



ACCESS
RECREATION CENTRE

WINTER 2025/26 RECREATION PROGRAMING

Registrations for ALL the Recreation Programs offered by the RM of West St. Paul will be done **ONLINE** though the Univerus Program Registration System. Visit the Recreation Tab on www.weststpaul.com to register or scan the QR Code.

Pre-registration is required for each West St. Paul program.

Drop-ins will not be permitted.

f i x
@wsprecreation



**STAY ENERGIZED ALL
SEASON LONG**

**CHECK OUT ALL
THE UP-COMING
CLASSES, EVENTS
AND WORKSHOPS**



Indoor Tennis —Red Ball

Discover tennis in a
new and accessible way
—designed just for beginners.

See details inside!



48 Holland Road, West St. Paul, MB | 204-336-0294 | recreation@weststpaul.com
Sign up for our E-BLASTS - Email: recstaff@weststpaul.com | Rental inquiries - rentals@weststpaul.com

In-Service Day Camp

Ages: 5–11 yrs

A full day of fun activities, games, and crafts in a safe, supervised environment.

Fees: \$25 Resident / \$30 Non-Resident per camper

Dates & Times:

- Mon., Feb. 2, 8am-5pm
- Fri., Mar. 20, 8am-5pm

Senior Drop-In

Join us for a free, social afternoon! Play cards, board games, and puzzles while enjoying good company.

Free

Dates & Times: Mondays

Jan. 14 – Mar. 25, 9am-12pm

Toddler Drop-In

A safe, stimulating space for little ones to play and explore! Socialize, move, and learn through playtime fun.

Free

Dates & Times:

Mondays, Jan. 12 – Mar. 23, 10am-12pm

No Session: Feb. 2, 16

Open Gyms

Drop in for free gym time to shoot hoops, play games, or just stay active!

All Ages / Free

Dates & Times:

Mondays, Jan. 12 – Mar. 23, 3-5:30pm

Wednesdays, Jan. 14 – Mar. 25, 3-4:30pm

No Session: Feb. 2, 16; Mar. 18

Yoga

Instructor: Heather Bailey

A one-hour Vinyasa Flow linking breath and movement to build strength, flexibility, and balance for all levels.

Fees: \$80

Dates & Times: Mondays,

Jan. 12 – Mar. 23, 6-7pm

No Class: Feb. 16

Zumba

Instructor: Zin Let

Fees: \$80

Dance your way to fitness with high-energy Latin and international rhythms. No dance experience needed!

Dates & Times: Tuesdays, Jan. 13 – Mar. 17, 6-7pm

Due to popular demand the class will be moving into the gymnasium!

Kidz Dance

A high-energy dance class where kids learn beginner steps and explore a variety of dance styles in a fun, supportive environment.

Ages: 4–6 yrs

Fees: \$85

Dates & Times: Wednesdays

Jan. 14 – Mar. 11, 6-6:45pm

Recital Date: Mar. 25

Art Club

Imagine, create, and explore through art, crafts, and fun science-based projects that spark creativity and curiosity!

Fees: \$65

Dates & Times: Every other Sunday

Art Club Mini (5–8 yrs)

Jan. 11, 25; Feb. 8, 22; Mar. 8, 22,

10:30am-12:30pm

Art Club Jr. (9–12 yrs)

Jan. 11, 25; Feb. 8, 22; Mar. 8, 22,

1:30-3:30pm

Kids Cooking Classes

A hands-on cooking adventure! Kids will learn new recipes, cooking techniques, and kitchen safety while creating their own recipe book.

Fees: \$120

Dates & Times: Every Other Sunday

Little Chefs 1 (4–6 yrs)

Jan. 18, Feb. 1, 15; Mar. 1, 15, 29,

10am-12pm

Baking Buddies

Mix, measure, and make some magic! Learn basic baking skills and create tasty treats while having fun.

