Day - December 26, 2019

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 2:55PM

New Year's Eve - December 31, 2019 - FREE

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 3:55PM

(Sponsored by NWTRPA Get Active Swim to Survive)

New Year's Day - January 1, 2020

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 2:55PM

Easter Weekend - April 10, and April 13, 2020

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 2:55PM

Victoria Day - May 18, 2020

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 2:55PM

National Indigenous Peoples Day

June 21, 2020

Noon Swim and Splash

12:00PM - 12:55PM

Public Swim

1:00PM - 2:55PM



REGISTRATION TIPS AND GUIDELINES

REGISTER EARLY

Register early to avoid disappointment. Classes that are not filling up may be cancelled to make room for classes that have a waitlist.

CANCELLING/ TRANSFERRING FROM LESSONS

Remember to cancel or transfer two days prior to the start of lessons if you want a full refund.

LESSON CHANGES

In order to provide the most cost-effective lessons, some levels may be combined or start times changed from those advertised in the Recreation Guide. Patrons will be notified of the changes and can decide to continue at the new time or take a full refund.

USE THE WAITLIST

Patrons are strongly urged to use the waitlist option on the computer system. We are constantly monitoring our classes to see what is filling up and we will add classes (if possible) based on the number of registrants on the waitlists. If the private lesson you wanted is full, there are private lesson waitlists which are based on the day of the week you are available to take lessons. We will fill new lessons based on this list.



SWIMMING ABILITIES

We can provide a quick evaluation of your child with a qualified instructor who can advise you on which level to register your child in. These evaluations can be set up with Jamie at **(867) 920-5607**. If you are registering online you may choose to use the charts provided in this guide to see where your child fits in the program. Finally, a call to the pool at **(867) 920-5683** and a discussion with the staff should allow us to help place your child in a program that is best suited to their abilities.

REGISTER BASED ON ABILITY

Children should be registered in the level recommended by their previous instructor. Individuals not following this policy will be removed from the class if it is determined that they are not in the correct level. If there are no spaces left in the proper level, patrons will have to wait until the next available session to register in the appropriate class.









RED CROSS PRESCHOOL VS. SWIM KIDS LESSON

Red Cross lessons are designed with a late-starter option so that school aged children do not start to learn with preschoolers. Red Cross Swim Kids 1 is for school-aged beginners and is equivalent to a Sea Otter or Salamander class, but is designed for older children. Patrons can choose to finish the preschool levels and then move into the school-aged program (usually entering the program at RCSK Level 3). Patrons do not have to finish the preschool levels before moving on to the Red Cross Swim Kids levels. Children five years and older can enter the school-aged program if they are more comfortable in that setting.

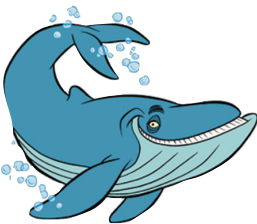


RED CROSS SWIM KIDS LEVEL CHART

NAME	AGE	DESCRIPTION
RCSP STARFISH 	4-12 MONTHS	<ul style="list-style-type: none"> Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation-based only, without formal evaluation.
RCSP DUCK 	12-24 MONTHS	<ul style="list-style-type: none"> Orientation to water for toddlers and their parent/caregiver. Age is the only requirement for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs, and active water play. The parent/caregiver also learns age-specific water safety. This level is participation-based only, without formal evaluation.
RCSP SEA TURTLE 	24-36 MONTHS	<ul style="list-style-type: none"> Orientation to water for toddlers and their parent/caregiver. Age is the only requirement for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object, and how to perform basic floats, glides, and kicks. This level is participation-based only, without formal evaluation.
RCSP SEA OTTER 	3-6 YEARS	<ul style="list-style-type: none"> Transitional level that transfers the preschooler to the care of the instructor. All skills are assisted by the instructor. Swimmers enter this level when they are three years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1m. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.
RCSP SALAMANDER 	3-6 YEARS	<ul style="list-style-type: none"> Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2m, further develop basic floats, and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits, and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.
RCSP SUNFISH 	3-6 YEARS	<ul style="list-style-type: none"> Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5m, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide, and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits, and always asking permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.

**RCSP
CROCODILE 3-6
YEARS**

- Swimmers enter this level when they have successfully completed Sunfish.
- Through games and other fun activities, swimmers learn to swim 5m on their front and back, perform a dolphin kick, and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10m.
- Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help, and using a Personal Floatation Device (PFD) in deep water.
- Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.

**RCSP
WHALE 3-6
YEARS**

- Swimmers enter this level when they have successfully completed Crocodile.
- Through fun activities, swimmers perform a front and back swim for 10m. Swimmers work on developing their flutter kick and perform a distance swim of 15m.
- Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds and return to safety, throwing assists, and sitting dives.
- Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children five years or older are ready for the appropriate level of Red Cross Swim Kids.

