

# COMMUNITY NEWSLETTER & PROGRAM GUIDE

Exciting Summer Camps return to DCC. Sign up before all the spots are gone!



**2023**

**SPRING / SUMMER**





Unexpectedly  
**AMAZING**



**Sage Creek is a trailblazing community bursting with energy and life.**

**EVERYTHING YOU WANT IN A NEW HOME** Whether you are looking for a home, condo or a custom build, consistent quality is the hallmark here, evident in the contemporary designs, lasting materials, new technology and attention to detail.

**EVERYTHING YOU NEED NEARBY** A network of paths and trails throughout the community connects you to Sage Creek's Village Centre – offering a growing list of shopping, dining, fitness and professional services – all just minutes from home.

**EXPLORE BUILDING NEW IN SAGE CREEK - IT'S FULL OF UNEXPECTED POSSIBILITIES.**

**VISIT A SHOW HOME TODAY!**

*Show Homes open year-round.*

*For hours and information,*

*please visit [sagecreek.ca](http://sagecreek.ca).*

**SAGE  
CREEK**

# Message from the Chair & CEO

03

Dear Community members,

Spring is a time of renewal, which is a fitting theme for this message and so much of what is underway at Dakota CC.

At the time of writing, our Ice Plant Redevelopment project is getting underway, injecting \$1.7m in refurbishment and upgrades to our quarter century old ice plant, that has powered our twin pad rinks since they were built. This much needed upgrade will incorporate numerous energy efficient and environmental upgrades, including new chiller, boiler, as well as a snow melt pit, recycling the melted water and saving our neighbouring forest from the harmful effects of year round snow dumping.

Additionally a much needed \$750K storage building will be constructed behind the Sportsplex later this spring/summer to safely house the growing fleet of equipment and tractors, a well as our Jumpstart Rink Ice Resurfacer and proper fuel storage.

Extensive Redevelopment plans for the Centre's Great Hall (2nd floor space between the two arenas) are also in design phase, providing

better utilization, adaptability and modernization of this important space.

These renovations to our beloved Sportsplex facility are necessary before we embark on the planned expansion of DCC, that will see a third arena, new entrance and multipurpose space, among other planned additions. We will also be launching a capital fundraising campaign later this year to help raise the funds to construct this next phase of our DCC Sport & Rec Complex.

In preparation for this, last November we shared our updated Master Plan for DCC, inviting members of the community to share their thoughts and opinions as to how we might plan further expansions on our site, including important issues such as parking and access exiting on to Dakota Street.

We are also excited to be playing host to some very large and exciting events including the World Police & Fire Games in late July/August as well as Glenlawn Collegiate's 100th Anniversary Celebration's in mid May.

We continue to add programming for all ages, including expanding the ever popular Little Lazer's programs, as well as amenities like food services/concessions and Lazer's Edge Skate sharpening (with 7 day a week drop off/pick up service) to better serve our community.

We've also expanded our advertising and sponsorship opportunities in both the Sportsplex and the Fieldhouse for local businesses looking to connect with the tens of thousands of people coming through our Centre each month! Contact [Brenda@dakotacc.com](mailto:Brenda@dakotacc.com) to see how you can promote your business while supporting your community centre.

Stay tuned for more exciting developments at our Community Centre by following us on Facebook and Instagram, as well as signing up to receive our monthly enews, The DCC Buzz.

*Happy spring everyone!*



**Christian Kennedy**  
Board Chair



**Michele Augert**  
CEO

## 2022 / 23 Board of Directors

Our Board of Directors are community volunteers who focus on good governance and leadership, based on the Centre's [Vision](#), [Mission](#) and [Values](#).

If you live in the Dakota CC catchment and are interested in serving on our board, send your resume and cover letter to [info@dakotacc.com](mailto:info@dakotacc.com) or contact any current member of the board listed to the right.

### **OUR VISION**

An engaged, healthy, vibrant community.

### **OUR MISSION**

To be a gathering place providing excellence in recreation & sport for everyone. community.

