

Community Newsletter & Program Guide

- “New” Spring Break & Summer Day Camps for Kids
- Hockey Skill Clinics
- “New” Group Fitness Classes
- 4 x 4 Summer Hockey



Dakota's Rec Beach Volleyball League
Sign your team up today!

www.dakotacc.com

SPRING/SUMMER 2020



Rochelle Squires

MLA for Riel / Députée pour Riel

Constituency Office
Bureau de Circonscription
 Unit 5-140 Meadowood Dr.
 Winnipeg, MB R2M 5L8

rochelle@rochellesquires.ca
 204.615.5241



Dakota Community Centre Inc.
 1188 Dakota Street, Winnipeg, MB R2N 3H4
 Tel: (204) 254-1010
 For more information visit www.dakotacc.com
 This publication has been produced
 by Jae Media. Project Manager: Lori Kemp



New Board of Directors (and guests) pictured at AGM on November 26, 2019

Questions?

- General Information**
 Phone: (204) 254-1010
info@dakotacc.com
- Room Rentals/Meetings/Socials**
 Rae Vincent
 Phone: (204) 254-1010 ext. 210
rvincent@dakotacc.com
- Dakota Performance Programs**
 powered by Strive (Ultimate You; Team Training)
Fitness & Yoga Programs
 Jared Neufeld
 Phone: (204) 254-1010 ext. 216
jared@dakotacc.com
- Fieldhouse Court Rentals/Kids Day Camps**
 Randy Anderson
 Phone: (204) 254-1010 ext. 213
randy@dakotacc.com
- Adult Hockey League/4 x 4 Hockey/ Ice Rentals**
 Anthony Knapp
 Phone: (204) 254-1010 ext. 201
anthony@dakotacc.com
- Advertising/Sponsorship/Donations**
 Colleen Mahon
 Phone: (204) 254-1010 ext. 214
colleen@dakotacc.com
- Dakota Nursery School**
 Loraine Purdey
 Phone: (204) 256-4748
dakotanurseryschool@dakotacc.com
- Senior Programs, Volunteers & Seniors Resource Finder**
 Melissa Larter
 Phone: (204) 254-1010 ext. 217
melissal@dakotacc.com
seniorresources@dakotacc.com
- Director of Operations**
 Mark Spencer
 Phone: (204) 254-1010 ext. 212
mark@dakotacc.com

Board of Directors

- Mark Antunes**
Chair
- Christian Kennedy**
Vice Chair
- Darren Neufeld**
Secretary/Treasurer
- Victoria Cornick**
- Daryl Patton**
- Michael Raimondi**
- Cory Shangreux**
- Chantal Sturk-Nadeau**
- Teresa Toutant**

Our Vision

An engaged, healthy, vibrant community.

Our Mission

A gathering place providing excellence in sport and recreation for everyone.

Our Values

- Inclusiveness
- Teamwork
- Fairness
- Opportunity
- Excellence

FOR SPRING/SUMMER YOUTH SPORT REGISTRATION INFORMATION, PLEASE GO TO PAGE 6 OF THE PROGRAM GUIDE SECTION OF THIS NEWSLETTER.

Dakota CC Hours of Operation

- DCC Reception Desk** (located in Dakota Fieldhouse) Monday – Sunday (Daily) 6am – 10 pm
- Fieldhouse Track** */** Daily - 6am – 10 pm
- Weight room** * (Sportsplex Basement) Daily 6 am – 10 pm
- Robins Food & Beverage Service***
 Monday – Friday 4 pm to 8 pm, Saturday & Sunday 8 am to 8 pm
- Lazers Edge Skate & Pro Shop***
 Mon-Fri: 5pm – 10pm, Sat: 10am-10pm, Sun: Hours dependent on rink schedule
- Jumpstart Community Rink/Beach Volleyball Facility**
 Visit our website or call (204) 254-1010 for available times.
- Administration/Facility Rentals /Seniors Office**
 (2nd Floor Jonathan Toews Sportsplex)
 Monday – Friday 8:30 am – 4:30 pm (Closed Statutory Holidays)
- *hours of operation are reduced during summer months - please check dakotacc.com
- **occasional closures may occur for special events

The Community, Family and Party Destination

Travelodge

Winnipeg East | 20 Alpine Road
(St. Anne's and Fermor)

204-255-6000

Our Family Get-A-Way

ONLY \$139.99

One night stay- standard or poolside
 2- Two topping pizzas
 1 game of bowling for a family of four



BIRTHDAY PACKAGES

- 1 Game Package - 2 hours** **\$11** per person
 Includes: 1 game of bowling, shoe rental, 2 pitchers of pop per lane (based on 6 people per lane), small bag of chips per person, 4 bowling vouchers for the birthday child, 1 hot dog per person
 With 1 12" pizza per lane (based on 6 people per lane)
- 2 Game Package - 2.5 hours** **\$15** per person
 Includes: 2 games of bowling, shoe rental, unlimited refills of pop, small bag of chips and loot bag per person, 1 hot dog per person, birthday cake
 With 1 12" pizza per lane (based on 6 people per lane)
- \$13** per person
- \$17** per person

BUD, SPUD & STEAKS

No hall rental charge!
 For Socials, Fundraisers, Xmas Parties, etc.