LEVEL DESCRIPTION

RCSK 1	Swimmers receive an orientation to water and the pool area, working on floats, glides, and kicking. Swimmers build their endurance by working on the 5m front swim.
RCSK 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Floatation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.
RCSK 3	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.
RCSK 4	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water), and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
RCSK 5	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives, and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
RCSK 6	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 90 seconds. Endurance is built through dolphin kick and a 75m swim.
RCSK 7	This level builds skills and endurance for the front crawl (50m), back crawl (50m), elementary backstroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.
RCSK 8	This level is an introduction to breaststroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for three minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.
RCSK 9	This level refines the front crawl (100m), back crawl (100m), elementary backstroke (50m), and breaststroke (25m), and encourages swimmers to combine different kicks for fitness (three minutes). They also work on head-first surface dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400m swim.
RCSK 10	This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m, breaststroke 50m, and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and both head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.



RED CROSS SWIM KIDS PROGRAMS

Program Dates
Session A - K:
\$65.50 per program
8 Classes
30 Minute Class



SESSION A
TUESDAYS/THURSDAYS
MAR. 31 - APR. 23, 2020

SESSION B
TUESDAYS/THURSDAYS
APR. 28 - MAY 21, 2020

SESSION C
TUESDAYS/THURSDAYS
MAY 26 - JUN. 18, 2020

SESSION D
SATURDAYS
APR. 18 - JUN. 13, 2020
NO CLASS MAY 9, 2020
NO CLASS MAY 16, 2020
(7 CLASSES)

SESSION E
SUNDAYS
APR. 19 - JUN. 14, 2020
NO CLASS MAY 10, 2020
NO CLASS MAY 17, 2020
(7 CLASSES)

SESSION G
TUESDAYS
JAN. 7 - FEB. 25, 2020

SESSION H
WEDNESDAYS
JAN. 8 - FEB. 26, 2020

SESSION I
THURSDAYS
JAN. 9 - FEB. 27, 2020

SESSION J
SATURDAYS
JAN. 11 - MAR. 7, 2020
NO CLASS FEB. 22, 2020

SESSION K
SUNDAYS
JAN. 12 - MAR. 8, 2020
NO CLASS FEB. 23, 2020



WHAT TO EXPECT AT YOUR SWIM LESSONS

First Day – Instructors will meet their class on the pool deck and take them to their designated meeting place. Please present your child's last Red Cross progress card to the instructor. Instructors will screen students to ensure they are registered in the appropriate level.

Last Day – Progress Card Day! The card will outline the student's successes and challenges this session. It also indicates which level to register your child in the next time they take lessons. If the level is complete, the card will have a Red Cross badge or sticker. If there are more skills left to complete, then no stickers or badges are given out and the card will indicate which skills or strokes require more work.

Children are not permitted in the pool or hot tub before or after their lesson, as staff is moving on to their next lesson and it is unsafe. For more information, contact the pool at **(867) 920-5683**.

Starfish

	Time	Code
D	9:00a - 9:30a	00000839
E	9:30a - 10:00a	00000994
H	9:00a - 9:30a	00000554
J	9:00a - 9:30a	00000555
K	9:30a - 10:00a	00000556

Duck

	Time	Code
D	9:30a - 10:00a	00000841
E	9:00a - 9:30a	00000998
H	10:00a - 10:30a	00000560
K	10:00a - 10:30a	00000562

Sea Turtle

	Time	Code
D	10:00a - 10:30a	00000843
E	10:30a - 11:00a	00000999
H	11:00a - 11:30a	00000566
J	10:30a - 11:00a	00000568

Sea Otter

	Time	Code
A	3:00p - 3:30p	00000801
A	5:00p - 5:30p	00000802
A	5:30p - 6:00p	00000803
B	3:00p - 3:30p	00000804
B	4:30p - 5:00p	00000805
B	6:00p - 6:30p	00000806
C	3:00p - 3:30p	00000807
C	4:00p - 4:30p	00000808
C	5:30p - 6:00p	00000809
D	9:00a - 9:30a	00000810
D	10:30a - 11:00a	00000811
E	9:00a - 9:30a	00001000
E	11:30a - 12:00p	00001001
E	4:00p - 4:30p	00001002
E	5:00p - 5:30p	00001003
G	3:00p - 3:30p	00000537
H	10:30a - 11:00a	00000540
I	3:00p - 3:30p	00000541

Salamander

	Time	Code
A	3:30p - 4:00p	00000816
A	4:30p - 5:30p	00000817
B	3:30p - 4:00p	00000818
B	4:30p - 5:00p	00000819
C	3:30p - 4:00p	00000820
C	4:00p - 4:30p	00000821
C	6:00p - 6:30p	00000822
D	9:30a - 10:00a	00000823
D	11:00a - 11:30a	00000824
E	10:00a - 10:30a	00000995
E	4:00p - 4:30p	00000996
E	5:00p - 5:30p	00000997
G	3:30p - 4:00p	00000581
G	6:00p - 6:30p	00000582
H	9:30a - 10:30a	00000583
I	3:30p - 4:00p	00000584
I	5:30p - 6:00p	00000585
J	9:30a - 10:00a	00000586
K	9:00a - 9:30a	00000588