### **OUR VALUES**

Inclusiveness, Teamwork, Fairness, Opportunity, Excellence



**Christian Kennedy**  
Board Chair



**Cory Shangreux**  
Vice Chair



**Darren Neufeld**  
Treasurer



**Sandy Nemeth**



**Karlee Batchelor**



**Anthony Maros**



**Matthew Awang**

DAKOTA FIELDHOUSE

## Fieldhouse Track & Fitness Centre and Sportsplex Weight Room

The Dakota CC provides a variety of amenities to help you achieve your health and fitness goals in a welcoming and accessible environment. Regardless of your age or fitness level, we have something for everyone!

### Facility Features:

- ◆ 200m track with three lanes (Fieldhouse only).
- ◆ Cardio equipment (ellipticals, rower, bikes and step mill).
- ◆ Strength training equipment and free weights.
- ◆ Indoor turf area for athlete training. (Sportsplex Weight Room only)
- ◆ Functional training equipment (TRX, stability balls, BOSU, bands, medicine balls).
- ◆ Free orientation on all equipment included with purchase of active pass.

For those interested in learning more about safe and proper fitness training, the DCC offers monthly **Intro to Resistance Training** and **Teen Fitness Orientation** classes every month.



### Get your Pass today!

For more information on access pass options and prices, please contact us at **(204)254-1010** or visit **dakotacc.com**



### Pass Holder Appreciation Event (April 4-6)

Current DCC Active Pass Holders: Enter to win prizes, participate in contests and more! More details coming soon.

## Little Lazars & Youth Programs

Tons of fun and exciting youth programs await you at DCC.

A lifetime of physical activity starts at the Dakota CC!

We will help your little ones develop the fundamental motor skills through fun games and age appropriate skill progressions. Dance programs in partnership with the Royal Winnipeg Ballet School.



Lil' (2-3)	Mini (4-5)	Junior (6-8)	Description
Li'l Soccer	Mini Soccer	Junior Soccer	Intro to Soccer. (Indoor/Outdoor)
Li'l Skaters	Mini Skaters	Junior Skaters	Learn to skate.
Movers & Shakers	Creative Movement		Intro to dance.
Li'l Tumblers			Intro to gymnastics.
		Junior Smashers	Intro to Volleyball.



### Looking for Youth Hockey?

You'll be able to find our Youth Hockey offerings under the Hockey and Ice Programs section on **page 06**.

**Sign up today. Spots are limited!**

For more information or to register for the above programs, visit Fieldhouse Customer Service or [dakotacc.com](http://dakotacc.com)

# Spring & Summer Break Camps

05

Discover new interests & passions with DCC camps.

## Spring Break Camp (March 27-31)

Join us during Spring Break for a week of games and sports like:

- ◆ Basketball
- ◆ Volleyball
- ◆ Soccer
- ◆ Badminton

Your child will develop physical and social skills while playing alongside similar age children in a fun and welcoming environment.

### Looking for Hockey Camps?

Information on our Spring Break Hockey Development camp can be found on **page 06**.



## Summer Camps

DCC has a variety of Summer Camp options for your children! Beginning in July, we'll be offering two different camps per week, for your children to have fun, be creative, and get active!

- ◆ Active Explorer (6-10 year olds)
- ◆ Multi-Sport (10-13 year olds)
- ◆ Hockey Development (7-12 year olds)
- ◆ Art Camp (6-10 year olds)
- ◆ eSport (8-12 year olds)

We will be publishing additional details about our Summer Camps in the next few weeks so be sure to visit **dakotacc.com** for more information and instructions on how to register.

NEW

## Youth Beach Volleyball (Ages 12-15)

Get active with this fun outdoor game!

Sign your team up for summer fun in the sand! Individual players may register and we'll do our best to place them on a team. All players are welcome regardless of ability or experience.

- ◆ League runs June - August
- ◆ Double header weekday games.
- ◆ Teams will play 2 (best-of-3 set matches per night)
- ◆ 20 regular season games. Guaranteed 1 playoff game.
- ◆ All games played at Jumpstart Community Rink & Outdoor Beach Volleyball Centre (back of Fieldhouse)



## Looking for youth sport registration info?

Are you looking to sign up for organized team sports? We've put together useful information on **dakotacc.com** for various leagues being offered in our community.

- ◆ Baseball (Dakota CC) ◆ Softball (Bonivital Softball) ◆ Soccer U9+ (Bonivital Soccer) ◆ Basketball (WMBA)



# Hockey & Ice Programs

06

The coolest way to get active and stay fit.

