



Community Newsletter - Fall 2016

MISSION:

a gathering place providing

EXCELLENCE in recreation
and sports for EVERYONE

VISION:

an ENGAGED, HEALTHY, VIBRANT community

VALUES:











www.dakotacc.com

FALL 2016















available from \$229,900 to \$319,900 all with heated underground parking and most with excellent views of the river from your balcony. Options still available for end suites with 14 000 sq ft and 25 lineal feet of windows overlooking the river priced at \$424,900. Flexible possession on remaining Phase 1 suites.

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- Dance, Acrobatic, & Baton Twirling Classes
- Free Mommy N Me & Parent N Tot classes
- NEW Circus Arts Program

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Janice Morley-Lecomte MLA for Seine River 204-945-8407 Janice.Morley-Lecomte@leg.gov.mb.ca





Dakota Community Community Centre Inc.

1188 Dakota Street, Winnipeg, MB R2N 3H4 Tel: (204) 254-1010 Web: www.dakotacc.com

For more information and a complete list of Board of Directors, visit www.dakotacc.com

This publication has been produced by Write It Right. Project Manager: Lori Kemp







Questions?

Hockey Director

Clifton Dorge Phone: (204) 226-0563 hockeydirector@dakotacc.com

Ringette Co-Directors

Brenna Smeall & Blair Brouillette Phone: (204) 979-2288 ringette@dakotacc.com

Basketball Director

Brent Amos Phone: (204) 256-9933 basketball@dakotacc.com

Soccer Director

Pram Tappia Phone: (204) 254-2868 soccer@dakotacc.com

Hockey Development (Camps)

J.P. Viaier

jpvigier@dakotacc.com

Adult Hockey Leagues

Anthony Knapp Phone: (204) 254-1010 x 201 anthony@dakotacc.com

Group Fitness/Bootcamp

Jared Neufeld Phone: (204) 254-1010 x 207 fitnessprograms@dakotacc.com

Optimal Training Academy

Terry Hadlow terry@dakotacc.com

Nursery School

Loraine Purdev Phone: (204) 256-4748 dakotanurseryschool@dakotacc.com

Older Adults

Karen Irvine

Phone: (204) 254-1010 ext. 206

It's Time to Register for Fall/Winter **Sports at Dakota Community Centre!**

Registration for Fall/Winter sports takes place through our website between Monday, August 29 and Friday September 9, 2016

Register online at dakotacc.com for the following youth sports:

Ringette
 Basketball
 Indoor Soccer

*Online registration for **youth Hockey** is now open until Tuesday, September 6 through the St. Vital Minor Hockey Association website. Go to www.stvitalhockey.ca to register.

Register for other Dakota Programs anytime through our website or by calling the contact provided:

- Fall Hockey Camps
- Seniors Programs
- Group Fitness
- Morning Bootcamp
- Adult Hockey Leagues
- Optimal Training Academy



Visit Dakotacc.com for programing information and registration, or contact one of the individuals on the left if you have questions.

Mark Your Calendars...

Sport & Recreation Expo – Wednesday September 7th

Dakota Community Centre is having a **SPORT & RECREATION EXPO** on September 7 from 4:00 pm – 9:00 pm in the Jonathan Toews Sportsplex Gymnasium! Come out and learn about the programs available in your community! Our staff, volunteers, and others will be on hand to share valuable information on sport and recreation opportunities available for all ages. More information at www.dakotacc.com.

Executive& Board of Directors

President Tom Thiessen

Vice-President – Policy & Administration Terry Sharman

Vice-President – Winter Sports, Building & Grounds Michelle Jansen

Vice-President – Summer Sports & Indoor Programming Christopher Chapman

Secretary/Treasurer Kristen Perrault

Robert Bachart

Steve Bamburak

Elliot Cameron

Tim Smith

Chantal Sturk-Nadeau

Basketball Director Brent Amos

Baseball Director
Luc Jubinville (acting)

Soccer Director Pram Tappia

Softball Director Moe Berard

Hockey Director Clifton Dorge

Ringette Co-Directors Brenna Smeall & Blair Brouillette



Message from the Board President

I hope you've enjoyed our fantastic summer!