\$8.16
 per person

Travelodge

\$20 OFF ANY ROOM

Standard Room Rate Only
 Valid until May 31, 2020



BOWL 1 GAME GET 1 FREE

Valid until May 31, 2020



BUY 1 ENTREE, RECEIVE 2ND AT HALF PRICE

Valid until May 31, 2020



1/2 PRICE APPETIZER (WITH PURCHASE OF BEVERAGE) AT MARQUEE LOUNGE

Valid until May 31, 2020



Your Spring Sports
Destination for
Equipment, Apparel
and Team Uniforms



20 De La Seigneurie Blvd, off Bishop Grandin
Shop online at kahunaverse.com

a division of **KAHUNVERSE**
SPORTS

Be social! Stay up to date about new products and deals   



Turnbull Whitaker Insurance Agency Inc.

*Big enough to compete,
Small enough to care*



Serving South Winnipeg for 50 years

For all your insurance needs, home, auto,
travel, business, life and more!
Call us for a review and advice on your
insurance requirements

autopac
A Manitoba Public Insurance product

8-1504 St. Mary's Road • 1465 Corydon Ave
Email: contact@turnbullwhitaker.com

Website: www.turnbullwhitaker.com • Ph: 204-255-8194
Monday to Friday 8:00 am to 6:30 pm Saturday 10:00 am to 3:00 pm
Visit our new website at turnbullwhitaker.com for all your insurance questions



Message from the Board Chair & CEO

As another busy winter season ends, we give pause to reflect on the progress of the past season and look forward to the coming of spring. We are again pleased to include a **Spring/Summer Program Guide (inside)**, which provides a one-stop information source on the variety of sport and recreation programs available at DCC for the coming season. Please take an opportunity to see all that is available for you and your family!

With our Mission of being **a gathering place providing excellence in sport and recreation for everyone**, DCC continues in our efforts to keep improving our facilities and offerings for our community and beyond. To maximize these efforts, we also continue our outreach to all levels of government and other grant funding agencies to secure additional financial support to enhance our growth. We are sincerely grateful for the support we continue to receive from these valued partners.

Our application for to the **Building Sustainable Communities Grant** program through the Manitoba Government was successful, securing \$21K in support of \$42K in new sport equipment purchases for the Centre's Camps and other programs, inclusive of 12 new sleds for the free **Learn to Play Sledge Program** introduced this winter on DCC's **Jumpstart Community Rink – Canada's First Fully Accessible Outdoor Rink facility**. Our sincere thanks to our MLA's Rochelle Squires &

Janice Morley-Lecomte for supporting this grant and also to **Canadian Tire Jumpstart** for their contribution of \$8650 to support the additional funds required to offer this free program.

With a facility the size and age of DCC and the complex range of sport and recreation offerings available, our focus on improvements and upgrades is a constant priority and we're very pleased to share with you more of what's new and how we've reinvested into our community centre these past few months;

- New \$170K **Ice Bear Ice Resurfacers** was purchased this fall to replace an aging leased model (and thank you to **Entegra Credit Union** for continuing to offset our operating costs with your 5-year sponsorship of our Ice Bear!)
- \$38K in new **LED Arena Lighting & Exterior Security Lighting**, greatly improving the light quality and hydro efficiency in both rinks and in our parking lot. (Thanks Councillor Chambers for 50% of these funds).
- \$10K to upgrade **Sound systems/ Speakers** in both rinks to enhance figure skating, tournaments and special events.
- \$25K to Screen & Recoat **Fieldhouse Hardwood Floor** and ensure its upkeep and protection from ongoing use.
- \$50K in **Cardio Fitness Equipment** was added to the Track level in the Fieldhouse thanks to a generous donation from Mrs. Valerie Mackenzie).
- Various upgrades and refurbishments to **Sportsplex Weightroom** benches and equipment.
- "Live Barn" **live streaming service** installation in both rinks to assist coaches and parents with live and taped video streaming.
- In addition to the \$90K upgrade adding **new flooring in the Sportsplex** in the summer, \$9K in **new seating** and **permanent poster display boards** were added to this area this fall.

We've also been working with the City of Winnipeg to update our **Site Master Plan** to determine what comes next in the way of development on our campus. Stay tuned to our **DCC ENews and DCC social media** as we are finalizing dates to host a **Community Open House** in March/April to get your thoughts and opinions as we update this important plan!

New evening & weekend **Facility Supervisors** have joined our DCC team this winter! Please say 'Hi' as you see them in their red-coloured vests, flowing through the Sportsplex and Fieldhouse assisting with service to our patrons as well as ensuring the smooth operation of our facilities during these peak times.

You may have also noticed that our **Fitness and Yoga** programs have been expanded to include evening classes. Remember your first class is **free**, so please try us out one night after work!

Kids Day Camps will be back this summer with a few new additions – Art Camp; Mad Science and more! Register early to ensure your kids can join in the fun! **Beach Volleyball League** and **4 x 4 Summer Hockey** will be back and bigger and better than ever so get your registrations in early to avoid missing out!

We are also excited to share with you that DCC has recently received **official Charitable Status** through CRA, allowing us to directly manage and administer our fundraising efforts at DCC. Our sincere thanks to all of those who continue to support DCC's projects, expansions and programs through your donations and continue to build a bright future for our community! For more information on how you can support DCC, please contact either of us or Colleen Mahon at colleen@dakotacc.com or (204) 254-1010 ext. 214 to make your donation!

At our AGM in November, our **Board of Directors** welcomed Daryl Patton, Michael Raimondi and Cory Shangreaux as our new members for 2019/20. At the same time we want to extend our sincere and heartfelt thanks to Tim Smith, Elliot Cameron, Chris Chapman and Elaine Hunnie for their years of service to our Centre.