Improve your skills and have fun on the ice all year round at Dakota CC! Explore all of our program options below or visit [dakotacc.com](http://dakotacc.com) or **Fieldhouse Customer Service** for more details, costs, schedules and registration info.

## Adult Hockey

### Summer Adult League

Twelve regular season games plus minimum one playoff game. Games played at DCC; No Fri / Sat games.

### Winter Adult League

Registration opens May 1st for our 130+ team adult recreational hockey league.

### 40+ Adult Drop-In

Join us for drop-in hockey every Tuesday. Schedule and registration available on our website.



## Youth Hockey

### Spring Break Hockey Development Camp

The season may be over but the learning doesn't have to stop! Players will continue to refine fundamental skills such as shooting, passing and skating.

### Summer 4v4 League

U9 - U18 players can get a step up on the competition this summer. Keep your skills sharp and stay in peak condition with plenty of open ice and puck touches.

### Fall Hockey Development Camps (Ages 5-17)

Our experienced instructors will help players get ready for the upcoming season, focusing on skating speed, agility, passing and shooting.

### Learn to Skate Programs

Introduction to basic skating skills for participants of all ages that have minimal or no skating experience. Skaters will learn balance, control and agility.

### U15 Intro to Body Contact

Learn to safely give and receive body contact, protect the puck and avoid checks with confidence.

**Public Skating / Stick & Puck:** Schedules available on [dakotacc.com](http://dakotacc.com)

## Dakota CC Cafes

Eat, drink and be merry!

The Centre Ice Cafe (located in the Sportsplex) and the Centre Court Cafe (located in the Fieldhouse) are serving up delicious food, snacks and drinks for you to enjoy, whether you're working out, watching your kids play sports or attending one of our fun events.



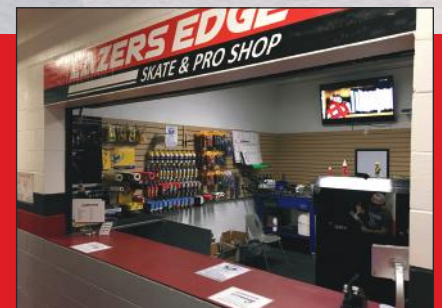
Hours may change seasonally. Please check [dakotacc.com](http://dakotacc.com) for the latest hours of operation.

- ◆ Numerous hot food options at Centre Ice Cafe (hot dogs, burgers, chicken fingers and more!)
- ◆ Grab wraps, soup and other pre-packaged options at the Centre Court Cafe.
- ◆ Catering available for your events. See our website for complete menu.
- ◆ Support your community centre by eating and drinking locally instead of a large chain.



## Lazers Edge Skate Shop & **NEW** Skate Sharpening Drop-Off Service

Hit the ice with style and precision at our one-stop-shop for all things hockey and ice sports! From accessories to skate sharpening, we've got you covered. Try out our new skate drop-off service at the Fieldhouse when we're closed. **Pick them up on your next visit, sharpened and ready to go!**



DCC offers a variety fitness and recreation programs for adult of all ages. Check out what we have to offer below. It's a great way to stay active, improve your health and socialize with others!

## Fitness Programs

### **Group Fitness**

With over 20 cardio, strength and mind/body classes weekly, you are sure to find your fit! Classes are ongoing throughout the year with a variety of access pass options available.

### **Walking Group**

Join us every Thursday at 10:00 a.m. for an instructor led warm up and cool down, with both indoor and outdoor routes throughout the year. (Active Pass or drop in required for indoor sessions.)



## Adult Instructional Courses

### **Photography**

Learn the essentials of smartphone photography in this hands-on class. From camera controls to editing, we'll cover everything you need to know to capture stunning photos with your phone. Perfect for beginners or those looking to up their photography game.

### **iPad/iPhone Basics (Part 2)**

Maximize Your Apple iPad Experience: Master Apps, Gestures, Settings, and More! Learn how to type, add content, set up security measures and troubleshoot common device issues. You'll also learn additional helpful tips on how to best use your device.

### **Connecting Through Technology**

Learn to connect with your friends, family, neighbors and grandchildren through a variety of digital platforms such as Facebook, Instagram, WhatsApp and more!

### **CPR and First Aid Course**

Emergencies can strike at any time. Be prepared with the knowledge of how to handle a range of medical emergencies from cardiac arrest, major cuts, heat stroke, allergic reactions, choking and more. This training is essential for parents, teachers, child care professionals, coaches, babysitters or anyone living/working with someone with a medical condition.