On behalf of the board of directors of Dakota Community Centre Inc., thank you once again for your interest in our community centre, and for looking through this latest edition of our newsletter.

We were delighted to welcome many of you – some familiar faces and many new ones – to our annual general meeting in April. The annual meeting not only provided Dakota's members with the opportunity to elect our new board, but also to participate in a 'Dakota Park green space' public consultation. Thanks again to our area councillors – Janice Lukes and Brian Mayes – for seeking input from the community on this exciting initiative.

It was also wonderful to welcome **ten** new board members as a result of the elections at our annual meeting. Indeed, it has been refreshing to see this renewed level of community involvement, and to bring on new volunteers to the board (and some returnees too!). This blend of new perspectives and experience will undoubtedly serve our community well in the months and years to come.

Volunteers certainly make up a critical component of community centres in Winnipeg, and Dakota is no exception. Many of them work tirelessly to deliver sports programs, coach teams, hand

out equipment, and oversee our governance efforts at the committee and board levels.

And perhaps it's because so many of our volunteers work 'behind the scenes' with little recognition, that it was especially gratifying when one of them was recently recognized in a very public way.

On May 30th, the City of Winnipeg and Qualico Communities officially unveiled the new street sign for **Karen Irvine Crescent,** in recognition of our longtime Dakota volunteer and board member.

If you haven't already seen the write-up on this event, please make sure to visit dakotacc.com to read more. Suffice to say that this is a long overdue and well-deserved acknowledgment of Dakota's longest serving volunteer, and we couldn't be more pleased for Karen and her family!

I know that our new volunteer board is incredibly grateful for the work of Karen and others who have come before them. And we remain committed to serving the community and delivering on our mission: to provide excellence in recreation and sports for everyone.

Tom Thiessen *Board President*tom@bomamanitoba.ca

Message from the Chief Executive Officer

It's hard to believe that a year has passed since I joined Dakota...and what an exciting year it has been!

Many of you may have noticed the Fieldhouse rising out of the ground on the north side of the Jonathan Toews Sportsplex. Construction of this 60,000 square foot, \$20m addition is progressing quickly, with plans to have the exterior complete by Halloween. Interior work will continue throughout the winter and spring, with paving and landscaping getting underway as weather allows in the spring of 2017. We are excited to be on track to have our Grand Opening and welcome sports and events into the building next fall!

As we eagerly anticipate this new addition, we remain deeply committed to maintaining and improving our existing facilities, as they age. If you've visited the Sportsplex

lately, you'll notice some welcomed changes, including an open service window in the front office as you enter the building, where our office staff are available to assist each weekday from 9 a.m. to 5 p.m. With help of a \$50,000 Renovation grant, we've been able to upgrade both sets of washrooms on the 2nd floor, as well as replace the dressing room doors and some flooring around the Centre.

We launched a new website to provide easier access to information and registration for our community members.

While the Fieldhouse is only Phase I of a larger redevelopment plan for the Dakota campus, we're continually planning to enhance the facilities and offerings available to our community. In addition to continuing to seek support from all levels of government, we are beginning to reach out to private donors as part of capital fundraising campaign to support the current and future phases of development and ensure that we have the best facilities and programs for our community for years to come! You'll be hearing more about this in the coming months.

A new Board was welcomed following the AGM in April and we are pleased to see so many new members of our community eager to volunteer their time for this important work. Our sincere thanks to the members who've stepped down from the Board this year. Several had served for many years and we are grateful for all you've done to make Dakota CC a better place.

With the lazy days of summer coming to a close, it's time to begin planning for activities to keep ourselves and our families active this fall/winter.

Online registration for fall/winter youth sports (Ringette, Basketball & Indoor Soccer) takes place between August 29 & September 9, so be sure your to sign up your son or daughter for a fun-filled experience. Registration for fitness programs, fall hockey development camps, seniors programs, adult hockey league, nursery school or Optimal Training Academy are available anytime through our website or contact provided.

For those looking for more information on what is offered in our community, Dakota CC will be hosting our first ever **Sport & Recreation Expo** on Wednesday, September 7 between 4pm & 9pm. Watch for more details on our website! We hope you can join us!