Fees: \$80

Mini Baking Buddies (4–6 yrs)

January-February - Every other Thu.,

Jan. 8, 22; Feb. 5, 19, 6-8pm

Jr. Baking Buddies (7–12 yrs)

January - February - Every other Thu.,

Jan. 15, 29;

Feb. 12, 26,

6-8pm

Mini Baking Buddies (4–6 yrs)

March-April -

Thu., Mar. 5;

Tue., Mar. 17;

Thu., Apr. 9, 23,

6-8pm

Jr. Baking Buddies (7–12 yrs)

March-April - Every other Thu.,

Mar. 12, 26; Apr. 16, 30, 6-8pm

Little Chefs 2 (4–6 yrs)

Jan. 18, Feb. 1, 15; Mar. 1, 15, 29,

1:30-3:30pm

Super Chefs 1 (7–12 yrs)

Jan. 11, 25; Feb. 8, 22; Mar. 8, 22,

10am-12pm

Super Chefs 2 (7–12 yrs)

Jan. 11, 25; Feb. 8, 22; Mar. 8, 22,

1:30-3:30pm

Functional Fitness for Women

Instructor: Pat Dasal

Designed for women 50+, this class focuses on strength, balance, and mobility with modifications for all fitness levels.

Fees: \$80 / \$10 Drop-in

Dates & Times: Wednesdays,

Jan. 14 – Mar. 25, 1:30-2:30pm

No Class: Feb. 25, Mar. 18

Indoor Tennis – Youth

Fees: \$120

Dates & Times: Mondays

Jan. 12 – Mar. 23

• Junior (8–12 yrs) – 7:15-8:15pm

• Youth (13–16 yrs) – 8:15-9:15pm

No Class: Feb. 16

Indoor Tennis – Minis

Ages: 4–8 yrs

Fees: \$100

Dates & Times: Sundays

Jan. 11 – Mar. 15, 1-2pm

No Class: Feb. 1 & Feb. 15

Indoor Tennis – Red Ball

NEW

Discover tennis in a new and accessible way — designed just for beginners.

Red Ball Tennis, originally designed for youth, is now helping adults learn the game in a fun and easy way. Tennis Manitoba is excited to offer this beginner-friendly format to help adults gain confidence and enjoy tennis from day one.

Ages: Older Adults

Fees: \$80

Dates & Times: Wednesdays,

Jan. 14 – March 25, 10am-12pm

No Class: Mar. 18

Line Dancing

Instructor: Tiffany Parada

A fun introduction to line dancing — no partner or experience required!

Fees: \$80 or \$10 Drop-in

Dates & Times:

Mondays, Jan. 5 – Mar. 23, 1-2:30pm

Thursdays, Jan. 8 – Mar. 12

5:30-6:45pm

No Class: Feb. 16

Pickleball

• Tuesdays & Thursdays: Recreational, Intermediate, & Competitive

• Wednesdays: All Skill Levels

Note: No drop-ins

permitted.

Indoor Mini Soccer Development U4-8

Fees: \$90

Dates & Times:

Sundays, Jan. 18 – Mar. 15

• U4/5 - 2:30-3:30pm

• U6 - 3:30-4:30pm

• U7/8 - 4:30-5:30pm

Badminton Open Gym

Dates & Times:

December 27, 28

January 2 & 4

10am – 3pm

Free – please bring your own racket if you have

GymKyds

45-minute exploration-based Parent & Me gymnastics class designed for fun, movement, and bonding.

Dates & Times: Fridays

• GymKyds Tots (6 months–3 yrs)
10am

• Preschool GymKyds (3–5 yrs)
10:45am

No Class: TBD

🌐 gymkyds.ca/west-st-paul

Mindful Movement – Chair Yoga

Instructor: Pat Dasal

A gentle seated yoga class designed to improve flexibility, balance, and relaxation.