Sunfish

	Time	Code
A	4:00p - 4:30p	00000828
B	4:00p - 4:30p	00000829
C	4:30p - 5:00p	00000830
D	11:30a - 12:00p	00000831
E	11:00a - 11:30a	00001004
E	4:30p - 5:00p	00001005
G	4:30p - 5:00p	00000599
I	6:00p - 6:30p	00000600
J	11:30a - 12:00p	00000601
K	9:30a - 10:00a	00000602
K	4:30p - 5:00p	00000603
K	5:30p - 6:00p	00000604

Crocodile/Whale Combo

	Time	Code
A	4:30p - 5:00p	00000834
B	4:30p - 5:00p	00000835
C	5:00p - 5:30p	00000836
E	10:30a - 11:00a	00001006
E	4:30p - 5:00p	00001007
G	4:00p - 4:30p	00000610
J	10:30a - 11:00a	00000611
K	11:00a - 11:30a	00000612
K	5:30p - 6:00p	00000613
I	5:00p - 5:30p	00000615
I	5:00p - 5:30p	00000617





RED CROSS SWIM KIDS PROGRAMS

Level 1-4

Session A - K: \$65.50

(Prices are per program -
8 Lessons)

Level 5 - 10

Session A - K: \$73.75

(Prices are per program -
8 Lessons)

SESSION A
TUESDAYS/THURSDAYS
MAR. 31 - APR. 25, 2020

SESSION G
TUESDAYS
JAN. 7 - FEB. 25, 2020

SESSION B
TUESDAYS/THURSDAYS
APR. 28 - MAY 21, 2020

SESSION I
THURSDAYS
JAN. 9 - FEB. 27, 2020

SESSION C
TUESDAYS/THURSDAYS
MAY 26 - JUN. 18, 2020

SESSION J
SATURDAYS
JAN. 11 - MAR. 7, 2020
NO CLASS FEB. 22, 2020

SESSION D
SATURDAYS
APR. 18 - JUN. 13, 2020
NO CLASS MAY 9, 2020
NO CLASS MAY 16, 2020

SESSION K
SUNDAYS
JAN. 12 - MAR. 8, 2020
NO CLASS FEB. 23, 2020

SESSION E
SUNDAYS
APR. 19 - JUN. 14
NO CLASS MAY 10, 2020
NO CLASS MAY 17, 2020
(7 CLASSES)



Birthday Party

All birthday parties must be booked at the pool or over the phone with pool staff at (867) 920-5683.

Non-exclusive use means that there may be other activities happening (e.g. swimming lessons, deck rental, use of hot tub or showers).

All solarium and deck rentals must include the additional lifeguard fee of \$57.25 for clean-up and supervision. Solarium rental is 50 minutes with 10 minutes allocated for clean-up.

Packages

Economy Party \$217.09

One hour of shared pool time during a Public or Family Swim for up to 35 people.
50 min + 10 min clean-up period on the pool deck to enjoy a meal and open gifts.
One host who will organize games and activities in the pool or assist with pool supervision.
Renters provide their own food and beverages.
No glass is allowed on the deck.

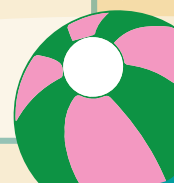
All birthday party packages must be booked by 5:00 p.m. on the Thursday before the rental. Parties booking after this deadline will pay the same rate but will not have a Pool Assistant to help with the party.

Rentals wishing to use the ice mat will be charged for an additional guard if they still require a Pool Assistant in the water. Those opting for no Pool Assistant will not be charged extra. Our rules and safety information applies to all birthday parties.

For more information, call (867) 920-5683.

Luxury Party \$270.38

One hour of non-exclusive pool time during a regular rental time for up to 35 people.
50 min + 10 min clean-up period on the pool deck to enjoy a meal and open gifts.
One host who will organize games and activities in the pool or assist with pool supervision.
Renters provide their own food and beverages.
No glass is allowed on the deck.



Red Cross Swim Kids Level 1

	Time	Code
A	4:00p - 4:30p	00000845
A	6:00p - 6:30p	00000846
B	4:00p - 4:30p	00000847
C	4:30p - 5:00p	00000848
D	10:00a - 10:30a	00000849
E	11:30a - 12:00p	00001008
E	4:00p - 4:30p	00001009
E	5:30p - 6:00p	00001010
G	4:00p - 4:30p	00000626
G	5:00p - 5:30p	00000627
I	4:00p - 4:30p	00000628
I	4:30p - 5:00p	00000629
J	9:30a - 10:00a	00000630

Red Cross Swim Kids Level 4

	Time	Code
A	4:00p - 4:30p	00000895
B	5:00p - 5:30p	00000896
C	5:30p - 6:00p	00000897
D	11:30a - 12:00p	00000898
E	9:30a - 10:00a	00001016
E	5:30p - 6:00p	00001017
I	4:00p - 4:30p	00000667
J	10:00a - 10:30a	00000668
K	10:30a - 11:00a	00000669
K	11:00a - 11:30a	00000670