## How do I register or get more info?

We offer **3 easy ways** to register / get info for a class!

- 1 Visit our website at **dakotacc.com**
- 2 Give Customer Service a call at **(204) 254-1010**
- 3 Visit the **Fieldhouse Customer Service** desk.

## Sessional Programs

### **Tai Chi**

Reduce stress and improve balance and mobility through gentle movements.

### **Minds in Motion**

An exercise class/group support for those with early on set dementia. Partners are encouraged to participate.

### **Intro to Resistance Training**

Learn the basics of fitness of safe and effective strength training principles.

## Line Dancing

Kick up your heels and join us on the dance floor for some line dancing! It's both fun and great exercise.

### **Absolute Beginner**

Introduces basic steps in short sequences of easy patterns and rhythms. If you have never line danced before or just started, this class is for you.

### **Beginner+**

Some previous experience is necessary for this class. We will build on the basic steps and incorporate more advanced moves.

## Senior Speaker Series

Join us for these FREE sessions and listen to experts share insights on a variety of topics.

### **Peter Manastyrsky - Disability Tax Credit**

March 17, 11:30 a.m. - 12:30 p.m. (Sportsplex Boardroom)

### **Rafiq Punjani - Right at Home Winnipeg**

April 21, 11:30 a.m. - 12:30 p.m. (Sportsplex Boardroom)

## Senior Resource Finder

DCC is your community resource finder for adults 55+ who need help connecting to support programs and services. Call (204) 254-1010 or visit the Senior Resource Finder page on our website to find out more about how we can help you or someone you know get the assistance they need.

# Pickleball Programs

08

**Beginner or Competitive? DCC is the home of Pickleball.**

The worlds' fastest growing game with the funny name! Pickleball continues to explode in popularity in Manitoba and around the world. With programs introducing new players to the sport to ones for advanced players, the Dakota CC is the premier home of Pickleball in Winnipeg. We feature:

- ◆ 12 indoor hardwood courts
- ◆ Monthly Learn to Play Pickleball Program (Oct - May)
- ◆ Drop-in play weekdays 8 a.m. - 12 p.m. (nets and balls provided, paddles available for rent.)
- ◆ Afternoon developmental programs like Ladders and Shootout
- ◆ Tournaments
- ◆ Courts available for hourly rental



## Spring Smash Pickleball Tournament

**Dates:** Tue, March 21 - Thu, March 23, 2023

This doubles tournament will include women's, men's and mixed categories. Players of all levels & abilities welcome.

Register online at [dakotacc.com](http://dakotacc.com) before all the spots are filled!



# Adult Beach Volleyball League

**Rally in the sun in our co-ed recreational Beach Volleyball league.**

Summer fun at Dakota CC! Our co-ed recreational Beach Volleyball league features recreational and intermediate divisions.

- ◆ Teams will play 2 (best-of-3 set matches) per night. All games scheduled for 6:30 p.m. and 7:15 p.m. at DCC's Jumpstart Community Rink.
- ◆ Teams will always play the same day of the week and time.
- ◆ 20 regular season games. Teams will also be guaranteed one playoff game.
- ◆ Participants must be 18 years of age. (16+ will be accepted with parental consent)



# Don't forget to apply for DCC's Scholarship Awards for 2023

We're proud to offer \$500 Scholarships annually to qualified youth who have demonstrated a strong commitment to the Dakota Community Centre.

Instructions on how to apply available at [dakotacc.com](http://dakotacc.com)

**Submission deadling is March 31 by 4:00 p.m.**





# Upcoming Events

Check out what's on the horizon!

## Movie Nights at DCC NEW

Come watch fan-favourite movies with the community this spring and summer at Dakota CC!

Snacks and drinks available for purchase at a family friendly price! You don't want to miss out!

**Spring Break:** Friday, March 31

**Summer Sizzler:** Friday, June 9th

*Movies and times coming soon. Watch for details!*



## Dakota Days (Concerts & Fun) NEW

Community celebration that includes live bands, magicians, dunk tank, bouncers, Beach Volleyball, beer gardens, face painters, petting zoo, fireworks and much more!



