

active living

There are lots of ways to keep active and stay healthy in Manitoba. Here are a few activities that are easily accessible and offer enjoyable experiences to people at various skill levels of ability.

YM-YWCA Opening Soon

The new 35,000 square foot YM-YWCA will open its doors sometime this spring in the former Canadian Tire store. The whole family may enjoy this facility with its options of pools, water slide and climbing wall. A child care centre opened in September and new memberships are already being processed.

Hedges Hut Lighthouses

Researchers concluded that the Lighthouses crime prevention program offers positive services for young Manitobans. Assiniboia youth have activities at the Hedges Hut Lighthouse. Evening drop-in activities include basketball, hockey, soccer, field trips during holiday breaks, Thursday movie nights and Friday sports nights.

Skateboard Park Planning

Join the planning committees for Skatepark West, a new skateboard, BMX, inline skate park. Meetings take place every second Sunday of the month at Golden Gate Middle School. For information email Connie Newman at cnewman@sjsd.net.

Masters Swim Team

The Assiniboine Masters Swim Team is looking for new members to join the "fun, friendship and fitness" at the Centennial Pool on Monday, Wednesday and Friday from 6:00 to 7:00 a.m. Call Leslie Clark at 888-5751

Living Prairie Museum

Enjoy the great trails for a pleasant walking tour any time of the year.



Jim Rondeau working out with folks from the elder aerobics group at Heritage Victoria Community Centre

Supporting the Trans Canada Trail

Manitobans have been hard at work on building the Trans Canada Trail in their communities. The province is contributing \$2.1 million to build the planned 1,200 kilometers of our provincial trail system. Whether on an urban, wilderness or snowmobile trail, Manitobans will enjoy the benefits of this tremendous project. For information visit www.tctrail.ca.



Manitoba Parks

Manitoba Parks has introduced a new website which features improved navigation and expanded interpretive information about most of Manitoba's provincial parks. For information on camping, reservations, special programs, maps and the latest park news explore this website, www.manitobaparks.com.

WinterActive

WinterActive encourages communities and individuals to participate in local recreation and physical activities. WinterActive encourages regular activity important to personal health and well being. Manitobans can enjoy walking, skating, tobogganing, skiing, hiking and ice fishing. For information about WinterActive and the Manitoba Fitness Council phone 1-800-432-1960, ext. 8644 or visit www.manitobafitness-council.ca.



Heritage Victoria Community Club and Jim collaborate on an annual Sleigh Ride and Carnival in December. Donations of non-perishable food items and money are collected at the event and delivered to Winnipeg Harvest before Christmas.