Red Cross Swim Kids Level 7/8

	Time	Code
B	5:45p - 6:30p	00000883
D	10:30a - 11:15a	00000884
E	9:00a - 9:45a	00001020

Red Cross Swim Kids Level 2

	Time	Code
A	5:00p - 5:30p	00000865
B	4:00p - 4:30p	00000866
C	4:00p - 4:30p	00000867
C	5:00p - 5:30p	00000868
D	10:30a - 11:00a	00000869
E	11:00a - 11:30a	00001011
E	4:30p - 5:00p	00001012
E	5:30p - 6:00p	00001013
G	5:00p - 5:30p	00000641
I	4:00p - 4:30p	00000642
J	11:30a - 12:00p	00000643
K	10:30a - 11:00a	00000644
K	5:30p - 6:00p	00000646

Red Cross Swim Kids Level 5

	Time	Code
A	5:45p - 6:30p	00000890
B	5:00p - 5:45p	00000891
C	5:00p - 5:45p	00000892
D	9:00a - 9:45a	00000893
E	9:45a - 10:30a	00001018
G	5:45p - 6:30p	00000677
I	5:00p - 5:45p	00000678

Red Cross Swim Kids Level 9/10

	Time	Code
B	5:00p - 5:45p	00000880
D	11:15a - 12:00p	00000881
E	10:30a - 11:15a	00001020

Red Cross Swim Kids Level 3

	Time	Code
A	4:30p - 5:00p	00000873
A	5:00p - 5:30p	00000874
B	5:30p - 6:00p	00000875
C	4:30p - 5:00p	00000876
D	11:00a - 11:30a	00000877
E	10:00a - 10:30a	00001014
E	5:00p - 5:30p	00001015
G	5:30p - 6:00p	00000653
I	4:30p - 5:00p	00000654
J	11:00a - 11:30a	00000655
K	11:30a - 12:00p	00000656
K	4:30p - 5:00p	00000657

Red Cross Swim Kids Level 6

	Time	Code
A	5:00p - 5:45p	00000886
C	5:45p - 6:30p	00000887
D	9:45a - 10:30a	00000888
E	11:15a - 12:00p	00001019
G	5:00p - 5:45p	00000685

RIMP Wall Advertising

The Ruth Inch Memorial Pool currently has 4' x 8' spaces available on the walls surrounding the pool for advertising. The signs are made of coroplast and the creation and design fees are the responsibility of the advertiser. Advertising spots can be purchased by contacting Brian at **(867) 920-5624**.





PRIVATE LESSONS

Please note there is a waiting list for private swimming lessons between the listed times. Register, and if a space becomes available, you will be called. Prices are based on one person; price will increase for additional people.

8 classes (30 minutes each): \$229.00

SESSION A
TUESDAYS/THURSDAYS
MAR. 31 - APR. 23, 2020

SESSION B
TUESDAYS/THURSDAYS
APR. 28 - MAY 21, 2020

SESSION C
TUESDAYS/THURSDAYS
MAY 26 - JUN. 18, 2020

SESSION D
SATURDAYS
APR. 18 - JUN. 13, 2020
NO CLASS MAY 9, 2020
NO CLASS MAY 16, 2020
(7 CLASSES)

SESSION E
SUNDAYS
APR. 19 - JUN. 14
NO CLASS MAY 10, 2020
NO CLASS MAY 17, 2020
(7 CLASSES)

SESSION G
TUESDAYS
JAN. 7 - FEB. 25, 2020

SESSION I
THURSDAYS
JAN. 9 - FEB. 27, 2020

SESSION J
SATURDAYS
JAN. 11 - MAR. 7, 2020
NO CLASS FEB. 22, 2020

SESSION K
SUNDAYS
JAN. 12 - MAR. 8, 2020
NO CLASS FEB. 23, 2020



Private Lessons

	Time	Code
A	3:00p - 6:30p	00000901
B	3:00p - 6:30p	00000902
C	3:00p - 6:30p	00000903
D	9:00a - 12:00p	00000904
E	9:00a - 12:00p	00000905
E	4:00p - 6:00p	00000906
G	3:00p - 6:30p	00000699
I	3:00p - 6:30p	00000700
J	9:00a - 12:00p	00000701
K	9:00a - 12:00p	00000702

PRIVATE SWIMMING LESSONS

Private swimming lessons are a great way to finish a level that you have been working on, perfect a difficult stroke, jump start a beginner or just get some individualized instruction. We offer private lessons for individuals, duos, and groups. Group lessons can be set up for six children or more who are at a similar swimming level. Times may be arranged to accommodate your schedule.

WAYS TO INDICATE INTEREST

Some private lesson spots are available online and have a waitlist if they are full. Register on the Private Lesson Waitlist that corresponds to your availability. These waitlists indicate which day you are available for lessons.

