



FREE

" Family Recreation Night "

Everyone is invited to get "in motion" with *Seven Oaks Healthy Living* this winter! All ages are welcome to join in the Open Gym times on the schedule below (equipment provided).

All activities are offered FREE of charge

Day	Location	Time Slot	Activity
Thursdays	Elwick School	6 p.m. – 8 p.m.	Open Gym (all ages)
<i>Starting October 3rd!</i>	30 Maberley Road	<i>Students may not attend without parents!!</i>	<i>Adults Welcome!</i>

Join us for Skating at Elwick from 4 – 6pm on Tuesdays and Thursdays. Starting in January! Participation incentives

For more information call 204-223-3499

FREE SNACKS AND NUTRITION INFORMATION EVERY WEEK.



Friday, October 25th

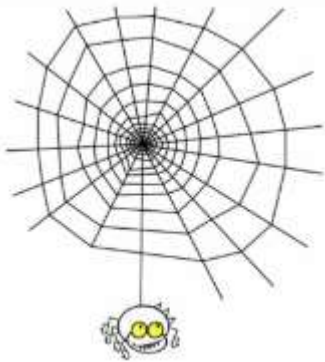
Halloween Pre-teen Dance

(12 yrs old & under)

At

Vince Leah Rec Centre

1295 Salter St.



Time: 7:00pm – 9:00pm

Admission: \$3.00 or

\$2.00 with a Tin for the Bin

Canteen will be open

Costumes Optional

TREATS

PRIZES



WMBA and ATHLETE INITIATIVE
“Girls Can Play”
Fun, Fitness and Basketball

Athlete Initiative and the Winnipeg Minor Basketball Association (WMBA) has partnered up to deliver a new FREE program called “Girls Can Play” This program is targeted for girls from ages 7-10 years of age and its goal is to promote physical activity for females through fun, fitness and basketball participation.

- We will be offering a FREE session to any girls who are new to the game of basketball or have played before and just want to come out and have fun.
- There will be two sessions offered on the following dates:
- 1st session – October 9th, 5:00pm – 6:30pm at Maples Community Centre
- 2nd session – October 11th, 5:00pm – 6:30pm at Maples Community Centre
- Both sessions will be led by coach Suki Chhoeun as well as varying University basketball players from the University of Manitoba Bison Women’s team and the University of Winnipeg Wesmen Women’s basketball teams.
- To register for this event please visit www.wmba.ca and click on girls can play article on the front page and fill out form.
- All athletes should come ready to work hard and have fun.
- Please bring gym shoes, shorts (no pockets)
- All other equipment will be supplied
- THIS IS A FREE EVENT!