

Community Wellness & Recreation Program Listing

2023-2024

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 2023 to May 2024.

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

<p>Archery The range located at the Golden Hawk is operated by the Miramichi Archery Club. Contact: Tracey Baisley t_baisley@hotmail.com DI, FP</p> <p>Badminton - Adult Drop in co-ed adult recreational program at the MVHS Gym offered to all skill levels. Everyone welcome Tuesdays & Thursdays from 8-10pm Contact: Andy Prince prince.andrew.p@gmail.com DI, FP</p> <p>Badminton – Senior Drop into the Golden Hawk for an afternoon of badminton. Open to all seniors on Mondays, Wednesdays & Fridays from 1-3pm Contact: Flo Ross joe.flo.loggieville@gmail.ca DI, FP, SP</p> <p>Ball Clinics Minor Ball Clinics Come in and try our batting cage & improve your skills for summer ball. Runs: Mar. 10 to Apr. 28 on Sundays from 3-7:30pm at the Golden Hawk DI, FP</p> <p>Basketball – Adult Co-Ed Pick Up Drop in Co-Ed adult recreational program offered to all skill levels at MVHS Gym. Saturdays from 6-8pm Contact: Recreation Dept. 623-2300 DI, FP</p>	<p>Bowling Lanes 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>Cardio Power Fitness Open to men & women. Lead by Tobi Desveaux at the Golden Hawk Gym on Tuesdays 7:30-8:15pm. \$20 for 6 weeks in addition to City \$3 user fee. Contact:raytobi@rogers.com DI, FP</p> <p>Carpet Bowling – Senior Open to seniors, an afternoon of friendly competition and socialization at the Eco Centre. Wednesdays from 1:00-3:00 pm. Contact: Recreation Dept. 623-2300 DI, SP, FP</p> <p>Cornhole Toss Exciting 2-4 player game where players or teams compete against one another to toss as many small bags as possible into the hole of the opposing cornhole board. Come join us in the Eco Centre Main Lobby on Wednesdays from 10-12pm to see what this game is all about. Contact: Recreation Dept. 623-2300 DI, SP, FP</p> <p>Farmers Market – Newcastle Open weekly, offers home-baking, crafts, fresh vegetables, and hot lunches all in a friendly atmosphere. Everyone Welcome! Located in the Eco Centre Front Lobby on Fridays from 10am-2:00pm Contact: Nathan Mutch 625-0793</p>	<p>Floor Hockey - Adult 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 DI, FP</p> <p>Girls on the Move 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 28 – Dec 14 Session #2: Jan 18 – Apr 4 Contact: Recreation Dept. 623-2300 DI, FP, SP</p> <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</p> <p>Les Gardiens D’Avalon Now taking place at the MVHS Mezzanine on Tuesdays, Thursdays, and Fridays from 6-8pm. Come discover what medieval fencing is all about! Contact: Guilhem Eymard gardiensdavalon@gmail.com DI, FP</p> 
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DI = Drop-In fee FP = Frequent User Pass SP = Seasonal Pass

Open Ball Practice

Offered at the Golden Hawk Gym on Sundays from 4-7pm. This is a drop-in program. Come in and use our batting cages.

Contact: Recreation Department at 623-2300

DI, FP

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 on Mondays, Wednesdays, Thursdays & Fridays from 12-1pm, Saturdays 1-3pm (no racket sports), Saturdays 3-6pm (racket sports) and Sundays from 1-4pm (Sundays until March 3) Contact: Recreation Dept. at 623-2300

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

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 6-9pm, Mondays & Wednesdays 8-10pm and Fridays 6-9pm.

Contact: Recreation Dept. at 623-2300

Pickleball – Seniors

Join us for a game of pickleball, a cross between badminton, tennis & table tennis. Low impact and lots of fun! Golden Hawk Gym on Tuesdays 1-3pm, Thursdays 2:30-4pm and Fridays 3-5:15pm.

Contact: Recreation Dept. at 623-2300

DI, FP, SP

River Hoops Basketball

Miramichi River Hoops provide basketball programs for youth in Miramichi. From Small Ball, U7 to U14. Location is the MVHS Gym on Saturdays and Sundays from 1-5pm Contact via website: 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

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

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

DI, SP

Volleyball – Youth Clinics

This program is open to school aged children. Runs from September 16 to December 17 at the MVHS Gym on Saturday and Sunday mornings.

Contact: Hedley Doak 622-4472 or

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

DI, FP

Walk & Tone Fitness Class

Open to men & women of all fitness levels. Lead by Tobi Desveaux at the Golden Hawk Gym on Wednesdays 11:15am-12:00pm.

"Pay what you can" in addition to City's \$3 user fee.

Contact: raytobi@rogers.com

DI, FP

Youth Drop-in Floor Hockey

Now located at the MVHS Mezzanine on Mondays from 6-8pm. All Equipment is provided. This game provides strenuous activity & continuous play with emphasis on playing the puck not the opponent. Contact: Recreation Depart. 623-2300.

DI, FP, SP

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

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