HOW LESSONS ARE FILLED

If more private lesson spots become available, staff will call a day or two before the session begins to offer the spot to the first person on the waitlist. Staff will continue down the list until the lesson spot is filled.

Lessons usually run in half hour sessions but can sometimes be arranged for other lengths of time.

Private lessons may be included in the schedule when a group lesson cancels, so times will vary for each session.





POOL RENTALS

Rentals can be booked over the phone at **(867) 920-5683** or in-person at the Ruth Inch Memorial Pool. Payment in full is due at the time the rental is booked.

RENTAL TYPE	PRIME TIME (per hour, GST not included)	NON- PRIME TIME (per hour, GST not included)
Youth/Student (private)	\$101.75	\$76.25
Youth/Student (shared)	\$51.00	\$38.25
Youth/Student lane rental	\$20.25	\$15.25
Youth/Adult (private)	\$152.75	\$114.50
Youth/Adult (shared)	\$76.50	\$57.50
Youth/Adult lane rental	\$30.75	\$23.00
Adult (private)	\$203.50	\$152.75
Adult (shared)	\$101.75	\$76.25
Adult lane rental	\$40.75	\$30.75
Commercial/For Profit (private)	\$291.75	\$219.00
Commercial/For Profit (shared)	\$141.75	\$106.50
Commercial/For Profit lane rental	\$56.75	\$42.75
Sundeck* (barbeque included)	\$41.25	\$41.25
Additional lifeguards	\$57.25	\$57.25
Sponsored swim	\$400.00/event	\$400.00/event



RENTAL GUIDELINES:

- Rentals must be booked 48 hours in advance.
- Rentals must be cancelled five days in advance for casual users.
- Rentals must be cancelled 10 days in advance for special events.
- *Youth/Student* is 17 years and under. *Adult* is 18 years and older.
- Prime time is from 4:00PM - 12:00AM on weekdays and from 8:00AM - 12:00AM on weekends. Non-prime time is from 12:00AM - 4:00PM on weekdays and from 12:00AM - 8:00AM on weekends.
- Rentals are 50 minutes with 10 minutes allocated for clean-up.
- Private rentals are non-exclusive so there may be other activities happening (e.g. swimming lessons, deck rental, use of hot tub or showers).
- Shared rentals are two or more groups using the facility or shared pool time during a Public or Family Swim.
- An additional lifeguard fee is applied for groups wishing to use the ice mat.
- All solarium and deck rentals must include the additional lifeguard fee for clean-up and supervision.

Call 920-5683 today!



OTHER POOL PROGRAMS

Aqua Adult

Swimmers will learn floats, glides, recoveries, and basic strokes. Candidates do an assessment to outline where their interests are.

Dates	Day	Time	Fee	Course Code
Jan. 7 - Feb. 25, 2020	Tuesdays	8:00PM - 9:00PM	\$104.76 + GST	00000710
Jan. 9 - Feb. 27, 2020	Thursdays	8:00PM - 9:00PM	\$104.76 + GST	00000711
Apr. 28 - Jun. 16, 2020	Tuesdays	8:00PM - 9:00PM	\$104.76 + GST	00000853
Apr. 30 - Jun. 18, 2020	Thursdays	8:00PM - 9:00PM	\$104.76 + GST	00000854

Aqua Fit

Dates	Day	Time	Fee	Course Code
Jan. 8 - Feb. 26, 2020	Wednesdays	8:00PM - 9:00PM	\$89.25 + GST	00000907

Parent and Me Aqua Fit (Parent and Tots up to 25lbs)

Dates	Day	Time	Fee	Course Code
Jan. 8 - Feb. 26, 2020	Wednesdays	9:30AM - 10:00AM	\$52.00 + GST	00000908

Red Cross Babysitting Course

The Red Cross Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving appropriate care in the event of an emergency. Candidates must be 11 to 15 years old.

Dates	Day	Time	Fee	Course Code
Jan. 24, 2020	Friday	9:00PM - 5:00PM	\$80.00 + GST	00000714
Feb. 21, 2020	Friday	9:00PM - 5:00PM	\$80.00 + GST	00000716
May 8, 2020	Friday	9:00PM - 5:00PM	\$80.00 + GST	00000855
Jun. 5, 2020	Friday	9:00PM - 5:00PM	\$80.00 + GST	00000856

Junior Lifeguard Club (JLC)

Come join the Arctic Lifesavers Team! Club members strive to achieve their personal best in a seriously fun atmosphere. A club with a serious purpose, lifesaving, coached in a fun way. Club members cannot pass or fail; only success is recognized. It is ideal for those with aspirations to lifeguard, as well as those who would like a new type of challenge.

Prerequisites: 8 years of age, ability to swim 25m, ability to tread water for at least 2 min.