We hope you enjoy this twice a year opportunity for us to share so much that is happening at DCC and thank all those advertisers who continue to support the cost of bringing it to your homes.

Wishing you good health and a wonderful spring/summer,

Mark Antunes, Board Chair
Michele Augert, CEO



CERTIFIED SPECIALISTS IN ORTHODONTICS

Dr. Brent Nickolaychuk & Dr. Matt Kotyk

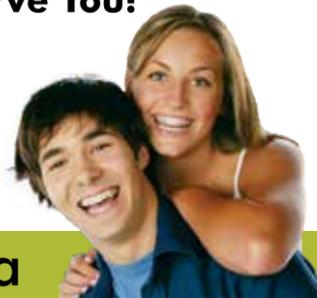
KILDONAN ORTHODONTICS – 3 Locations to Serve You!

Transcona/Kildonan
1-1573 Regent Ave. W.

Southdale
130-245 Vermillion Rd.

Selkirk
2-321 Main St., Selkirk, MB

(204) 940-7888 www.str8teeth.ca



Brian MAYES

City Councillor - St. Vital Ward



Do you want to advertise in our newsletter?

Do you own a business in the area? Do you know someone who may benefit from advertising here? This publication is mailed directly to every household in the catchment of the Dakota Community Centre.

If you are interested in placing an ad for the Fall issue, call Lori at 204-218-7267 or email her at lori@jaemedia.ca

-  204.986.5088
-  BMayes@winnipeg.ca
-  BrianMayes.com

2020 Spring/Summer Program Guide

PHYSICAL LITERACY

ACTIVE START

Set the foundation for your child's lifelong participation in physical activity! Active Start features a variety of fun and challenging activities that will help your child develop fundamental motor and social skills.

Active Start Stage 1 (Ages 2-4)

Tues Apr 7-May 19 4:30pm-5:30pm

Active Start Stage 2 (Ages 5-7)

Thurs Apr 9-May 21 4:30pm-5:30pm

Cost: \$75 7 Weeks



NURSERY SCHOOL

DAKOTA NURSERY SCHOOL

The Dakota Nursery School program promotes the overall development of its students through the discovery of ourselves and the environment we live and play in.

Choose from two or three classes per week.

There is a one-time non-refundable fee of \$55 required at the time of registration.

For more information, contact Loraine Purdey at (204) 256-4748 or dakotanutreryschool@dakotacc.com



YOUTH

DAKOTA YOUTH HOCKEY DEVELOPMENT PROGRAMS



SUMMER LEAGUE

- Ages 7/8 – 9/10 – 11/12 – 13/14 – 15-17
- Register as a Team or Individual
- No Friday or Saturday Games
- All Players Get a FREE Jersey
- Focus on Fun & Skill Development
- Starts first week of July!

Individual Fee: \$240+GST

Team Fee: \$2500+GST (recommend 10-12 skaters + goalie)

More info available at www.dakotacc.com or contact

Anthony Knapp at anthony@dakotacc.com



The Dakota Hockey Development Programs in partnership with JP Vigier, offer a variety of opportunities for hockey players of all levels and ages to improve their skills and love of the game. The combination of expert instruction and quality facilities provide a unique training opportunity for athletes.

HOCKEY SKILLS CLINICS

These 90 min intensive on ice sessions focus on specific skills to help you take your game to the next level!

Spring Session

Learn to Bodycheck	Mar 30	11:20am
Edges	Mar 31	11:20am
Shooting	Apr 1	11:20am

Cost: \$35+GST/session

To learn more visit www.dakotacc.com or contact Anthony Knapp at anthony@dakotacc.com 204-254-1010 ext. 201



2020 Spring/Summer Program Guide

DAKOTA SPRING & SUMMER DAY CAMPS

CAMP INFO

Stay active over the breaks! Dakota's youth camps offer a mix of sport, outdoors and creative activities to keep your child busy for Spring and Summer. For more information about each one of our full day camps visit www.dakotacc.com.

SPRING DAY CAMPS

Camp	Age	Date	Price
Active Explorer	6-10	Mar 30-Apr 3	\$219
Hockey Development	7-10	Mar 30-Apr 3	\$417

SUMMER DAY CAMPS

Camp	Age	Date	Price
Basketball	8-12	July 13-17	\$219
Mad Science	8-12	July 13-17	\$190
Art Camp	6-10	July 20-24	\$219
Active Explorer	6-10	July 20-24	\$219
ESport	8-12	July 20-24	\$219
Volleyball	8-12	July 27-31	\$219
Art Camp	6-10	July 27-31	\$219
Active Explorer	6-10	Aug 4-7	\$177
Hockey Development	7-9	Aug 10-14	\$417
Multi-Sport	10-13	Aug 10-14	\$219
Active Explorer	6-10	Aug 17-21	\$219
Hockey Development	10-12	Aug 17-21	\$417
Mad Science	8-12	Aug 24-28	\$190
Basketball	8-12	Aug 24-28	\$219
Hockey Development	7-9	Aug 24-28	\$417
Volleyball	8-12	Aug 31-Sept 4	\$219
Hockey Development	10-12	Aug 31-Sept 4	\$417



TEAM TRAINING

TEAM TRAINING AT DAKOTA CC

Enhance sports performance and reduce the chance of potential injury. Improve flexibility, movement prep, speed, power, strength and conditioning. STRIVE certified trainers will design a complete program based on your needs.