Fees: \$75 or \$10 Drop-in

Dates & Times: Fridays

Jan. 16 – Mar. 27, 10:30-11:15am

No Class: Feb. 27, Mar. 20

Partnership Programs



Little Signing Stars

Date & Times: Thursdays
Baby & Me sign language classes combining music and fun learning. (40 minutes)

For more info:
 littlesigningstars.com

Girl Guides

At Girl Guides, we believe in the power of fun, hands-on activities that inspire girls to grow, lead, and connect. Our programs are designed for girls ages 5-17 and cover everything from outdoor adventures and STEM projects to arts and leadership training. Whether your child loves the outdoors, enjoys creative projects, or wants to build new skills, our programs offer something for everyone. Girl Guide units concurrent to the school year; fall until late spring.

Date & Times: Tuesday
Jan. 13 – June 23, 6:00-7:30pm

To register please visit:
 girlguides.ca
and click
Find a Group,
West St. Paul
is Unit 252.

sparksemlers252@outlook.com

West St. Paul Recreation partners with numerous groups to offer great Programming Opportunities to the Community!

For the Programs listed below that are offered at the Access Centre, please contact the instructor or organization directly to register. Contact information is listed in the program descriptions below or visit the Recreation Tab on www.weststpaul.com for more information.

West St. Paul Karate

Learn self-defense while increasing self-discipline, self-confidence, strength and flexibility. Youth to Advanced Classes.

Dates: Tuesday & Thursdays
For more info, contact:
 wspkarate@gmail.com or visit
www.wspkarate.com

Taekwondo

Traditional Korean Martial Arts
Certified instructors affiliated with Taekwondo MB & CAN

Dates & Times: Wednesdays 7:15 - 8:15PM, Saturdays 12-1PM
 tamsweststpaul@gmail.com or visit
tamstaekwondo.com

NEW

Learn to Skate Program

The RM of West St. Paul Learn to Skate program offers fun and engaging skating lessons focused on building confidence and skill on the ice. Participants will learn the fundamentals of skating — including how to stand up independently, move forward and backward, and stop safely — through structured drills and progressive skill development in a supportive, non-competitive environment. Build your child's skating skills and confidence this winter — one glide at a time!

Learn To Skate Tots (4-5yrs)

Date & Time:

- Tuesdays, Jan. 13 – Mar. 3, 5:30-6:15pm
- Fridays, Jan. 16 – Mar. 6, 5:30-6:15pm

Learn To Skate Minis (6-7yrs)

Date & Time:

- Tuesdays, Jan. 13 – Mar. 3, 6:45-7:30pm
- Fridays, Jan. 16 – Mar. 6, 6:45-7:30pm

Program Details:

- All classes take place at the West St. Paul outdoor rink.
- The program includes 8 sessions in total, each session runs for 45 minutes.
- Please note: Cancellations may occur due to weather conditions. Make-up classes will be scheduled if required, as space has been reserved in the program calendar.
- Parents/Guardians are required to stay on-site for the duration of the class (viewing area available inside the building).

Important Information:

- Participants must bring their own skates. Hockey or Figure skates are both allowed. Please sharpen your skates prior to the start of the program.
- Warm clothing is highly recommended, including mitts or gloves and snow pants for younger skaters.
- Skate bars or skating aids are not permitted.
- Helmets are mandatory for all participants and must meet Skate Canada safety standards.



LEARN TO SKATE

TOTS (4-5 YRS)

TUESDAY SESSION

JAN. 13 - MAR. 3, 5:30 - 6:15PM

FRIDAY SESSION

JAN. 16 - MAR. 6, 5:30 - 6:15PM

MINIS (6-7 YRS)

TUESDAY SESSION

JAN. 13 - MAR. 3, 6:45 - 7:30PM

FRIDAY SESSION

JAN. 16 - MAR. 6, 6:45 - 7:30PM

\$100 PER PARTICIPANT

Please visit www.weststpaul.com for program guidelines and to register.