No class Feb. 23, May 10 and May 17

Dates	Days	Time	Fee	Code
Jan. 12 - Mar. 8, 2020	Sun.	9:00a - 12:00p	\$128.00	00000717
Apr. 19 - Jun. 21, 2020	Sun.	9:00a - 12:00p	\$128.00	00000857

Wet, Wild, Wicked Spring Break Camp

A day camp that will focus on working through the Lifesaving Society Rookie Patrol, Ranger Patrol, and Star Patrol levels. The camp is a good way for participants to be prepared to take their Bronze Star certification. The morning will focus on doing drills, along with learning lifesaving techniques. The afternoon will include working on first aid skills, public relations, role-play and how to handle basic emergencies.

Prerequisites: 7 to 13 years of age, ability to swim 25m.

Dates	Days	Time	Fee	Code
Mar. 6 - Mar. 20, 2020	Mon. - Fri.	8:00a - 5:00p	\$230.00	00000858
Mar 23 - Mar. 27, 2020	Mon. - Fri.	8:00p - 5:00p	\$230.00	00000859





LIFEGUARD STREAM

Bronze Medallion (13 years+ or a Bronze Star)

The Bronze Medallion award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgement, knowledge, skill and fitness. Rescuers learn tows, carries, defences and release methods. Lifesavers develop stroke efficiency and endurance in a timed swim.

Prerequisites - Ability to swim 500m using varied strokes with good endurance and 13 years of age or a Bronze Star Award.

Dates	Days	Time	Fee	Code
Jan. 11, 18, 25, Feb. 1	Sat.	1:00p - 6:00p	\$230.00	00000718
If over 15 years old please register in 794 \$230.00 + GST				
Apr. 4, 5, 18, 19	Sat. Sun.	1:00p - 6:00p	\$230.00	00000860
If over 15 years old please register in 861 \$230.00 + GST				

Bronze Cross and Lifesaving CPR "C"

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard certification.

Prerequisites - Candidates must possess a Bronze Medallion Award

Dates	Days	Time	Fee	Code
Feb. 8 - 29	Sat.	1:00p - 6:00p	\$230.00	00000719
If over 15 years old please register in 796 \$230.00 + GST				
Apr. 25, 26, May 2, 3	Sat. Sun.	1:00p - 6:00p	\$230.00	00000862
If over 15 years old please register in 863 \$230.00 + GST				



National Lifeguard (NL) (16 Years Old)

The National Lifeguard award is a legal certification for lifeguards throughout the country and, indeed, elsewhere in the world. The NL award builds on the fundamental skills, knowledge, and values taught in the lifesaving awards (Bronze levels). The purpose of the program is to develop the practical skills and knowledge required by lifeguards.

Prerequisites - Candidates must possess a current or expired Bronze Cross Award, a current Standard First Aid award with CPR "C" and be 16 years of age by the end of the course.

Dates	Days	Time	Fee	Code
May 8, 22, 29, Jun. 5	Fri.	4:00p - 8:00p	\$342.86 + GST	00000864
May 9, 23, 30	Sat.	8:00a - 5:00p		





YELLOWKNIFE PUBLIC LIBRARY (YPL)

2nd floor - Centre Square Mall 5022 - 49th Street, Yellowknife
 Website: www.yellowknife.ca/ypl Phone: (867) 920-5642

LIBRARY HOURS

Monday - Thursday	9:30AM - 8:30PM
Friday	10:00AM - 6:00PM
Saturday	10:00AM - 5:00PM
Sunday (Oct. - Apr.)	1:00PM - 5:00PM
Sunday (May - Sep.)	CLOSED

LIBRARY HOLIDAY SCHEDULE

Tuesday, Dec. 24, 2019	1:00PM - 4:30PM
Wednesday, Dec. 25, 2019 (Christmas)	CLOSED
Thursday, Dec. 26, 2019 (Boxing Day)	CLOSED
Tuesday, Dec. 31, 2019	1:00PM - 4:30PM
Wednesday, Jan. 1, 2020 (New Year's Day)	CLOSED
Thursday, Jan. 2, 2020	9:30AM - 8:30PM

RESOURCES AND SERVICES

The Yellowknife Public Library offers a wide range of resources and services to meet the needs of Yellowknifers. Here are just a few of the great things you can do here:

- Access more than 70,000 items, including books, DVDs, audiobooks, magazines, CDs, newspapers and more.
- Attend any of our programs from Baby Time and Story Time to narrated travel slideshows and everything in between, all for free.
- Get inspired, write a story or work on a project in our quiet and private writer's room.
- Get an hour of daily computer usage for Internet, word processing and printing.
- Get library Wi-Fi on your device.
- Take an online course with an expert instructor using Lynda Library or learn a language with Rocket Languages.
- Download ebooks, audiobooks, and music on your cellphone, tablet, or computer through our website, anytime and anywhere.

LIBRARY CARDS

Library cards are free for anyone who lives in Yellowknife. With this card you can also borrow from other NWT libraries. For more information about library cards, please visit our website.

LIBRARY TOURS

Schools, residents, daycares, and groups can all benefit from this service since we customize the tour to focus on any area of interest. Our library tours take about 20 minutes and are subject to staff availability. Please contact us at least one week in advance to arrange a tour.



