

Recreation Complex Newsletter

Welcome to 2009 - The Year of Opportunities and Challenges

Welcome to the Dryden Recreation Complex. As we step into 2009 many people will be faced with challenges and we hope that recreation and leisure will still be a part of your healthy lifestyle. Our department offers a variety of programs and services to meet all your needs. We have two arenas, two pools, a waterslide, sauna, cardio and weight room, and we offer a variety of programs for all ages. Our partners also provide a number of opportunities in organized leagues and associations for community members. For more information please contact us at 223-1425.

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The new Pepsi Score Clocks have been installed!

Renovations and Expansion

UPDATE

Discussions are being held between the City's Director of Engineering and Public Works and JML Engineering regarding detailed drawings for the next stage.

It is hoped that we will hear a positive announcement regarding upcoming infrastructure funding that will assist in the next development stages.

Staff are committed to see this project through. Phases 1 and 2 includes new dressing rooms, storage and workshop area and renovating the current dressing rooms that are located between Arena #1 & #2. Phase 3 involves the second storey addition over the main entrance and family change room at the pool. Stay tuned for more updates!

Purpose

The City of Dryden Recreation Department provides Recreation and Leisure opportunities to all citizens of Dryden and surrounding areas to improve their quality of life, health, and well being."

Vision 2013

The City of Dryden Recreation Department is committed to creating new growth and improved infrastructure, which fosters an engaged and healthy community.

Recreation and Leisure Strategic Plan 2013

On October 24, 2008, a 6 month planning session for the Recreation Strategic Plan was held. During this time, the planning team received a “report card” on measureable accomplishments that were to be completed by October 2008.

All four strategic directions were completed 100%. This included the goal of meeting regularly, developing 2 information

newsletters, finding a resolution to mixed team locker dressing room and implementing the 5 year Strategic Plan.

Congratulations to all involved in achieving these accomplishments!

Our Next 6 Month Goals

⇒ Developing and Implementing operational policies & procedures

⇒ Improving relations with our

partners through more communication.

⇒ Providing a presentation to council regarding department rates.

⇒ The planning team will continue to meet regularly to oversee the Strategic Plan.

NEW

Guitar Lessons with *Kori Kameda*



For 16 weeks - students of all ages will learn a variety of skills and understand that music is something that can be enjoyed by everyone.

Learn to play your favourite song or obtain some tips on how to make things easier.

FAMILY DAY ACTIVITIES

Be active together!

February 16

Family Pay & Play

12:30 p.m. - 2:30 p.m.

Family Public Skate

1:00 p.m. - 3:00 p.m.

Family Swim

1:00 p.m. - 3:00 p.m.

Parent and Tot

Mon. - Fri. 9:30 a.m. - 10:30 a.m.

Thurs. 12:30 p.m. - 1:30 p.m.

Pay and Play

Mon. - Fri. 12:30 p.m. - 2:30 p.m.

Public Skating

Sunday's 1:30 p.m. - 3:30 p.m.

Winter Walking

Mon. - Fri. 8:30 a.m. - 4:00 p.m.

All programs subject to cancellation

Please call 223-1425

for more information.

Programming

The Youth Centre is coming!

Planning for the Youth Centre is underway. In late February the doors will be open at the Dryden High School where a number of activities will be available for local youth on Thursday, Friday and Saturday. Stay tuned for the Opening Day and exciting details!

Check out the fundraising events! —>

Community Tween Dance

For “Tweens” in grade 5 - 8

Friday, January 30

7:00 - 10:00 p.m.

DHS Small Gym

\$6.00 at the door

Coming Soon...

**“Dryden’s Got Talent”
Talent Show**

For more details call 223-1426

Get Prepared for the Canoe & Kayak Season in the Pool!

Saturday Afternoon Paddles

4:30 p.m. - 6:00 p.m.

ORCKA Certified Flatwater

Canoe Levels A, B, C

&

Paddle Canada Certified

Flatwater Kayaking Courses

Please call 223-1426 for more information on dates and times.

Pool & Fitness Centre

Best wishes for a fit, healthy, and happy

New Year!

Welcome back for a new year of physical fitness and well being to all our members and to our many regular and occasional guests! We appreciate your patronage and promise to try our best to make your visits in 2009 to the Dryden Pool & Fitness Centre enjoyable and successful. Thank you for allowing us to be a part of your healthy lifestyle management and to give us the opportunity to help you realize those New Year's Resolutions.

We have a lot to offer and hope you will take advantage of the great variety of programs and activities your admission provides you access to.

(continued...)

Boredom is often the reason why people abandon their exercise routine.

Doing the same old, same old over and over not only loses its appeal fairly quickly but the benefits of the exercises are starting to get lost right along with it. Don't let it happen to you! Take advantage of your multipurpose fitness facility, the Dryden Pool & Fitness Centre, where active people meet!



Group Fitness in a new format

For a lot of people, getting to the Fitness Centre is hard enough, let alone having to figure out what to do once they get there. No wonder Fitness Classes have become the exercise of choice for a lot of our patrons.