In closing, I'm very proud to say that Dakota Community Centre was recently voted the "Best Community Centre in Winnipeg" by the readers of Canstar Community Papers. Having spent the last year getting to know the people that make this place great, I truly believe we're deserving of this title!

Michele Augert

Chief Executive Officer michele@dakotacc.com 204-254-1010 ext. 204







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New Vision, Mission Values for Dakota CC

As part of a strategic planning exercise undertaken by the Board earlier this year, Dakota Community Centre has a new Vision, Mission and Values to help guide the Centre as it plans for its exciting future.

Our Vision:

An engaged, healthy, vibrant community

Our Mission:

A gathering place providing excellence in recreation and sports for everyone

Our Values:

Inclusiveness - welcoming, safe and accessible Teamwork - partnerships and volunteerism Fairness - responsibility and respect Opportunity - nurturing and achieving potential Excellence - exceptional facilities and programs

Community members, volunteers, Board and staff provided input into the planning process, with the Board gathering over two weekends in January to craft the Vision, Mission & Values, as well as to set strategic priorities for the next 3 - 5 years.

"It's wonderful to see the passion and collaboration of so many result in these important guiding statements for our Centre" said Tom Thiessen, Board President. He added, "I sincerely



believe the message of who were are as an organization, what we're here to do and, the principles that guide us as along the way, are clearly reflected in this framework. This will serve us well as we grow and plan for our future."

Visit the **new website** at dakotacc.com to find out more about **Dakota Community Centre**

Fieldhouse Construction Update

It's hard not to notice that something 'new' is happening in our community with a huge structure rising out of the ground on the north side of the Jonathan Toews Sportsplex! Construction on the new 60,000 sq. ft. multipurpose Fieldhouse is in full swing, and excitement for this new \$20 million addition to our community centre is growing each day. While much has progressed since the site was cleared this past winter, there's still a lot of work still to do before the facility is opened to the public next fall.

Construction is on schedule, despite the large amounts of rain received and plans to have the exterior complete by the end of October are looking good. Interior work will continue throughout the winter and spring, with paving and landscaping getting underway as weather allows in the spring of 2017. We are excited to be on track to have our Grand Opening and welcome sports and events into the building starting next September!

At the time of writing the pre-engineered steel structure that surrounds the new gymnasium space has been erected and the conventional steel roof almost complete. Concrete trucks continue to arrive on a regular basis while the foundation work wraps up and preparations for the pouring of the concrete floor gets underway.

A large project sign has been installed on Dakota Street, displaying the building rendering and details about the Fieldhouse. The sign is providing passers-by a sense of what's happening on the campus and know what will be offered in the new Fieldhouse when opened in 2017.

For more information on the new Fieldhouse, please see www.dakotacc.com Also, sign up for our enews bulletin to receive regular updates and stay in touch with all the news at Dakota Community Centre.



Bird Construction 1055 Erin Street Winnipeg, Manitoba P: 204-775-7141 www.bird.ca

CHALLENGING PROJECTS BUILT BY BIRD

Congratulations on the new Dakota Fieldhouse!



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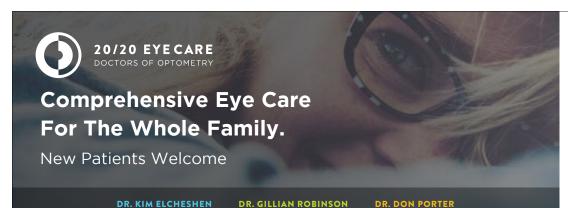
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FIND US
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2-835 Dakota Street (across from St. Vital Centre)



204-953-2020



20-20eyecare.ca



What's happening at **Dakota Community Centre** this Fall & Winter?

Online Registration for Fall/Winter Youth Sports; August 29 – September 9

Sport & Recreation Expo - September 7

Dakota Community Centre is having a Sport & Recreation Expo in the Jonathan Toews Sportsplex on Wednesday September 7 from 4:00 pm - 9:00 pm!! Come out and learn about the programs available in your community! Our staff, volunteers, and others will be on hand to share valuable information on sport and recreation opportunities available for all ages. More information at www.dakotacc.com.