DROP-IN PROGRAMS & SPECIAL EVENTS FOR CHILDREN AND FAMILIES

TUESDAY TODDLER TIME (18 MONTHS - 36 MONTHS)

January 14 - March 3

March 31 - May 5

May 26 - June 16

Let your toddler explore the world through stories, rhymes, finger plays and songs that reinforce language development and learning. This lively and interactive program offers special one-on-one time for children and their caregivers. Admission is free. The programming will be followed by a half hour of socialization time.

Tuesdays, 10:00AM - 10:30AM

THURSDAY BABY TIME (0 YEARS - 18 MONTHS)

January 16 - March 15

April 2 - May 7

May 28 - June 18

Join us for a program that introduces you and your baby to the joy of music, rhyme, lap play, and more. This early childhood literacy program is for children aged 18 months and younger and their parent or caregiver. Siblings welcome. Admission is free. The program will be followed by a half hour of socialization time.

Thursdays, 12:00PM - 12:30PM

WEDNESDAY STORY TIME (3 YEARS - 5 YEARS)

January 15 - March 4

April 1 - May 6

May 27 - June 17

Story Time is a fun way to introduce your child to the joys of books and learning. Join us for stories, fun, and crafts in the library meeting room. We ask that a parent or caregiver attend with the child. Admission is free.

Wednesdays, 10:00AM - 11:00AM



Did you know that you can download magazines with your library card? Check out our latest digital resource, Flipster. We've got great titles including the New Yorker, Wired, Archie, Popular Science, Ebony and more!

If you'd like help getting started using Flipster or any of our other e-resources, consider signing up for a "Book a Librarian" session and get one-on-one assistance with our digital resources. Email library@yellowknife.ca to sign up for your session.



Children between the ages of six to 12, who love dogs and want to practice reading, can book a session to read with a specially trained therapy dog.

This program is offered in partnership with the **St. John Ambulance Therapy Dog Program**. Call or email the library to register your child for the TAILS program.



Here at the Yellowknife Public Library we want to make sure you always have a great book on your nightstand. That's why we've created **personalized reading lists**.

We know it can be hard to find your next great read so let us help. Fill out a simple form letting us know about some books you've enjoyed and what you are in the mood for. We'll get back to you within a week with three recommendations from our collection just for you!

www.yellowknife.ca/myreadinglist



Yellowknife Skating Club

www.ykskatingclub.ca
ykskatingclub@outlook.com

Facebook Instagram

SKATE CANADA
CAN SKATE

WE OFFER:

- Programs for Children 2 & up
- Additional Lesson Times (Days & Weekends)
- Skate Canada Certified Coaches

PROGRAMS

- CanSkate
- Pre-CanSkate

NEW THIS YEAR!

- CanPowerSkate
- Parent & Tot Pre-CanSkate

**Lessons start in September
REGISTER TODAY!**



Are you going through separation or divorce?

Vous êtes en instance de séparation ou de divorce?

Mediation could help.

Agreeing about where your children will live, developing a plan of who gets to see them and when, and ensuring that their needs are met can be difficult and stressful.

Benefits of mediation:

- Private and informal
- Easier on your children
- Faster and less stressful than court
- Flexible and positive
- You make the decisions
- Free (limited number of hours)

For more information:
 call 1-866-217-8923
 email FLMP@gov.nt.ca
 visit <https://www.justice.gov.nt.ca/en/family-law-mediation-program/>

La médiation peut vous aider.

Parvenir à un accord sur la résidence et l'horaire de garde des enfants, tout en garantissant que leurs besoins sont satisfaits, pourrait être difficile et stressant.

Avantages de la médiation :

- Privé et informel
- Plus facile pour vos enfants;
- Plus rapide et moins stressant que des démarches judiciaires;
- Flexible et positif;
- Vous permet de prendre les décisions vous-mêmes;
- Gratuit (nombre d'heures limité)

Pour plus d'information :
 composez le 1-866-217-8923
 courriel FLMP@gov.nt.ca
 visitez <https://www.justice.gov.nt.ca/fr/programme-de-mediation-en-droit-famille/>

BEGIN A BETTER **ENDING**

Government of Northwest Territories / Gouvernement des Territoires du Nord-Ouest

Canada

POUR UN NOUVEAU **DÉPART**

It's not JUST a bag...

rethink it 



- Plastic bags can contaminate water bodies and animals
- Paper bags take a lot water and energy to make and cannot be reused many times
- Biodegradable bags don't disappear - most break down into smaller pieces of plastic