A rich schedule provides daily opportunities for a variety of workouts on land. Those patrons who prefer the wet element with greatly reduced impact on their joints can choose from daily Waterfit classes in the mornings and twice weekly sessions in the evening all the way to March Break. No registration is necessary. Just get here, drop in, and let one of our well trained Instructors lead the way! It is that simple. Actually, the only hard part is to find an excuse not to do anything...

The young and young at heart got Re-Bronzed

One of our partners, the Canadian Lifesaving Society, just celebrated its 100th Anniversary. To mark the milestone event they encouraged anybody, who ever took the Bronze Medallion Award during the last 100 years to get Re-Bronzed. On November 30, an enthusiastic group of 17 candidates between the ages of 31 and 72 faced the fun filled anniversary challenge at the Dryden Pool and received the special commemorative Re-Bronze Award. A well deserved pot luck supper provided ample opportunity to tell stories from the olden days and to admire the very seasoned Bronze Medallion Awards, reaching all the way back to 1952!

Pool and Fitness Centre Hours

Monday - Friday

6:00 a.m. - 9:00 p.m.

Saturday & Sunday

8:00 a.m. - 8:00 p.m.



Congratulations to all the Re-Bronze Candidates!

Going to school at the Dryden Pool & Fitness Centre

A great partnership with the local Confederation College has turned our facility into a class room for Paramedic and Police Foundation Students! A few hours each week, one of our own instructors is using some space and equipment to teach them the required health and fitness skills and to help them succeed in the pursuit of their career goals. Good luck, students! Study hard!

JANUARY 2009

January 2 - Ice Dogs Game 7:30 p.m.
January 5 - Midget "AA" Boys Hockey 7:00 p.m.
January 6 - DHS Boys Hockey 6:00 p.m.
January 8 - Midget "AA" Boys Hockey 7:00 p.m.
January 9 - 11 - DMHA Midget "A" Midget - Bantam "AA" Tournament
January 13 - DHS Girls Hockey Game 6:00 p.m.
January 16 - Ice Dogs Game 7:30 p.m.
January 17 - Ice Dogs Game 7:30 p.m.
January 23 - 25 - Girls Hockey Tournament (6-12)
January 25 - Ice Dogs Game 4:30 p.m.
January 30 - February 1 - Girls Hockey Tournament (13-17)

MARCH 2009

March 1 - DHS Semi-Final Playoffs TBA
March 3 - DHS Semi-Final Playoffs TBA
March 6 - 8 - Mixed Broomball Tournament
March 6 - DHS Finals TBA
March 7 - Ice Dogs Game 7:30 p.m.
March 8 - DHS Finals TBA
March 10 - DHS Finals TBA
March 13 - 14 - Church Hockey Tournament
March 27 - Dryden Skating Club Ice Show
March 28 - DMHA IP1 Jamboree

Dryden Recreation Department Office

84 Whyte Avenue

Dryden, Ontario P8N 1Z5

Phone: 807.223.1425 Fax: 807.223.6989

Open: Monday - Friday 8:30 a.m. - 4:30 p.m.

Pool & Fitness Centre

Phone: 807.223.1430

FEBRUARY 2009

February 3 - DHS Girls 6:00 p.m. & DHS Boys 6:30 p.m.
February 4 - Ice Dogs Game 7:30 p.m.
February 6 - 8 - Dryden Skating Club Test Day
February 6 - DHS Girls Hockey Game 7:00 p.m.
February 7 - Ice Dogs vs Dryden Cops
Charity Game 8:00 p.m.
February 12 - Ice Dogs Game 7:30 p.m.
February 13 - 15 - DMHA Peewee "A" Tournament
February 13 - DHS Boys Hockey Game 6:00 p.m.
February 14 - DHS Boys Hockey Game 11:00 a.m.
- Ice Dogs Game 7:30 p.m.
February 15 - Ice Dogs Game 7:30 p.m.
February 17 - Ice Dogs Game 7:30 p.m.
February 20 - 22 - Ringette Tournament
February 20 - DHS Boys 7:00 p.m. & DHS Girls 7:30 p.m.
February 26 - Ice Dogs Game 7:30 p.m.
February 27 - March 1 - DMHA IP2 Novice Tournament
February 27 - DHS Semi-Final Playoffs TBA

APRIL 2009

April 3 - 5 - Oldtimers Last Chance Tournament

QUESTIONS & ANSWERS

Q. Why are we "DRC" (Dryden Recreation Complex) and not "DARC" (Dryden Athletic and Recreation Commission)?

A. In 1978, Council approved the Dryden Athletic and Recreation Commission. The Commission was responsible for recommendations and changes within the department and these were presented to Council for approval. In 1998, the Dryden Parks and Recreation Commission was approved after the Parks Management Board was dissolved. Effective June 26, 2000, the Commission was changed to the Dryden Parks and Recreation Advisory Committee, at which time the Dryden Recreation Complex (DRC) was named.