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The Recreation Office is located in the Art & Margaret Fry Arena.

Office hours are Mon-Fri 8:30 am–5:00 pm.

What's New at the Recreation Department

Spring is here! We are busy planning activities and events for warmer weather. Programs will be winding down, and new programs will be starting up. Check the Rec & Leisure guide for changes.



We have new adult fitness classes this spring! A noon hour beginner **Circuit Training** class will run in May. Participants will learn basic exercises which will progress over 4 weeks. A **Learn to Run** program will also be starting May 22. Participants will learn how to safely complete a 5 km run and is targeted to new runners. Karen McKay will be leading a **Nordic Walking** program, running May 1, 8 & 15th!

Useful Links

[Pool Schedule](#)

[RSS Gym & Ancillary Schedule](#)

[Weight Room Schedule](#)

[Dawson Area Trails & Maps](#)

[Klondike Institute of Art & Culture](#)

[City of Dawson](#)

There have been changes to the **after school programs**. Road Hockey will be offered for grades 3-6 on Mondays, starting at the arena and moving to the tennis courts when it dries. Hiking Club will be moving to Tuesdays, and Wacky Wednesdays is back! After school programs will wrap up May 25th.

Minor Softball is underway! Registration is done in-person at the Recreation Department, please avoid calling the register.

Watch for youth summer programs starting up June 18th! Coming this summer are: canoeing, mountain biking, hiking, golf and Adventure Days! All youth who are planning on attending summer programming are strongly encouraged to attend a Bear Aware session June 11. Time TBA.

Adult Soccer, Under 5 soccer and Women's Volleyball will end June 2nd. Watch for these community led programs to start back up in the fall!

The First annual **Dawson City Sports Banquet** held May 12, 2012 hosted by Robert Service School and supported by the Recreation Board, to celebrate the achievements of our young, local athletes. Programs being recognized are: Volleyball, Basket ball, Minor Hockey (Atom, Peewee, Bantam, Midget), Minor Soccer, Arctic Winter Games and Special Olympics. Athletes and coaches of these programs have been invited to attend.

Dawson Swimming Pool

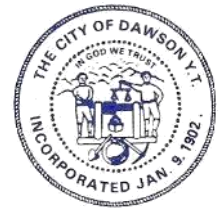
The Dawson Pool opened May 5th. Check out our upcoming spring schedule for new swims this year: such as: **adult stroke improvement, Evening Teen Swims, Kids Water Polo**, and **Adult-Only** swims! Also returning to this year's roster are **Early Bird Lane Swims, Aquafit, Public Swims, Family Swims** and more! Spring Schedule to be released soon.

The pool staff plans to have a lot of new activities and time slots for all ages and skill levels, so be sure to include the pool in your plans this season!



Recreation & Leisure Program Guide

April 2012

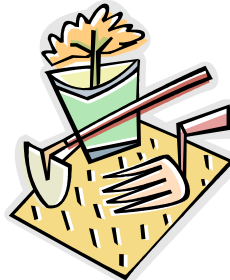


Dawson Community Garden

Community Garden Plots are now available! Plots are \$20/season, and gardeners must commit to work parties throughout the season. Come down to the Rec Office to sign up for a plot. Plot spaces are limited! Katie English, the Community Garden Coordinator, will have a booth set up at Gold Show, May 18-20th.

Upcoming Community Garden Events:

- Creating an edible forest garden (June)
- Harvest Party & Garden Tour (August)
- Canning and Preserving (August).



Contact the Recreation Department for more info!

Fitness Centre Programs

Women & Weights – Exercise program for women only in the weight room. Mondays & Wednesdays from noon-1pm. Ladies only during this time, please!

Fitness Centre Orientations— Are you new to the fitness centre and want an introduction to the equipment? Sign up for an orientation with one of the Rec Department staff. Maximum 4 people per orientation. Call 993-2350 to pre-register.

Upcoming Orientations:

May 14th 5:30-6:30

Circuit Training 1—Adult strength training class targeted at improving strength and overall fitness. This is a 4 week program targeted to beginners & includes warm up, strength training and cool down.

Cost: \$30, May 1-May 24. Tuesdays & Fridays from 12:10-

Recreation Board Grants



Lotteries Yukon provides funding to the municipality to support recreation within our community. Recreation activities related to heritage & culture, amateur level performing, visual & literary arts, amateur sport and other forms of leisure activity are eligible for this grant. Applicants are encouraged to attend Rec Board meetings when their request is being reviewed. Application forms may be picked up at the Recreation office & are due the Thursday prior to the meeting.

May Meetings: May 7 & 22 @ 5:30 pm.

Dawson City Fitness Centre

The Fitness Centre is located in the Waterfront Building on Front Street. Fitness Centre passes may be purchased at the Recreation Office for \$20/month. The Fitness Centre is volunteer run and is only open during scheduled times. Please refer to the [Fitness Centre Schedule & Rules](#).

If you would like to volunteer for the Fitness Centre, please come to the Rec Office to complete a volunteer application.

Top of the World Highlands Games

Jun 15-16, 2012 @ Crocus Bluff

Event schedule, event and BBQ tickets and all information can be found at topoftheworldhighlandgames.ca

Volunteers Greatly Appreciated

Contact Stefanie Cleland

993-3667



MINOR SOFTBALL 2012

*\$30 Bantam, Pee wee Squirt, Mite
\$20 Tee ball and Peanut*

Tee ball Born in 06/07

Wed. 6:30-7:30 @ Minto Park

Peanut Born in 04/05

Mon/Wed 5:30-6:30 @ Crocus Bluff

Mites Born in 02/03

Tues/Thurs 5:30-6:30 @ Crocus Bluff

Squirts Born in 00/01

Tues/Thurs 5:30-6:30 @ Minto Park

Pee wee Born in 98/99

Tues/Thurs 6:30-7:30 @ Minto Park

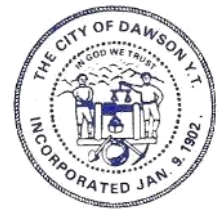
Bantam Born in 96/97

Mon/Wed 7:30-8:30 @ Minto Park

*For registration and information come
into the Rec. Dept. Office.*

Recreation & Leisure Program Guide

April 2012



Recreation Department Programs

Rec Department programs are run by Rec Staff & Instructors. Contact 993-2353 for more info.

