

# Community Wellness & Recreation Program Listing

2022-2023

The following is a brief description of gymnasium programs hosted including contact information and method of admission for each program.

## Facility Admission:

- Drop-in (DI) fee is \$3/visit for each attended program
- Frequent User Punch Pass Card (FP) is \$50 for 20 drop-in punches (\$2.50 visit/program)
- Seasonal Activity Pass (SP) is \$75 and covers both Senior and Youth Programs held from September 2022 to May 2023.

All passes can be purchased at the Recreation Administration Office with Frequent User Passes also available to be purchased at the attending facility.

<p><b>Archery</b> The range located at the Golden Hawk is operated by the Miramichi Archery Club. Contact: Tracey Baisley <a href="mailto:t_baisley@hotmail.com">t_baisley@hotmail.com</a> <b>DI, FP</b></p> <p><b>Badminton - Adult</b> Drop in co-ed adult recreational program at the MVHS Gym offered to all skill levels. Everyone welcome Tuesdays &amp; Thursdays from 8:00-10:00pm Contact: Andy Prince <a href="mailto:prince.andrew.p@gmail.com">prince.andrew.p@gmail.com</a> <b>DI, FP</b></p> <p><b>Badminton – Senior</b> Drop into the Golden Hawk for an afternoon of badminton. Open to all seniors on Mondays, Wednesdays &amp; Fridays from 1:00-3:00pm Contact: Donna Rosignal <a href="mailto:donnarm83@gmail.com">donnarm83@gmail.com</a> <b>DI, FP, SP</b></p> <p><b>Ball Clinics</b> Minor Ball Clinics Come in and try our batting cage &amp; improve your skills for summer ball. Runs: Mar. 12-Apr. 23 on Sundays from 3-7:30pm at the Golden Hawk <b>DI, FP</b></p> <p><b>Basketball – Adult Co-Ed Pick Up</b> Drop in Co-Ed adult recreational program offered to all skill levels at MVHS Gym. Fridays from 6-8pm Contact: Recreation Dept. 623-2300 <b>DI, FP</b></p>	<p><b>Bingo – Recreation &amp; Leisure</b> Open to ages 16+ at the Lindon Rec Center on Saturdays at 7:00pm. Proceeds to Newcastle Recreation &amp; Leisure. Contact: Noreen McAllister 622-8605</p> <p><b>Bowling Lanes</b> The 6 pin bowling lanes are operated by the Senior Club and are located at the Golden Hawk. Contact Marjorie McPhee 773-6618</p> <p><b>Carpet Bowling – Senior</b> Open to seniors, an afternoon of friendly competition and socialization at the Lindon Rec Center. Tuesdays from 1:00-3:00 pm. Contact: Recreation Dept. 623-2300 <b>DI, SP, FP</b></p> <p><b>Dog Training</b> Operated by the Leader of the Pack Training school. Located at the Lindon Rec Center on Tuesdays from 6:00-8:00pm. Contact: Cara Scott 622-8111 or <a href="mailto:doglady@rogers.com">doglady@rogers.com</a> <b>DI, FP</b></p> <p><b>Farmers Market – Newcastle</b> Open weekly, offers home-baking, crafts, fresh vegetables and hot lunches all in a friendly atmosphere. Everyone Welcome! Located at the Lindon Recreation Center on Fridays from 10am-2:00pm Contact: Nathan Mutch 625-0793</p>	<p><b>Floor Hockey - Adult</b> Drop-in floor hockey league for adults, everyone welcome. Located at Golden Hawk Gym on Thursdays from 8:15-10:15 pm Contact: Recreation Dept. 623-2300 <b>DI, FP</b></p> <p><b>Girls on the Move</b> A fun 10-week non-competitive fitness program for girls grades 3-8. Located at the Golden Hawk on Thursdays from 6:00-7:30 pm. Session #1: Sept 29 – Dec 1 Session #2: Jan 26 – Mar 30 Contact: Recreation Dept. 623-2300 or <a href="mailto:miramichirecreation@miramichi.org">miramichirecreation@miramichi.org</a> <b>DI, FP</b></p> <p><b>Gym Rentals</b> Offered at Golden Hawk Gym on Saturdays from 1:30-2:30pm followed by 1hr in the teen room to enjoy your party celebrations. Play a game of floor hockey, basketball or soccer. Equipment is provided. Be sure to call early as these rentals book up fast. Contact: Recreation Dept. at 623-2300 or <a href="mailto:miramichirecreation@miramichi.org">miramichirecreation@miramichi.org</a></p> 
--	---	---