WRHA Flu Shot Clinic at Dakota -Oct. 25, 26, and 27

WRHA's annual flu shot clinic is on Oct 25, 26, and 27, 2016 in the 2nd Floor Great Hall in the Jonathan Toews Sportsplex Protect yourself and your loved ones this year with a flu shot. Please bring your Manitoba health card. For more information, visit: wrha.mb.ca.

29th Annual Christmas Craft Sale -November 5th and 6th

Saturday, November 5th, 2016 10:00 am - 5:00 pm Sunday, November 6th, 2016 10:00 am - 4:00 pm

Join the crowd at Dakota Community Centre in the lower and upper halls for one of the largest community craft sales in Winnipeg! There are 80 venders in attendance, a tea room, and lots more!

Admission: \$4.00 for the day.

Call Karen Irvine for details:

204-254-1010 (please leave a message)

Santa's Breakfast - December 10, 2016

Every body's waiting for the man with the Big Red Bag!

Dakota Community Centre's famed annual Breakfast with Santa is back again on Saturday December 10, 2016 from 8:00 am-11:30 am. The event will be held in the Jonathan Toews Sportsplex gymnasium. Of course, Santa and Mrs. Clause will be in attendance along with musical guests, activities, a delicious breakfast and more! Last year's breakfast was a huge success with 300 attendees and tickets sold out quickly! Watch for information on ticket sales at dakotacc.com and in our October/November eNews.

Youth Fall Hockey Development Camps

Learn to advance your skills with hockey camps designed by former NHLer J.P. Vigier and his team of instructors.

Camps Focus On

- Improving skating skills including direction, speed, power skating, efficiency, and moving comfortably in equipment.
- Stickhandling, passing and shooting.
- Introducing new skills and preparing for the next season.

Camps will run weekdays between September 6 and October 8 and involve 9 one-hour on ice sessions during this period. Various times are available for groups between 5 - 16 years of age.

More details available at dakotacc.com Cost: \$260

Questions?

J.P. Vigier, Hockey Development Director ipvigier@dakotacc.com

Optimal Training Academy

Enhance your performance with Optimal Training Academy sessions designed by resident personal trainer Terry Hadlow.

Through the Optimal Training Academy, Terry trains adults, youth, and those who are interested in Olympic weight lifting. Terry works with sports teams as well as individuals for performance training.

Sessions focus on:

- Improving fitness
- Core body
- · Strength and explosiveness.

Sessions come in 4-10 week blocks or 10 sessions at a time. Visit dakotacc.com for more information on session length and cost.

Testimonial

"The Optimal Training Academy has really helped me develop. From the on ice sessions to the weight room, every aspect of it has been great. The close relationships you build over the years with the trainers really helps you excel in this program. In my case, the 6 years of working with Terry Hadlow has really benefited me. He pushed me and the program really knows how to focus on every athlete's needs"

- Travis Hamonic, 6 year member: New York Islanders Defenseman

Questions?







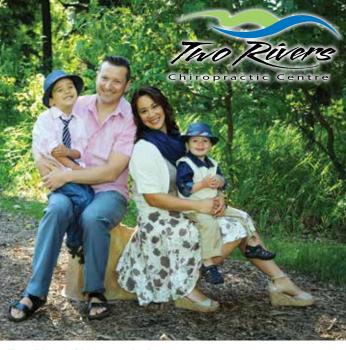
- Unique Music Program including Strings and Early Start Band
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- · Early Start French in Kindergarten
- Full-Day Kindergarten
- · Before and After School Care
- Technology Lab
- · Daily Physical Education, Music
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UNDER THE GOSPEL

Please call Heather to arrange a tour. www.bsls.ca • admissions@bsls.ca

204.984.9600 EXT 4



Two Rivers Chiropractic Centre

Unit S, 730 St. Anne's Road Dr. Myron Dalke and Dr. Kimberly Mah Dalke

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LOCATIONS

Massage Therapy Available

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BECOME A BETTER STRONGER SWIMMER WITH THE MANTA SWIM CLUB

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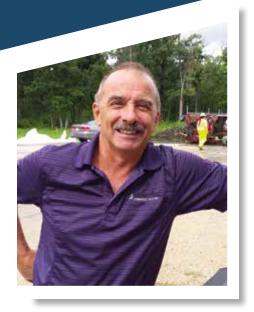
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Terry Hadlow terry@dakotacc.com Phone: (204) 254-1010 ext. 302





Meet the Community Centre Staff

Bob Saelens Facility Manager

How long have you been at Dakota **Community Centre?**

Wow!! It was eight years in April!