Cost: \$165+GST/hour per team
Sessions Mon & Thurs 6:00pm and 7:30pm
Book your teams first session now!

For more info contact:

jared@dakotacc.com
204-254-1010 ext. 216



YOUTH SPORT REGISTRATION

YOUTH SOCCER, BASEBALL & SOFTBALL

Register Feb 15-Mar 15 through www.dakotacc.com

Soccer Convenor: Pram Tappia | soccer@dakotacc.com

Baseball Convenor: Chris Chapman | baseball@dakotacc.com

Softball Convenor: Helder Serpa | softball@dakotacc.com

YOUTH BASKETBALL

Online Registration will be through the Winnipeg Minor Basketball Association (WMBBA) at www.wmba.ca. Check site for registration dates.

Basketball Convenor: Brent Amos | basketball@dakotacc.com

MINI SOCCER

Online registration now open through Dakota Community Centre. Visit www.dakotacc.com for details.

CANSKATE AT DAKOTA CC

CanSkate Learn to Skate Programs is a nationally recognized program for all ages and stages, taught by certified coaches. For more details or to register visit www.skatewinnipeg.ca

2020 Spring/Summer Program Guide

ADULTS

ADULT HOCKEY LEAGUE



SPRING LEAGUE

- 12 game regular season plus minimum of one playoff game
- Season starts third week in April (exact date TBD)
- Playoffs over by the end of June
- Spring League Team Fees: \$2667.00+GST (\$2800)
- Team registration now open

SUMMER LEAGUE

- 16 game season plus minimum 1 playoff game
- Season start date first week of July and runs through to mid September
- Summer League Team Fees: \$3047+GST (\$3200)

ADULT FITNESS

ULTIMATE YOU - ADULT STRENGTH TRAINING

Our small group adult training experience is unique, FUN, safe, and effective for attaining all your health goals. Every session is coached by a STRIVE certified trainer!

Cost: 30 Day Trial on now for \$99+GST!

Contract	Cost
12 Months	\$99.00+GST/month
6 Months	\$111.00+GST/month
Month-to-Month	\$129.00+GST/month

Mondays, Wednesdays & Fridays
6:00am | 7:00am | 8:00am | 9:00am | 10:00am
 For more information contact us at
 204-254-1010 | jared@dakotacc.com



NEW DAKOTA RUNNING CLUB

The new Dakota Running Club offers opportunities for group runs, coaching sessions, run/walk program design and individual support. Join the run club and enjoy weekly sessions designed for fitness and fun.
 Thurs 6:00pm – 7:30pm Starts Feb 2020
 Call 204-254-1010 to register

Cost	6 Months	12 Months
Members:	\$45.00+GST	\$75.00+GST
Non-Members:	\$100.00+GST	\$170.00+GST

BEACH VOLLEYBALL LEAGUE

Hit the sand for another season of Dakota CC Adult Beach Volleyball! Games run Tuesdays, Wednesdays & Thursdays with intermediate and recreational divisions. All teams are coed 4's. Individual registrants interested in playing are encouraged to email vincent@dakotacc.com



Dates: Jun 9-Aug 20
 First games start at 6:30pm
 Team Fees: \$450/team (GST incl.)
 Register online starting Feb 15 at www.dakotacc.com

PICKLEBALL

Come to Winnipeg's premier pickleball facility, featuring:

- 12 indoor hardwood courts
- Up to 20 hours dedicated pickleball time per week
- Open to all levels, equipment provided
- Clinic & tournament opportunities available to all

Pickleball Rates (Includes unlimited play)

3 Months: \$89+GST
 1 Month: \$35+GST
 Daily Drop-In: \$6.65+GST
 *Up to 12 courts may be available. Schedule subject to change

CLINICS

Beginner Learn to Play:

Tues	Apr 21-May 12	1:00pm-2:30pm
Tues	Jun 2-Jun 16	1:00pm-3:00pm

Cost: \$80+GST

Intermediate Skills & Drills:

Thurs	Apr 23-May 14	1:00pm-2:30pm
Thurs	Jun 4-Jun 18	1:00pm-3:00pm

Cost: \$80+GST

PICKLEBALL TOURNAMENT

Age Groups: 19+ | 50+ | 60+ | 70+
 Competition Events: Women's Doubles, Men's Doubles & Mixed Doubles (3.0, 3.5, 4.0+)
 Spring Tournament: Mar 24-26
 Summer Tournament: Aug 14-16
 Costs: \$35 for first event, add \$10+GST for additional event

Where: Dakota Fieldhouse
 To register for clinics and tournaments visit www.dakotacc.com or call 204-254-1010



2020 Spring/Summer Program Guide

FITNESS

FITNESS & YOGA

Our fitness & yoga classes will help keep you active, provide a social connection and add consistency to your fitness regime! For yoga, pilates and block therapy classes we recommend bringing your own mats, straps and blocks. Block therapy block rentals are available at the Fieldhouse reception desk for \$5.00. For complete class descriptions and online sign up please visit our website at www.dakotacc.com! Class passes & memberships are available for purchase online or you can visit us at the Dakota Fieldhouse reception desk.

DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Yoga Flow	*NEW 6:15am Tabata HIIT	6:30am Yoga Flow	*NEW 6:15am Tabata HIIT	9:00am Zumba	*NEW 8:30am Total Body Strength
10:15am Total Body Strength	8:45am Hi-Lo Strength	9:00am Mixed Level Yoga	9:00am Zumba Toning	9:00am Yoga Flow	9:30am Restorative Yoga
10:15am Yoga Flow	10:00am Restorative Yoga	10:15am Restorative Yoga	10:15am Beginner Yoga	10:15am Yoga Flow	
11:30am Beginner Yoga	*NEW 5:30pm Mat Pilates	10:15am Zumba	*NEW 1:30pm Mat Pilates	10:15am Total Body Strength	
*NEW 6:00pm Tabata HIIT	6:30pm Zumba	11:30am Restorative Yoga	*NEW 6:00pm Total Body Strength		
7:30pm Yoga Flow		*NEW 1:30pm Gentle Yoga	*NEW 7:00pm Restorative Yoga		
		6:30pm Block Therapy			



CLASS RATES

	Ages 16-59	Ages 60+
Drop in	\$10.48	\$9.00
5 Classes	\$50.00	\$40.00
10 Classes	\$95.00	\$75.00
20 Classes	\$160.00	\$130.00

*All prices are +GST

MONTHLY CLASS + TRACK MEMBERSHIP RATES

	Ages 16-59	Ages 60+
1 Month	\$68.00	\$63.00
3 Month	\$199.00	\$179.00
6 Month	\$369.00	\$339.00
12 Month	\$599.00	\$559.00

*All prices are +GST
 There is a one-time fee of \$10.00 for your track access key fob



TRACK & WEIGHTROOM

TRACK & WEIGHTROOM RATES

Track	Child	Adult	Youth & Senior	Weightroom	Track & Weightroom Combined		
Ages	4-11	19-59	12-18 & 60+	12+	12-18	19-59	60+
Drop In	\$7.62	\$7.62	\$7.62	\$7.62	\$7.62	\$7.62	\$7.62
1 Month	\$25.00	\$38.00	\$33.00	\$38.10	\$60.00	\$65.00	\$60.00
3 Month	\$55.00	\$89.00	\$75.00	\$95.24	\$140.00	\$155.00	\$140.00
6 Month	\$89.00	\$139.00	\$119.00	\$152.38	\$220.00	\$245.00	\$220.00
12 Month	\$120.00	\$199.00	\$169.00	\$238.10	\$355.00	\$390.00	\$350.00

*All prices are +GST
 There is a one-time fee of \$10 for your access key fob

Register online at www.dakotacc.com



Register online at www.dakotacc.com



2020 Spring/Summer Program Guide

OLDER ADULTS

ACTIVITIES

Active Living for Older Adults: \$15
(required for all older adult program registration.
Valid Sept 2019 - August 2020)

CARDS

Keep your mind sharp, have fun and satisfy your need for a little friendly competition by joining us for cards! Each week the coffee is served hot, drop in and try your hand at crib and whist!

CRIBBAGE

Mon ends Jun 15 12:30pm-3:30pm
Cost: \$3/weekly drop in

WHIST

Wed ends Jun 17 12:30pm-3:30pm
Cost: \$3/weekly drop in

LINE DANCING

Join us as we learn the basic steps and a variety of line dances for exercise and fun! We use any music with a good beat. Wear comfortable shoes with a low or flat heel.

Tues Jan 7-Jun 16 10:00am-11:30am
Cost: \$4/weekly drop in

FLOOR CURLING

Floor Curling is fun and beneficial. It helps promote flexibility, increased range of motion and circulation. Forget heavy rocks and slippery ice. The game is played in the Great Hall and the equipment is light weight and easy to handle.

Tues Oct 1-Apr 14 9:30am & 11:30am starts
Cost: \$4/weekly drop in
Register by calling 204-254-1010 ext. 217
Email: melissal@dakotacc.com

FLOOR SHUFFLE

Floor shuffle is a game in which players use cues to push weighted discs, sending them gliding down a narrow court to rest within a marked scoring area. Floor shuffle is a great activity for all mobility types and is a great team activity!

Thurs Oct 3-Apr 16 9:30am, 11:00am & 12:30pm starts
Cost: \$4/weekly drop in
Register by calling 204-254-1010 ext. 217
Email: melissal@dakotacc.com

Activity Cards

\$30 for 10 sessions valid for Floor Curling, Floor Shuffle or Line Dancing!



FITNESS

GROWING STRONGER

A fitness class designed for older adults to build your functional strength and increase flexibility. Resistance exercises include the use of free weights and body weight. Modifications are provided for each exercise to customize the workout to your needs.

Beginner: Tues Apr 7-Jun 16 1:00pm-2:00pm
Advance: Tues Apr 7-Jun 16 2:00pm-3:00pm
Advance: Thurs Apr 9-Jun 18 1:00pm-2:00pm
Cost: \$68.75+GST 11 Weeks

SUMMER SESSION

Beginner: Tues Jul 7-Aug 25 1:00pm-2:00pm
Advance: Tues Jul 7-Aug 25 2:00pm-3:00pm
Cost: \$55+GST 8 Weeks

CHAIR YOGA

Ease pain and tension in your hands, feet, neck and lower back brought on over time by everyday stress & use. This class will focus on breathing, balance, flexibility and range of motion.