### **Gymnastics**

Recreational and competitive for girls and boys. This very popular program is located at the Golden Hawk. Day of the week and time is determined by the class registered. Contact: [miramichigymnastics@gmail.com](mailto:miramichigymnastics@gmail.com)

### **Open Gym**

Offered by the Recreation Department, open gym time provides an opportunity to drop by and participate in your favorite activity at your leisure. Located at the Golden Hawk Gym Monday to Friday from 12:00-1:00pm, Saturdays from 3-6pm and Sundays from 1:30-6:00pm (Sundays until March 5)

Contact: Recreation Dept. at 623-2300 or

[miramichirecreation@miramichi.org](mailto:miramichirecreation@miramichi.org)

**DI, FP**

### **Parent & Tots Time**

Join other parents and their tots for some free time in the gym. Bring your tots to have fun, meet other kids and parents while staying active in the cooler months.

Located at the Golden Hawk Gym on Fridays from 11:00am-12:00pm. Fee includes parent and tot.

Contact: Recreation Dept. 623-2300 or

[miramichirecreation.org](http://miramichirecreation.org)

**DI, FP**

### **Pickleball**

Join us for a game of pickleball, a cross between badminton, tennis & table tennis. Low impact and lots of fun! MVHS Gym on Sundays 6:00-9:00pm; Mondays & Wednesdays 8:00-10:00pm.

Contact: Recreation Dept. at 623-2300 or

[miramichirecreation@miramichi.org](mailto:miramichirecreation@miramichi.org)

**DI, FP**

### **River Hoops Basketball**

Miramichi River Hoops provide basketball programs for youth in Miramichi. The programs for Small Ball, Junior Mini, Senior Mini, Bantam and Under 13. Location is the MVHS Gym on Saturdays and Sundays from 1-5pm

Contact via website: [miramichihoops.goalline.ca](http://miramichihoops.goalline.ca)

**DI, FP**



### **Senior Activities & Walking Central**

Offered by the Recreation Department this program is open to all seniors on a drop-in basis. Come out and exercise in a fun, safe and relaxed environment. Located at the Golden Hawk Gym/Teen Senior Room 5 days a week Monday to Friday from 9:00-12:00pm.

Contact: Recreation Dept. 623-2300 or

[miramichirecreation@miramichi.org](mailto:miramichirecreation@miramichi.org)

**DI, SP**

### **Tae Kwon Do – Golden Hawk**

This Club offers classes for children, families, and adults in Brazilian Jiu-Jitsu/defense science.

Contact: Sam Johnston at [bodger1@bellaliant.net](mailto:bodger1@bellaliant.net)

**DI, FP**

### **Tai Chi & Qui Gong**

Practicing Tai Chi helps bring about a state of mental calm & clarity as well as provides general health benefits & stress management. Class is open to seniors and is located at the Golden Hawk Gym on Mondays & Tuesdays from 9:30-11:00am.

Contact: Dave Bucklow 622-7124 or [dbucklow@msn.com](mailto:dbucklow@msn.com)

**DI, SP**

### **Volleyball – Youth Clinics**

This program is open to school aged children. Runs from September 17 to November at the MVHS Gym on Saturday mornings.

Contact: Hedley Doak 622-4472 or

[coach.doak66@gmail.com](mailto:coach.doak66@gmail.com)

**DI, FP**

### **Yoga Fuzion**

Beginner Yoga classes fuse together yoga poses & stretches with fitness floor activities.

Contact: Shannon Daley at [shannondaley.sd@gmail.com](mailto:shannondaley.sd@gmail.com)

**DI, FP**

### **Walk & Tone Fitness Classes**

Open to men & women of all fitness levels. Lead by Tobie Desveaux. At the Golden Hawk Gym on Tuesdays 7:30-8:15pm and Wednesday s 11:15am-12:00pm.

“Pay what you can” in addition to City \$3 user fee.

Starts: October 11, 2022

Contact: [raytobi@rogers.com](mailto:raytobi@rogers.com)

**DI, FP**

### **Youth Drop-in Night**

Open to youth grades 5-12 on a drop-in basis on Fridays from 6:00-9:00pm. Youth have access to the gym, pool and youth room area of the Golden Hawk. See designated page within this brochure for further info.

Contact: Holly Allison 623-2314 or

[holly.allison@miramichi.org](mailto:holly.allison@miramichi.org)

**DI, FP, SP**