What were you up to prior to joining Dakota?

I owned and operated a dairy delivery service, (way too many early mornings), and before that I worked 23 years in the farm implement manufacturing industry.

What do you like best about working at Dakota Community Centre?

The staff and all the different people you meet on a daily basis, not to mention it's only two minutes from my house!

What is one thing about you that might surprise people?

I never learnt how to skate until I was 11 years old.

What do you like to do in your free time?

I still enjoy coaching and playing hockey in the winter, golfing in the summer, and spending time with my wife of 31 years Carole, (best 31 years of her life!!!) as well as spending time with family and friends.

Facility & Ice Rentals

Need a space? Be our Guest!

- The Great Hall accommodates 371 people.
- The gymnasium accommodates 321 people.
- · Meeting and board rooms accommodate approximately 30 people each.
- · Ice rentals are also available.

Dakota CC is a great place for socials, birthday parties, meetings and more. For prices and further information, visit dakotacc.com or call Susan Southern at 254-1010 ext. 210

Dakota Nursery School

Now Accepting Registrations

Dakota Nursery School program promotes the overall development of its students through discovery of ourselves and the environment we live and play in. Physical and social development is emphasized during free play. Many different play centers including sand play water play, home living, manipulative puzzles, blocks construction and many art activities are available to the children. Emotional and intellectual development is stimulated through teacher directed activities which are designed to teach many preschool skills.

Dakota Nursery School will begin its Fall **Program with our Class Meet & Greet** for registered participants on August 31 and Sept 1, 2016. Limited space is still available for the 2016/17 year, please contact us at 204-256-4748 or email: dakotanurseryschool@dakotacc.com for more details. Visit dakotacc.com for class schedules and times.

2016 Scholarship **Award Recipients**

Each of the following received \$500 towards post-secondary studies:

Hannah Barre, Glenlawn Collegiate

Paige Collins, College Jeanne-Sauve

Milaine Maguet, Centre Scolaire Leo-Remillard

Congratulations and best wishes as you pursue your post-secondary education!

Dakota Community Centre is now accepting applications for our 2017 Scholarship Awards. Get your applications in before March 31, 2017. For details, visit dakotacc.com.







FEELING DIZZY?

Many adults have experienced some sort of vestibular dysfunction.

BALANCE

Balance is controlled by:

- the inner ear (the vestibular system)
- the eyes (vison)
- sense of touch (proprioception)

SYMPTOMS

You may experience one or several symptoms: **Balance Problems**

- Vertigo (sensation of movement)
- Dizziness Imbalance
- Problems Concentrating
- Vision Disturbance
 Hearing Changes

DIAGNOSIS

Vestibular disorders are not easy to diagnose. Patients can often consult several medical professionals before receiving a diagnosis. Your doctor will take a medical history and may order several types of testing including; hearing, balance and vision. Getting a diagnosis may mean ruling out other conditions. Your condition may be short term (acute) or long term (chronic).

TREATMENT

Your treatment will depend on your diagnosis.

- Physical Therapy Positioning Manaeuvers
- Diet and Lifestyle Changes Medication
- Surgery Counseling





For more information or to schedule an assessment contact Vista Place Physiotherapy and Sports Injury Centre 204-253-2165 Welcome to our new full-time physiotherapist Kim Champagne who is also offering Saturday appointments.

St. Vital Montessori School Pre-School for children ages 2.5 -

Open House and Registration for the 2016-2017 School Year August 31st, 2016 at 6:00 pm

• Development of Independence • Building Social Skills & Self Confidence • Full Time 5 - 1/2 Days per week • Part Time 3 - 1/2 Days per week

For Details call: (204) 255-0209 613 St. Mary's Rd. • www.stvitalmontessori.ca Please note that we have returned to our original location

Back to our roots, forward to our future!



