

James Bay Community Centre

140 OSWEGO STREET

WWW.JAMESBAYCENTRE.CA

250-389-1470

MAY & JUNE PROGRAMS

ADULT PROGRAMS

Pilates - Mat I

Thu May 6-Jun 17 6:30-7:25pm 7/\$49

Pilates - Mat II

Thu May 6-Jun 17 7:30-8:25pm 7/\$49

Traditional Chinese Medicine:

First Aid for Athletic Injuries

Thu May 27 6:30-8:00pm 1/\$10

Belly Dance

Wed Apr 21-May 26 5:30-6:30pm 6/\$48

Cooking

Mexican Vegetarian

Wed May 5 6:00-8:30pm 1/\$42



MAKE A NEW FRIEND

We're on Facebook!

You can never have too many friends...especially when it comes to FACEBOOK!

Become our fan/friend...search the **James Bay Community School Centre** then click the **become a fan** icon. Get program updates and keep informed about what's happen in our commu-

ADULT DROP-INS

Mondays:

Low Impact Aerobics 5:00pm 1/\$3
Volleyball 7:00pm 1/\$3

Wednesdays:

Walking Group 9:00am Free
Low Impact Aerobics 5:00pm 1/\$3

Thursdays:

Badminton 7:00pm 1/\$3

Fridays:

Low Impact Aerobics 5:00pm 1/\$3

SPECIAL EVENTS

10th Annual James Bay Community Picnic

Wednesday, June 16, 2010
James Bay Community Centre
3:30 - 6:30 pm

Opportunity...We are looking for donations for the silent auction fundraiser at the Community Picnic on June 16th. We would greatly appreciate donations from community members such as, skill and service donations, unused gift cards or that big ticket item you were going to sell at your garage sale.. If you would like to donate- Please contact us at:

programs@jamesbaycentre.ca

YOUTH GETAWAYS

It's time to register for our Spring Youth Getaways. Join your friends on Friday night's 6:30-9:30pm for some extreme fun. (Ages 9-13)

Art Extravaganza May 7
Kayaking May 14
Seals Baseball May 21
Capture the flag May 28
Mini Golf June 4
Manhunt at Fairfield June 11
Jr. Shamrocks Lacrosse June 18
Year End BBQ June 25

For more information check out our website at www.jamesbaycentre.ca.

SUMMER OSC

Registration for our exciting summer camp programs begins Tuesday, June 1st, 2010 .

Weekly and monthly space available.. Register early as *space* is limited...but, the *fun* is UNLIMITED!!

PRESCHOOL PROGRAMS

Kids Karate (6-12 years)

Tue, Thu May 4-May 20 5:30-6:30pm 6/\$21

Tiny Toes Ballet - Beginner (3-5 years)

Tue May 4-Jun 8 12:45-1:30pm 6/\$30

Tiny Toes Ballet - Intermediate (4-5 years)

Tue May 4-Jun 8 12:45-1:30pm 6/\$30

NEW JAMES BAY COMMUNITY CENTRE STAFF

The James Bay Community Centre would like to express our sincerely thanks to **Alex Dominiak** for his dedication and service to the James Bay Community as the Program and Facility Coordinator over the past four years. We wish him all the best in his future endeavors.

We would also like to welcome, **Kate Longpre**, the new Recreation Program Coordinator and **Jeff Stubbs**, the new Childcare Coordinator. Kate and Jeff are very excited to be a part of the James Bay Community School Centre.

We hope that you will stop by and meet the new faces at the James Bay Community Centre.