You won't want to miss this one of a kind event - coming to a Dakota Community Centre near you this August. *Watch for additional details coming soon!*

**Date:** Friday, August 18 & Saturday August 19

## Pop-Up Markets at DCC

As always, you'll find Pop-Up Markets during various large events this Spring and Summer at Dakota CC. Be sure to check out [markets.dakotacc.com](http://markets.dakotacc.com) for more info!



## World Police & Fire Games

Held biennially, the World Police and Fire Games is an Olympic-style competition with more than 8,500 athletes representing law enforcement, firefighters, and police officers from more than 50 countries across the world. These athletes compete in more than 60 unique sports.

Dakota CC will be a host venue for Hockey, Pickleball and Volleyball. For more information about the event, please visit [wpfg2023.com](http://wpfg2023.com)

## Thank you to our amazing Skate With Santa Sponsors!

### **Rudolph - (\$1500)**

Mary Brown's Chicken

### **Santa's Helper (\$1000)**

Ron Paul Garden Centre  
Councillor Markus Chambers  
Coca Cola  
Boston Pizza

### **Gingerbread (\$500)**

Pinnacle Staffing  
ft3 Architecture  
Graham Construction  
Bird Construction  
Electra Sign  
SRS Signs

### **Frosty (\$250)**

Vista Place Physiotherapy  
Crosier Kilgour  
Royal Bank (Melinda Deleurme)  
REMAX (Sherri Baldwin)  
David and Joanne Holt  
Sobeys Dakota  
Vista Place Dental

### **Supporters & Advertisers**

Hon. Rochelle Squires - *MLA for Riel* (\$1000)  
Janice Morley Lecomte - *MLA for Seine River* (\$250)



## Thank you to our amazing volunteers!

DCC wouldn't be able to function half as well as it currently does without the help of our amazing volunteers! From the bottom of our hearts,

*THANK YOU for all that you do at DCC!*

## Become a DCC Volunteer!

We're always looking for help with various jobs around the facility. If you're able and willing to join our team, we encourage you to apply through our Volunteer Portal - powered by Better Impact. More information is available on our website.



# Event & Equipment Rentals

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We have the facilities and equipment to make your event memorable.

Discover the versatility of Dakota CC as your event destination. With nearly endless possibilities, you can host most events with us. Here are just a few examples:

- ◆ Birthday Parties (Sunday package available)
- ◆ Socials (Comprehensive packages available)
- ◆ Casual and Business Meetings
- ◆ Holiday / Special Event Parties
- ◆ Tournaments (Fieldhouse or Sportsplex)

## Did you know that we also cater?

We will take care of the food for you so you can focus on your event! We have delicious and nutritious options available to choose from.

Full catering options are available on [dakotacc.com](http://dakotacc.com)

We also have equipment that you can rent out for on-site events. Choose from:

- ◆ Large Inflatable Movie Screen
- ◆ Sledge Hockey Equipment
- ◆ Bouncy Castles (2 available to choose from!)
- ◆ Batting Cage



**CALL NICOLE TO BOOK TODAY!**  
(204) 254-1010 ext 210 or [nicole@dakotacc.com](mailto:nicole@dakotacc.com)

## 2023 Convocations at DCC

We're proud to host the following convocation ceremonies at the Dakota Fieldhouse this summer.

**June 26:** Louis Riel Arts & Tech Centre, Léo-Rémillard

**June 27:** Collège Jean-Sauvé

**June 28:** Windors Park Collegiate, Louis Riel Arts & Tech Centre (Adult Ed)

**June 29:** Collège Béliveau



## Nursery School Program

Fall class registration is now open!

Our programs focuses on emotional and intellectual development. Learning is stimulated through teacher directed activities, which are designed to teach many pre-school skills.

- ◆ 2 Days / Week (Tuesday & Thursday mornings)
- ◆ 2 Days / Week (Monday & Wednesday afternoons)
- ◆ 3 Days / Week (Monday, Wednesday, Friday mornings)

Find out more about these programs on our website at [dakotacc.com](http://dakotacc.com).

Space may be limited so be sure to sign up today!



## Meet Our Staff - Lance!

Lance Letain is our Adult Program Coordinator

Lance grew up in Dauphin and is a rural kid at heart. He currently resides in St. Vital.

Lance Letain helps people stay active and encourages social connections by coordinating and teaching group fitness classes and managing Pickleball programs to over 700 participants. Lance is also the Senior Resource Finder for the St. Vital / St. Boniface neighborhoods.