Programs for Young Children

Little Mozarts for children in K, Gr.1, Gr.

Junior Music/ Young Musicians for children 4 to 7 years of age

Apple Course for children 2 years of

Adults: \$98.00

for beginners age 8 to adult 6 weeks of private

Aptitude Music Program

- instruction Music lesson books
- A free practice instrument*
- Choose from lessons on:

Piano* • Keyboard*

Guitar* • Drums Voice • Violin*

Children: \$98.00



for children 3 years of age **6 Winnipeg Locations**

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Classes begin September Call Now

For complete details call

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Programs for Older Adults

Dakota 55+ Lazers Program (Annual Membership required)

Whether you're looking to keep fit, learn new things, or surround yourself with a community of likeminded individuals, Dakota 55+ Lazers Program has it all! Now is the time to become a member! There are programs and sports for a variety of interests, fitness levels, and hobbies!

Group fitness classes happen all year round, as do cards, games, crafts, and computer classes.

Mondays:

12:30-3:30 pm: Cribbage 1:00 pm-4:00 pm: Indoor Pickleball

Tuesdays:

9:30 am & 11:30 am: Floor Curling (Regular Teams) 10:00 am - 11:30 am: Line Dancing Wednesdays:

12:30 pm - 3:30 pm: Whist

Thursdays:

9:30, 11:00, 12:30 & 2:00: Floor Shuffle (Regular Teams)
1:00 pm - 4:00 pm: Kraft Korner
6:00 pm - 9:00 pm: Kraft Korner

Kraft Korner includes sewing, knitting, quilting and more. Come and take a peek to see what the other craft artists are up to!

For questions about floor shuffle, please call Val Post (204-256-3342).

Pickleball is moving indoors for the fall and will be held in the gym.

For questions about floor curling, please call Linda Coleman (204-253-5108).

Dakota 55+ memberships are \$15.00 annually and are valid from September to August. Most programs also have a \$3.00-\$4.00 drop in fee.

Questions?

For registration or more information, contact **Karen Irvine**, Resource coordinator for Boni-Vital Council for Seniors. She can be reached in person at her office on the second floor of Dakota Community Centre, or by calling 204-254-1010 ext. 206 (please leave a message).

Computer Classes for Older Adults

Technology is a way of life today and we're addressing the desire for older adults to learn more about computers, smart phones and tablets.

Join us as we show you the ins and outs of personal computers, tablets and smart phones using simplified terms, examples, pictures and videos that describe in easy-to-understand English.

8 Sessions over 4-weeks. Dates and times TBD
Rates: \$50.00 per session
Valid Dakota 55+ Lazers membership also required - \$15.00

Questions?

Karen Irvine 204-254-1010 ext. 206 (please leave a message)

Group Fitness and Bootcamp

Get in shape this fall/winter by joining our Group Fitness Programs. There are several membership options to choose from to suit your schedule and budget. Classes offered include Yoga, Cardio, Strength Training, Zumba and more. All fitness levels and beginners are welcome. See our website for more details, and to register. Want to try us out? Contact our office at 204-254-1010 to get a Free Drop in Pass – free for first time members only.

Visit dakotacc.com for a complete class schedule.

Questions?

Jared Neufeld 204-254-1010 ext. 207 fitnessprograms@dakotacc.com

ERIK Kits available for pick up!

Dakota Community Centre has ERIK packages (Emergency Response Information Kits) available for pick up to help you in the event of an emergency. These kits are available at the front reception office, free of charge.

Dakota Ringette

This season Dakota Community Centre hosted 13 ringette teams in all age groups and skill levels from R4U to our Open division. We want to congratulate all the teams on such a wonderful season this year. Several of our teams were very successful at the City, Provincial and Western levels this year. Several of our other teams took bronze and silver medals from the championships. We would like to congratulate the U12A1 Dakota Destroyers (City Champs), U16A Dakota Satel (Provincial Gold, Western Silver) and the Open 2 Dakota Danielson (City & Provincial Gold) teams.