Beginner: Tues Apr 7-Jun 16 11:30am-12:30pm
Advanced: Tues Apr 7-Jun 16 12:45pm-1:45pm
Beginner: Thurs Apr 9-Jun 18 11:30am-12:30pm

Once per week

Cost: \$68.75+GST 11 Weeks

Twice per week

Cost: \$125+GST 11 Weeks

SUMMER SESSION

Tues Jul 7-Aug 25 11:30am-12:30pm
Cost: \$55+GST 8 Weeks



TABLET COURSES

IPAD & IPHONE LEARNING

Learn how to use your device! This course covers everything from initial set-up to using apps & more. Have all your questions answered in this course!

Wed Apr 8-May 27 10:00am-12:00pm
Cost: \$75+GST 8 Weeks

ADVANCED IPAD & IPHONE COURSE

Take your iPad use to the next level! This advance course will go over using apps, storage, email and more.

Tues Apr 7-May 26 10:00am-12:00pm
Cost: \$75+GST 8 Weeks

2020 Spring/Summer Program Guide

RENTALS

FACILITY RENTALS

Dakota Community Centre offers a variety of facilities available for rent. From social events to recreational activities, DCC can accommodate groups of up to 1500. Make your next event memorable!

Facilities include:

- Ice Rinks
- Pickleball & Badminton Courts
- Meeting Rooms
- Social Halls - Discounts Available in May, June & July!
- Beach Volleyball Courts
- Fieldhouse

For more info or to reserve space call 204-254-1010 ext. 210 or email rvincent@dakotacc.com



Holiday & Staff Parties



Convocations



Meeting Room



Sportsplex Gym

DCC'S UPCOMING EVENTS!

Farmers & Artisans Market

SAVE THE DATE

SATURDAY MAY 9, 2020

Dakota CC's Market will feature over 50 vendors with local, natural and unique products

Community Garage Sale

DAKOTA COMMUNITY CENTRE

Sunday, May 10, 2020 | 10:00am-2:00pm

Kick off Garage Sale Season! Rent space and sell your items at Dakota. No weather worries - it's all indoors. A great way to start your Spring Cleaning! \$25 per booth - Pick up an Application at the Fieldhouse reception or online at www.dakotacc.com

DODGEBALL DEATH MATCH 2020

SATURDAY, JUNE 27TH

COST: \$300/REC TEAM | \$350/COMPETITIVE TEAM
BEER GARDEN | BBQ | PRIZES
ALL DAY TOURNAMENT IN THE DAKOTA FIELDHOUSE
6-10 PLAYERS PER TEAM • MULTIPLE DIVISIONS

TO REGISTER AND FOR TOURNAMENT DETAILS GO TO:
WWW.DAKOTACC.COM

SAVE THE DATE!

3rd Annual

ICE & SLICE

Charity Golf Tournament

Kingswood Golf & Country Club
Thursday, July 9th, 2020
12:00pm Shotgun Start

Register online at www.dakotacc.com



Register online at www.dakotacc.com



Terry Duguid

Member of Parliament / Député
Winnipeg South / Winnipeg-Sud



103-2800 Pembina Highway
Winnipeg, Manitoba R3T 5P3
Office | Bureau: (204) 984-6787
E-mail | Courriel: terryduguid@parl.gc.ca

Sage Creek PHYSIOTHERAPY

AN *inMotion* CLINIC



- PHYSIOTHERAPY
- MASSAGE THERAPY
- PERSONAL TRAINING
- ATHLETIC THERAPY
- ACUPUNCTURE
- OCCUPATIONAL THERAPY
- NURSING FOOT CARE
- CUSTOM FOOT ORTHOTICS
- DIETICIAN SERVICES
- VESTIBULAR REHAB

NOW OFFERING
SPORTS MEDICINE & CHIROPRACTIC
inmotionnetwork.ca

803-50 Sage Creek Blvd **204.253.6768**

**BUILDING POSSIBILITIES
TRANSFORMING LIVES**

**DAKOTA
FUTURES**
Capital
Campaign

Your support
provides much
needed investments
in our Centre.



**Be part of the Future
of your Community
Centre!**

See your name here



Thank you to our recent donors:

- \$10,000 - Rico & Deneen Bertschinger
- \$5,000 - Mark & Angela Antunes
- \$5,000 - Rob & Cathy Hobday
- \$1,500 - Tim Smith & Josee-Anne Dorze
- \$1,000 - Christian & Jennifer Kennedy
- \$500 - George Agger
- \$100 - Gordon Evers
- \$50 - Gary Lombaert

Our Campaign Cabinet

- Jonathan Toews**
Honorary Campaign Chair
- Tom Thiessen**
Campaign Chair
- Sue Barkman**
Rico & Deneen Bertschinger
Judith Chambers
Andree Gilbert & Bryan Toews
Rob Hobday
Blair MacAulay
Jeff Shypit

Selling Your Neighbourhood

GLEN MACANGUS • CAMERON MACANGUS



204.955.4800
glenmac@mts.net

Proud Supporters of
Community Sports • Activities • Events



#1 Company Producer 28 Years



204.803.8409
cam.mac@royallepage.ca



WINNIPEGHOMESRUS.COM

TOP PRODUCERS Real Estate

Yes! I want to support Dakota Community Centre

I would like to make a one-time gift of :

- \$25 \$50 \$100 \$500 Other

Name: _____

Address: _____ City: _____

Prov: _____ Postal Code: _____

Email: _____ Phone: _____

Credit card donations can also be accepted. Please call Colleen Mahon @ (204) 254-1010 ext. 214 or email colleen@dakotacc.com for assistance or if you have any questions. Charitable donation receipt will be issued to you by Dakota Community Centre Inc. for all donations of \$25 or more.