In his free time, Lance coaches club Volleyball, participated in long distance bike tours, drinks Espresso and loves to do some gourmet cooking.

# Master Plan & Ice Plant Refurbishment

There's exciting changes coming to Dakota CC in the near future.

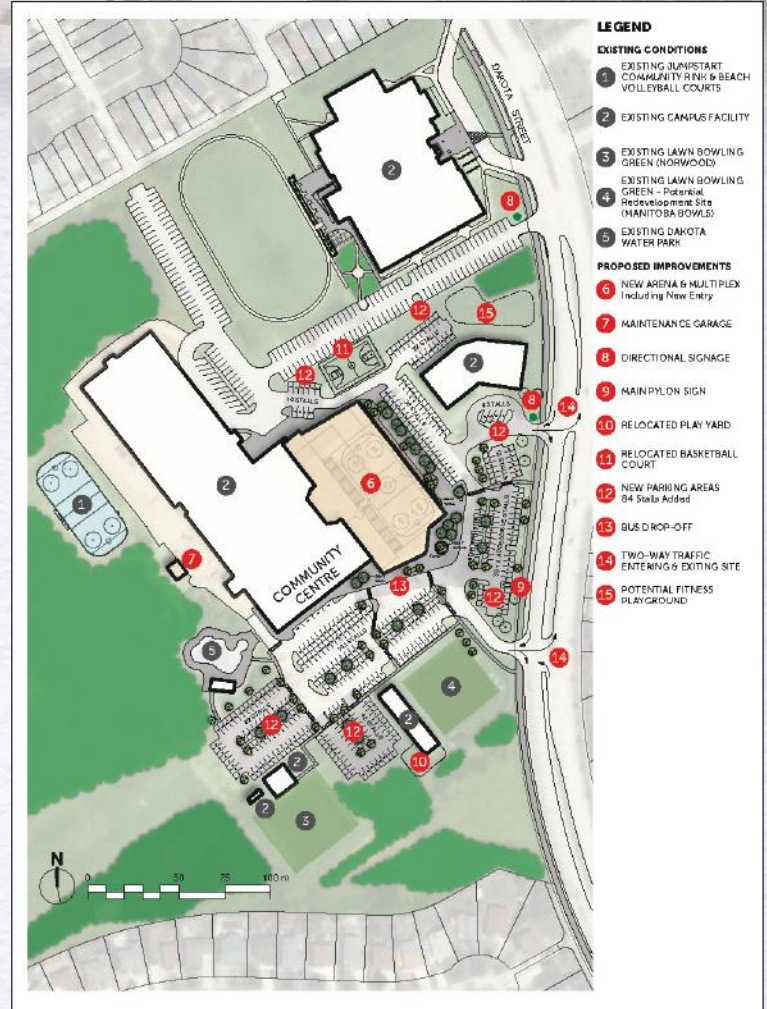
Serving the community past, present and future, the Dakota CC continues to invest in facilities enjoyed by residents of St. Vital and beyond. We have expanded from a humble community centre to housing two indoor arenas, weight room and multipurpose spaces. More recently, we opened the Dakota Fieldhouse and JumpStart outdoor rink, the first fully accessible outdoor rink in Canada. Now, the Dakota CC looks to ensure we continue to meet the growing needs of the community well into the future. Here's a list of what the DCC is currently working on to keep families active:

**Ice plant renovation:** \$1.7m investment in upgrades to our 25-year-old ice plant, providing energy-efficient and environmentally friendly upgrades, including a new chiller, boiler, and a snow melt pit that will recycle melted water and protect our neighboring forest.

**Storage Shed:** This structure will securely store our growing equipment fleet, including our Jumpstart Rink Ice Resurfacers, field maintenance equipment and provide proper fuel storage.

**Great Hall Renovation:** This well used space is undergoing extensive redevelopment plans that will improve utilization, adaptability, and modernization for years to come.

These projects are part of the preparation for our planned expansion of DCC, which includes a third arena, a new entrance, multipurpose spaces, improved parking and traffic flow, among other additions. We will launch a capital fundraising campaign later this year to support the construction of this next phase.



**Your donation makes a big impact!**

Invest in your community to make projects like this along with additional programming a reality.