We would also like to encourage all individuals interested in getting their child involved in ringette to contact myself, Brenna Smeall, or to stop by Dakota CC to talk to other ringette families, volunteers and staff. The sport of ringette is designed to develop and promote sportsmanship, lifelong friendships, and a strong sense of community within a safe and encouraging environment.

We look forward to another fantastic 2016-2017 season. Registration for Ringette will be from August 29th to September 9th and will be available online at DakotaCC.com. Fall camp will run from September 1st to 13th for ages from R4U to U19.

Blair Brouillette & Brenna Smeall Dakota Ringette Co-Directors ringette@dakotacc.com

Don't be a Stranger!

Connect with Dakota CC on Facebook, Twitter, Instagram, or visit dakotacc.com.



We Have WIFI!

Let us help you stay connected Dakota Community Centre is a WIFI hotspot. Use your MTS or Shaw password.

Our New Website!

Come and visit, at dakotacc.com.
The new website is expertly designed so that all the information you need is within reach. It only takes a few clicks to register for one of the many programs offered at Dakota Community Centre.

Youth Hockey

www.dakotacc.com.

Dakota Community Centre is a member of St. Vital Minor Hockey Association, who will once again be hosting winter hockey registration. Registration will be open from August 1st to September 6th and is open to all players from age 4 to 17. Please visit www.stvitalhockey.ca for more information and to register.

We would also like to encourage all individuals interested in getting their child involved in hockey to contact myself, or to stop by Dakota to talk to other hockey families, volunteers and staff. We are happy to answer any questions you may have. Play safe, have fun and rememberwe do this for the kids!

Clifton Dorge

Hockey Director
hockeydirector@dakotacc.com

Fast Fact....

Bootcamp is a great way to jump start your fitness routine and keep in shape as the temperatures drop! Not sure what to expect? **Join us for a FREE Drop in Class!!**

Classes are on Monday, Wednesday, and



Friday at 6:00 am. Qualified instructors Liisa Burgess and Rachel Smith will work with you at your fitness level.

Register online at dakotacc.com or call 254-1010

Free Public Skating at Dakota CC

New schedule starts in September. Please check the website for dates and times available each week throughout the fall and winter seasons.

CanSkate

Registration for the fall/winter session is now open! To register or for pricing info, visit dakotacc.com or skatewinnipeg. ca. Sessions start on Monday, October 17, 2016.

Canskate, developed by Skate Canada, is a nationally recognized learn to skate program for all ages and stages. Join 250 skaters and learn to skate with certified coaches!!

Coaches focus on:

- The fundamentals of skating for any ice sport from hockey to figure skating
- Life skills such as goal setting, planning, self-discipline, teamwork and time management

Mondays Ice Times:

PreCan (Preschool age): 4:50 pm – 5:20 pm Skate 1&2 (Beginners with no previous experience): 5:25 pm – 6:10 pm Skate 3 – adult (Previous experience with CanSkate): 6:15 pm – 7:00 pm

Questions?

Skate Winnipeg skatewinnipeg.ca info@skatewinnipeg.ca



ST. VITAL CHILL FEMALE HOCKEY

- All Female 6 & Under (6U) teams!
- 18 Female Novice teams city-wide.
- It's the fastest growing sport in St. Vital & Winnipeg!
- All league games are in Winnipeg, NO out of town games*.
- Girls born in 2012 & older can play Female hockey!
- Last year over 70 5-8 yr. olds played Female hockey in St. Vital.

Registration opens August 1st, 2016. Visit www.stvitalhockey.ca for more information and to register.

Come Try Female Hockey for Free! Aug 31 Dakota CC @ 6:00 PM Email stvitalchillnovice@gmail.com to register

*Female Timbits and Female Novice

Volunteering with Dakota Community Centre

What's it like to volunteer as a mini soccer coach for Dakota Community Centre? Susanne Dandenault knows, she coached her daughter's grade 1 mini soccer team this spring. Dakota Community Centre caught up with her and asked her some questions about her experience.

Q: What is your job as a coach?