Kids Summer Day Camps are Back!

Last year Kids Summer Day Camps returned to DCC and these camps are back with even more offerings in 2020.

Also new this year Spring Break Camps; including Hockey Development (Ages 8-12) and Active Explorer (Ages 6-10) that will be offered March 30 – April 3.

Kids Day Camps are a great way to try something new.

“My son loved meeting new friends and trying a new sport! He is an avid hockey player so basketball was new for him and really enjoyed it!”

We want each camper to make the most out of their week! Our instructors are knowledgeable and love what they do. They will help each child learn something new, challenge them and have fun all week!

“Coach Nat and Coach Jess were fabulous role models for my two young daughters.

To register or for more information please visit www.dakotacc.com

Apply Now 2020 Dakota CC Scholarship

Dakota CC offers \$500 Scholarships annually to qualified youth who have demonstrated a strong commitment to the Community Centre. Apply by March 31, 2020. Please visit our website to view the eligibility requirements & required documentation.

Beach Volleyball

Dakota will be starting its second season on June 9th, 2020. Games run Tuesdays, Wednesdays & Thursdays with intermediate and recreational divisions.

All teams are coed 4's but you can have up to 8 players on each team!

Individual registrants interested in playing are encouraged to email rvincent@dakotacc.com.
Team Fees: \$450/team (GST included)
Register online at dakotacc.com



Santa's Helper pictured above (left - right):

- Terry Duguid, MP, Winnipeg South
- Janice Morley-Lecomte, MLA Seine River
- Rochelle Squires, MLA Riel
- Markus Chambers, Councillor, St. Norbert/Seine River
- Michele Augert, DCC CEO

Breakfast with Santa

Another successful event with over 300 people in attendance!

A BIG thank you to the following sponsors who enable us to bring this event to you year after year:

PRESENTED BY

RON PAUL GARDEN CENTRE
we're Got it all

Thank You to our Sponsors

GOLD SPONSORS

GRAHAM

SILVER SPONSORS

BRONZE SPONSORS

Volunteer Profile

Ronda has been volunteering at Dakota CC for a year and a half, working mainly with the Older Adult Programming. Ronda's work on Tuesday mornings is an integral part of the program as she ensures that members are signed in, activity cards are handed out and makes sure the participants have everything they need. She organizes the membership database and does the very important work of putting together the Emergency Response Information Kits (E.R.I.K. tm).

Ronda is always ready each week with a smile and friendly conversation. She took it upon herself to learn some sign language in order to better communicate with the deaf participants in Floor Curling. Ronda consistently goes above what is needed and is happy to add the extra effort.

Thank you Ronda, we are lucky to have you on our team and looking forward to seeing you each week!

We have lots of opportunities! If you would like to volunteer at Dakota please fill out the Application Form online at dakotacc.com or email melissal@dakotacc.com



Learn to Play Sledge Hockey

On January 29, 2020 a new Learn to Play Sledge Hockey Program was launched at DCC's Jumpstart Community Rink - Canada's 1st fully accessible out door rink facility. It is the 'first of its kind' program made possible with generous contributions from the Building Sustainable Community Government Grant as well as Canadian Tire Jump Start Charities. For more information, please contact Randy Anderson at (204) 254-1010 ext. 213 or randy@dakotacc.com



THE DAKOTA COMMUNITY CENTRE

HOCKEY SKILL DEVELOPMENT PROGRAMS

CAMPS | CLINICS | GAME PLAY

4X4 YOUTH HOCKEY LEAGUE

PLAY | LEARN | PRACTICE

Sign up

STAY UP TO DATE!

JOIN OUR ENEWS

Sign up at www.dakotacc.com

GIVE YOUR CHILD A

Great START...



- Unique Music Program
Strings & Early Start Band
- K-8 High Academic Standards
- Early Start French in Kindergarten
- Full-Day Kindergarten
(3 or 5 Day Program)
- Before & After School Program
(Guaranteed space for all BSLs Students)
- 2 Nursery School Campuses
- 2 Daycare Locations



Beautiful Savior
LUTHERAN SCHOOL
Excellence in Education Under the Gospel

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

204-984-9600 EXT 4




20/20 EYE CARE
DOCTORS OF OPTOMETRY

Proudly serving our local community for 20 years!

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.

204.953.2020 20-20eyecare.ca 2-835 Dakota St



REDVIEW | TERRACE

THE BEST OF WINNIPEG IS IN YOUR BACKYARD - DON'T MISS OUT!

TROY NIBLOCK
TOD NIBLOCK

204 989-7938
redviewcondoswinnipeg.ca

PLAN NOW FOR SPRING 2021

- Concrete and steel
- Large Balconies
- 4 Common Rooms
- 9ft ceilings
- Underground Parking
- Car Wash

Buying with a 30% down payment is cheaper than renting

Superior home ownership and an investment!





MARKUS CHAMBERS

City Councillor for St. Norbert-Seine River

204-986-5920
markuschambers@winnipeg.ca



Proudly Supporting our Community




Janice Morley-Lecomte
MLA for Seine River

204-794-8079

janice.seineriverMLA@mymts.net



204-254-4242 • 2175 St Mary's Road
Riverparkautomotive.ca

River Park Automotive Wishes each Dakota CC Team a Fun and Successful Season!

A CAISSE FOR tax free investments.

Ask us about a Tax Free Savings Account.