→] Find out more on the back cover

## Advertise your business or event at DCC!

At Dakota CC, we offer multiple advertising solutions to meet the needs of any business, group or individual. Our community centre serves over 12,000 households in South St. Vital. Hundreds of people pass through our community centre daily.

Choose from month-to-month or longer term options or customize your advertising the way you need it!

Email Brenda at [brenda@dakotacc.com](mailto:brenda@dakotacc.com) to get started!

- ◆ 12 Digital display screens (for both small and large ads)
- ◆ Community Newsletter (this magazine) with multiple ad placement options
- ◆ Monthly e-mail newsletter (Dakota Buzz) with multiple ad options
- ◆ Website banner advertising
- ◆ Rink boards and wall signs
- ◆ Jumpstart Community Rink & Outdoor Beach Volleyball Centre board advertising
- ◆ 5 Large format poster frames



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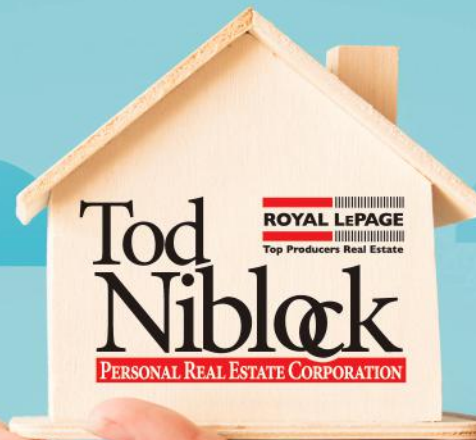
We care about your family and your family's eyes. From contact lenses to sports goggles to sunglasses and eye exams. 20/20 Eye Care has got you covered throughout the year.

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**Thank You**  
**Southeast Winnipeg!**



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Unit 5-140 Meadowood Drive, Winnipeg, MB R2M 5L8  
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# Markus CHAMBERS

City Councillor for St. Norbert - Seine River

📞 204.986.5920

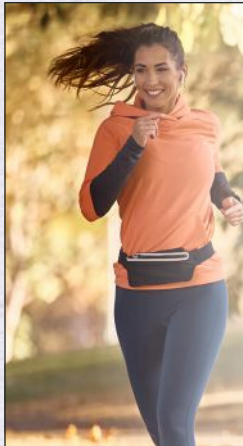
✉️ [markuschambers@winnipeg.ca](mailto:markuschambers@winnipeg.ca)



***Proudly Supporting  
our Community***



**May 17-20, 2023**  
**REGISTER NOW** ♦ [glenlawn100.com](http://glenlawn100.com)



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*Wishing all the Dakota athletes a successful season!*



**Janice Morley-Lecomte**

*MLA for Seine River*

**204-794-8079**

[janice.seineriverMLA@mymts.net](mailto:janice.seineriverMLA@mymts.net)



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## Terry Duguid

Member of Parliament  
Winnipeg South



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204.984.6787 [terry.duguid@parl.gc.ca](mailto:terry.duguid@parl.gc.ca)  
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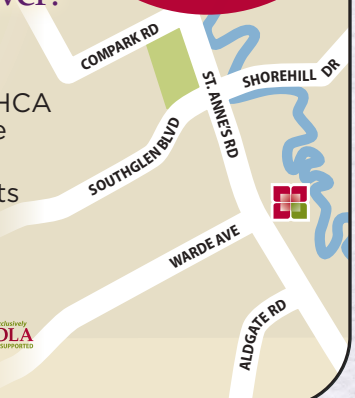


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## Donating to DCC is easier than ever!

Dakota Community Centre is able to grow through your generous support. With your donation, we are able to realize a brighter and healthier future for our community by providing infrastructure like the JumpStart Ice Rink, the Dakota Fieldhouse expansion which offers multiple programs, campus development initiatives and so much more. Help shape the future of DCC. Contributions of any amount are appreciated.

Dakota Community Centre utilizes CanadaHelps.org to manage our donation portal. Using this service, you can have the piece of mind that your donation is securely handled and managed.

**It's easy to get started! Go to [dakotacc.com](http://dakotacc.com)** and look at the top right of your screen (top on mobile) for the yellow **"DONATE"** button and follow the instructions.

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You'll find the **DONATE** button in the top right section of our website ([dakotacc.com](http://dakotacc.com))