A: The demands are less at this age but I prepare (the FUNdamental Session Plans) for each session to ensure we learn something and have fun without too much downtime/talking by the coach. Kids want to move and play. I review the session plan and think/research something fun to do as a warm up (so much available online). If you're prepared, it's easy. I like to be prepared.

Q: What made you want to be a Mini Soccer coach?

A: I wanted my child to have the opportunity to play so, I thought the best way to provide my child the opportunity was to coach their team. I was a high performance athlete for many years, I know the positive impact a knowledgeable and caring coach can have so I am making that happen for my children and those of others.

Q: What is one thing that has made you smile so far as a coach to the Grade 1's?

A: Hearing the kids laugh during our sessions because this is supposed to be fun! How does coaching make you feel? It feels right because I am giving back to my community. I've had many coaches over the years and most were volunteer. It's the least I can do. If the kids are laughing and learning, I'm happy.

Being a Mini Soccer coach is easy and fun!! Want to volunteer? Visit dakotacc.com for more details!

Volunteers Wanted!!

Looking to give back to the community? Dakota Community Centre is always looking for new and friendly faces!

Current volunteer opportunities:

- Youth Sport Coaches/Equipment Managers
- Mini Soccer Coach: Take your team through simple drills and exercises. (Spring and summer annually)
- Santa's Breakfast: December 10, 2016
- Annual Craft Sale: Set up and takedown, door supervision. (November 5 &6, 2016)

For more information, call 254-1010 or visit dakotacc.com

June 12, 2016 - Mini Soccer Windup - A Giant Success!

Despite thundershowers and threatening clouds, more than 800 parents, coaches, and mini soccer players from our community visited Dakota Community Centre on Sunday to attend the Mini Soccer windup. From 10:00 am – 2:00 pm, visitors enjoyed a well-deserved celebration for a great Mini Soccer season! A HUGE thanks to all the parents, coaches, and players for a great season! See you next year.

Fast Fact: 502 mini soccer players participated through Dakota CC this spring.

All 72 mini soccer coaches are volunteers – A HUGE THANK YOU TO ALL! Visit the news section at dakotacc.com for the full story.

Hours of Operation

Main Office

Monday- Friday, 9:00 AM - 5:00 (Except on Statutory Holidays)

Facility & Weight Room

Monday - Sunday, 6:00 AM - 11:00 PM

Dakota – Winnipeg's BEST Community Centre!

This year, Dakota Community Centre was voted the **BEST Community Centre in Winnipeg** by the readers of Canstar Community Newspapers! In their announcement Canstar said "that Dakota Community Centre is "...one of the most modern and fully equipped community centres in the city, Dakota is home to just about every sport you can name, and its facilities are busy year-round."

Athletic Centre/Weight Room

Membership Fees:

1 Year: \$250.00 6 Months \$160.00 3 Months: \$100.00 Plus an additional \$20.00 fee for an entrance key fob

Hours:

Monday - Sunday, 6:00 AM - 11:00 PM

Southside

D E N T A



WE PROVIDE FULL DENTAL CARE TO SMILES OF ALL AGES.
SERVICES INCLUDE SPORTS MOUTH GUARDS, CROWNS, BRIDGES,
DENTURES, IMPLANTS, BRACES AND NITROUS OXIDE SEDATION.



Dr. Brad Stevens and Dr. Ajay Sankar

Evening and Saturday appointments available Visit our website greatsmile1@shaw.ca, or contact us at 204-257-1891







STILL A GREAT PLACE to build



FORTY YEARS AND MORE THAN 8,000 HOMES LATER, RIVER PARK SOUTH IS STILL IN HIGH DEMAND

The final phases of development are just being released in this fantastic St.Vital community.

Warde Rading and Street Road SHOW HOMES Wainwright Cres.

A selection of premium and custom home lots are still available but they're selling fast. To learn more and see of the last round of show homes in this established community, act now!

SOMETHING FOR EVERYONE

Exceptional schools (both English and French), a village shopping centre, the Dakota Community Centre and over 150 acres of beautiful parks and playgrounds, River Park South is the ultimate family neighbourhood.



Show homes open 6 days a week. Visit our website for hours and more information.



riverparksouth.com