Dakota Branch
875 Dakota St
204-257-2400



Caisse
Financial Group
www.caisse.biz

GW

TRANSMISSION & Automotive Service

YOUR FULL SERVICE AUTO REPAIR SHOP!

BOOK AN APPOINTMENT TODAY FOR REGULAR VEHICLE MAINTENANCE. WE FIX BRAKES, FRONT END, AIR CONDITIONING, ALIGNMENT, TIRES, OIL CHANGES AND MORE!

ONLY A ONE MINUTE DRIVE FROM ST. ANNE'S RD.

🌀 191 MELNICK ROAD 🌀
🌀 204-269-8329 🌀
🌀 WWW.GWTRANSMISSION.CA 🌀

Own your Dreams

RRSP & TFSA 5-year Fixed Term

2.60%*

*Rates are subject to change.

credit union
Casera



Your Life, Your Community, Your Lifestyle!

Independent, Assisted Living

*Create Your Memories
with us at Seine River!*

We offer:

- Well-designed Spacious Suites
- A Spectacular Inner Courtyard
- Full Service Dining
- Daily Activities
- Nurse on Staff
- Staff 24/7 including Night Time HCA
- Transportation to Medical Appointments
- And so much more!



Seine River

Retirement Residence™

1015 St. Anne's Road
Winnipeg, MB

ALL SENIORS CARE™
LIVING CENTRES

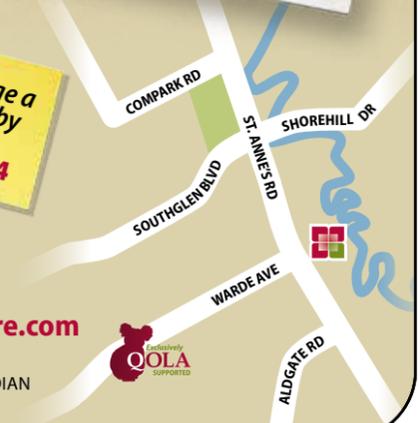
Where Caring is Our Number One Concern™

www.allseniorscare.com

PROUDLY CANADIAN



Call to arrange a
tour or drop by
for a visit!
204.230.4714



ROBERTSON SHYPIT SOBLE WOOD

LAWYERS · NOTARIES

(204) 257-6061

202 - 1555 ST. MARY'S ROAD

www.rsslawyers.com

Vigier Hockey Spring Development

Male program: 09/10, 07/08,
05/06, Midget/Junior Prep

Female program: Atom Bears
Peewee Thrashers, Bantam Eagles

This year we are excited to be incorporating a weekly Strength & Conditioning component to be operated by Dakota Performance powered by STRIVE. STRIVE will ensure excellence in training for speed, strength and power to facilitate on ice success for your player

Price for the program is: \$765 for players
and \$540 for goalies

All Ice times and drylands at Dakota CC

Phone: 204-807-3575 Email: jeanvigier11@gmail.com

www.vigierhockey.com

**ELITE
HOCKEY
TRAINING**



Vigier Hockey
Building Quality Players

Looking for a SAFE place for your pet?

HappyTails provides a safe and fun place of play and socialization for your pets –
with indoor and outdoor play areas for all sizes of dogs.



LUXURY
•24/7/365•
PET CARE

- 🐾 Dog & Cat Hotel
- 🐾 Dog Grooming
- 🐾 Dog Daycamp

HAPPYTAILS
Pet Resort & Spa

596 ST. ANNE'S ROAD
204-416-7387
info@happytailspetresort.ca
www.happytailspetresort.ca

A Clinic for all ages from Children to Seniors

They present with unique problems, challenges and needs regarding their physiotherapy. At St. Vital Physiotherapy, we understand that children are different than adults and adjust our treatment techniques in order to match. Using fun, relatable exercises, assessments and treatments, we get your children back to their regular play! We offer both musculoskeletal and neurological assessment for children (age 0-18) as well as gross motor assessment. In addition, we also offer assessment of infant plagiocephaly (flat heads) and torticollis (head tipping). The following are a list of common childhood conditions our therapists see:

- **Strains/Sprains** • **Post fracture rehab**
- **Sever's Disease** • **Plagiocephaly/Torticollis**
- **Gross Motor Assessment** • **Toe-walking**
- **Neck/Back pain** • **Spondylolisthesis**
- **Muscular Dystrophy** • **Cerebral Palsy**
- **Dry needling/Acupuncture** • **Parkinsons**
- **Vestibular/Vertigo** • **Balance Disorder**



St. Vital

PHYSIOTHERAPY



**Offering
Parkinson,
Balance and
Knee Classes**



204-255-0597
101-1555 St. Mary's Rd
admin@stvitalphysio.ca
stvitalphysio.ca

Vista Place Physiotherapy & Sports Injury Centre

**YOUR NEIGHBOURHOOD
SPORTS INJURY CENTER,
SERVING ATHLETES IN ST.VITAL
SINCE 1991**

**SPINAL & JOINT
MANIPULATION**

NECK & BACK TREATMENT

SPORTS INJURIES

DRY NEEDLING

**VESTIBULAR/VERTIGO
ASSESSMENT & TREATMENT**

ACUPUNCTURE

ORTHOTICS

**PHYSICAL
RECONDITIONING**

**CONCUSSION
ASSESSMENT &
TREATMENT**



204.253.2165
vistaplacephysio@shawbiz.ca
Unit K - 1631 St. Mary's Road
www.vistaplacephysio.ca