Kid's & Youth Programs:

Pre-School Playgroup - Indoor playgroup for parents & tots at Trinke Zho. Wednesdays from 10:00 -11:30 am. Please use the side Leisure/Recreation entrance. **Last day is May 30th.**

Cheerleading—grades 5-12. Combines tumbling, acrobatics and dance. Mondays from 3:30-5:00 & Saturdays 11:30-12:30 in the RSS ancillary room. March 26-May 28. Cost: \$50.

Minor Softball—For youth born between 1996-2007. Please register in person by coming to the Recreation Department.

Adult Programs

Learn to Run — Learn to run 5 k safely, effectively and with the motivation of running in a group! Lead by experienced runners, this program will lead beginner and novice runners to run a 5 k fun run. Tue & Thur (time TBA) with a 3rd session to be completed individually on the weekend. Program runs May 22nd until June 14th, with a 5K Fun Run planned on Jun 16th. Program is timed to coincide with Mayo Midnight Marathon June 23rd. Cost: \$35. Ages 16+. Minimum 4 participants.

Nordic Walking with Karen MacKay— May 1, 8, 15th. \$10.00 drop in.

Community Sports & Recreation Programs

Community Recreation Programs are run by community volunteers, and scheduled through the Recreation Department. To register, please contact applicable group contact. If you have a program you would like to run at the school, contact the Rec. Dept. Participants, please use the south entrance by the playground for all programs.

Adult & All-Ages Programs:

Adult Soccer - Drop-in soccer at the RSS gymnasium. Tuesdays & Thursdays from 7:45-9:30 pm. [Email](#) for more info. Ends May 31.

Women's Volleyball—Drop in @ RSS school gym. Saturdays from 3:00-4:30 pm. Contact Mindy @ 993-5585. Ends May 26.

Youth After School Program Schedule

All programs end May 25th.

Please pre-register & complete a waiver form. 24 hours notice is appreciated.

Monday 3:30-5:00—Road Hockey
Grades 5+. At the arena parking lot until the tennis court is clear.

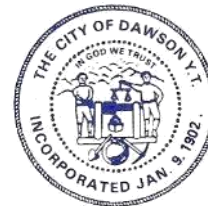
Tuesdays 3:30-5:00—Hiking Club
Enjoy hiking on various trails in & around town, grades 2 & up. Program will run indoors when weather is too cold. Pick up at the arena.

Wednesdays 2:20-5:00—Wacky Wednesdays
A variety of indoor & outdoor activities such as board games, campfires, open gym and library time for grades 2-6. Pick up at the library.

Thursdays 3:30-5:00—Youth Weights
Meet at the Dawson Fitness Centre. 3:30-4:45

Fridays 3:20-5:00—Girl Power
Activities for girls only, grades 6-9.
Pick up at the arena.





Recreation & Leisure Groups

Dawson City Anglers Club. Biweekly meetings, workshops, outings, multi-day trips. Ages 6 to 106! Call Shawn @ 993-6660.

Dawson City Minor Soccer. Year round soccer programs for toddlers to teens. Clinics and camps also offered. Contact: P.O. Box 868, Dawson City, YT
dcminorsoccer@hotmail.com

Dawson City Sled Dawgs. Group committed to promote snow machine events & safety.
Search Facebook: Dawson City Sled Dogs

Dawson City Slow Pitch Fun League. A fun-oriented, and only quasi-competitive mixed slow pitch league for adults. All skill levels from novice to expert are welcome. Contact: Kylie Van Every (336-3411)

Klondike Active Transport & Trails Society. Dedicated to the development and promotion of a network of non-motorized recreational trails in the Klondike region. Website: www.katts.ca

Klondike Institute of Arts & Culture. Host to a vast array of programs, festivals, exhibitions, and courses. Website: www.kiac.ca

Tr'ondëk Hwëch'in Singers and Drummers

All Tr'ondëk Hwëch'in Citizens are welcome to practice traditional songs, drumming, and dances!

Phone: Erika @ 993-7153

E-mail: erika.scheffen@gov.trondek.com

Have a Rec & Leisure group you would like added to the directory? Send your contact info and a brief description to:
lane.welchman@cityofdawson.ca

Health & Wellness Services

Midnight Sun Yoga. Yoga @ the Downtown Hotel. Tues & Thurs—5:45-7:00 pm, Saturdays—9:00-10:30 am. \$10 drop in, 10 classes for \$50
Email: yogawithjoanne@me.com
Phone: 993-5185

Pursuit of Wellness Personal Training. Amanda Moffatt, ACE Certified Personal Trainer. Offering individual and partner personal training.
Email: pursuitofwellness@hotmail.com
Phone: 993-4409

Lana Welchman, B.Kin. CSEP-Certified Exercise Physiologist. Fitness & lifestyle training, exercise therapy, corporate health programs and presentations.
Website: www.getrealfit.ca
Phone: 993-2520

To add or remove your name from the mailing list [click here](#)

Have an activity or event you want to include in the leisure & rec news? Call Lana @ 993-2350 or [email](#). Cut off is the 25th of each month.