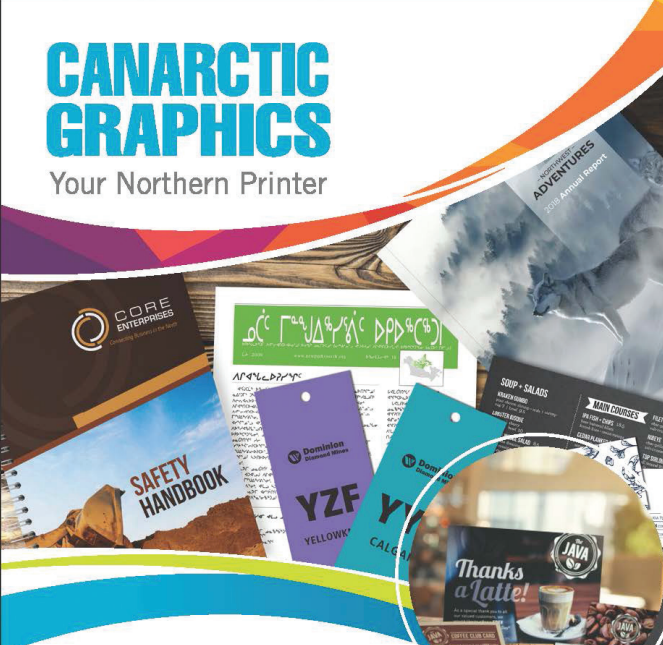
Keep bringing your own bags!

NWT residents have kept approximately 50 million bags out of landfills and off the land. That's enough bags to stretch the length of the Mackenzie River 15 TIMES!

rethink it 



www.rethinkitnwt.ca

CANARCTIC GRAPHICS
Your Northern Printer



PROVIDING QUALITY PRINTING FOR NORTHERN BUSINESS

CALL US FOR A FREE QUOTE 867.873.5924

COPYCENTRE • DESIGN • PRINTING • SIGNAGE • VEHICLE GRAPHICS

COME JOIN US!
Yellowknife's FUN Adult Co-ed
Hockey League



WIMPS

Weekly Improvement for Mediocre Players

Non-contact - No slapshots
Honor-system rules - Shinny hockey
Full equipment recommended
Goalies every game!

www.wimps.ca

"WIMPS Hockey Yellowknife" on facebook

Contact: wimps@wimps.ca

The Yellowknife Playgroup Association



Providing a safe place for **ALL** children and their caregivers to play together.

\$2 per child drop-in



**Sept. to June
9:30 - 11:30am**

Mondays & Fridays at the FIELDHOUSE

Wednesdays at the Calvary Community Church

Everyone is Welcome!

E-mail: ykplaygroup@hotmail.com
Or, check us out: www.ykplaygroup.blogspot.ca

Promoting Community Wellness

For Yellowknife Seniors

Come to the Baker Community Centre for Yoga, Tai Chi, Bridge, Bowling, Book Club, Canada Senior Games, Facility Rentals and much more!

5710 50th Avenue or visit our website at www.yksenior.ca for more information about the society and our programs

Contact: Phone (867) 873-9475

Fax: (867) 873-4318

E-Mail: ykseniorsociety@theedge.ca

AURORA PHOTOGRAPHY WORKSHOP

Create your own spectacular aurora photos!



Our three hour evening workshop includes classroom learning plus hands-on, outdoor practice around Old Town.



For more information and to book your workshop:
info@sundogadventures.ca
 1-867-446-TOUR (8687)

www.sundogadventures.ca

OH NO!

We didn't know you wanted to register!
 Programs with low registration are cancelled...
 Register early to avoid disappointment!



Language School
 Post-secondary Education
 Community Workshops
 Professionnal Development
 Free English Courses for Newcomers



college-nordique.com
 ☎ (867) 920-7017
 @ info@college-nordique.com
 f Collège nordique francophone
 v CollègeNordique



Helping NWT residents with Wills and Estates since 2004

(867) 669-7273

www.gannonlawethics.com

We are here to help you and your family with:

- Wills, Powers of Attorney, Personal Directives & Estate Planning
- Last minute Wills, etc., at Stanton Hospital
- Obtaining probate or administration

Contact us for an appointment:

Ph: (867) 669-7273 or michael@gannonlawethics.com



Groomed trails, AWESOME PROGRAMS and a *newly* renovated chalet offer something for everyone at Yellowknife's longest-serving recreation club.

info@skiyellowknife.com | skiyellowknife.com

🐦 Trails Reports - @ykskiclubtrails

📘 Events, updates and photos



Register Now for Classes!

Bella

2019/2020 Dance Season

DANCE ACADEMY

Full Season or 9 Week Sessions Available

adult classes *Tutus and Tiaras* *Ballet* Modern *Jazz*
contemporary MUSICAL THEATRE *Pointe* parent & tots
TAP combo classes *Hip Hop*

info@belladance.ca
(867) 87-DANCE

Register online
www.belladance.ca



Thinking of Trashing Your Electronics?

rethink it



Save your electronics for recycling



Find out if your community has a year-round electronics depot or when the next electronics collection event is happening in your community.

www.rethinkitnwt.ca

What can you bring for recycling?



Laptops, Tablets and Notebook Computers



Computers (including monitors, keyboards, mouse, cables, speakers) and Servers



Printers, Copiers, Scanners and Fax Machines



TVs and Monitors



Batteries and Cell Phones