LEARN TO SKATE

- Participants must bring their own skates. Hockey or Figure skates are both allowed. Please sharpen your skates prior to the start of the program.
- Classes are held at our outdoor rink. Please dress appropriately.
- Please note- Cancellations may occur due to weather conditions. Make-up classes will be scheduled if required.
- Skate bars or skating aids are not permitted.
- Helmets are mandatory for all participants and must meet Skate Canada safety standards. If your child does not have the proper helmet, they will not be let on the ice.



• Hockey Helmets are accepted. Cages are recommended but not mandatory.



• Ski/Snowboarding helmets are also accepted. Must be covering the back of the head.



• Goalie masks are **NOT ACCEPTED**.



• Bike helmets are **NOT ACCEPTED**.

WORKSHOPS

Paint Party Workshop (6+ yrs)

Give your child a boost of Creative Confidence at our daytime Paint Party! Engaging for young artists and challenging for older teens, this guided workshop teaches brush techniques, colour mixing, and composition. Each participant leaves with a finished canvas they created themselves. It's a fun, screen-free activity where kids can express their creativity. All materials are provided.

Instructor: Maestro Ferdz

Fees: \$45

Dates & Times:

Saturday, Jan. 17, 2-4pm

Saturday, Feb. 14, 2-4pm

Flower Arrangement Workshop

Hands-on floral arrangement workshop where you'll learn the art of creating beautiful arrangements. Whether you're a beginner or have some experience, this workshop is perfect for anyone looking to add a personal touch to their floral creations! All materials provided.

Instructor: Dolores the Florist

Fees: \$35

Dates & Times:

February 12, 2026, 6:30-8pm

Sugar Cooking Decorating Workshop

Transform plain cookies into edible art! You will learn design techniques in this hands-on class. Perfect for all skill levels, you'll master cookie decorating in a relaxing atmosphere. Great for individuals, friends, or family! All materials provided, and you'll take home 6 decorated cookies.

Instructor: Tara Smith

Fees: \$55

Dates & Times:

March 15, 2026, 1-3pm



WEST ST. PAUL
Lights of the Season
CONTEST

Submit your address to
recreation@weststpaul.com by
December 21, 2025 to be entered

Judging will take place between
December 22 - 31, 2025

Winners will be announced
January 2, 2026

Prizes for 1st, 2nd & 3rd place



PUZZLE SWAP & SALE

FEBRUARY 28, 2026
1 - 3pm | 48 Holland Rd.

Don't get stuck inside this winter with the same old boxes! Join us for a free, public Puzzle Swap & Sale and stock up on new challenges.

- Bring your gently used puzzles to sell or swap with fellow enthusiasts.
- Browse or simply explore—you'll discover exciting, new-to-you puzzles to take home!





INDOOR MINI SOCCER
SKILLS DEVELOPMENTAL CAMP

FOR AGES 4 - 8

SUNDAYS - 7 SESSIONS
Jan. 18 - Mar. 15
No Session: Feb. 1 & 15

U4/5 - 2:30 - 3:30PM
U6 - 3:30 - 4:30PM
U7/8 - 4:30 - 5:30PM

Location: Access Centre
48 Holland Rd.

REGISTER NOW

 weststpaul.com/recreation-programs



SKI
WEST ST. PAUL ACCESS CENTRE

FREE Mobile Ski Library

Saturday, January 17/2026 | 1:30-4:30PM
Saturday, February 28/2026 | 1:30-4:30PM

Access Centre | 48 Holland Rd | Groomed Trails

Skis, snowshoes & kicksleds to borrow for all ages & abilities

RSVP at Winterpeg.org



WINTER BREAK CAMP

MONDAY, DECEMBER 22
TUESDAY, DECEMBER 23
MONDAY, DECEMBER 29
TUESDAY, DECEMBER 30

7:45 AM TO 5:00 PM
ALL CAMPER'S MUST BE PICKED UP BY 5PM.

WEST ST. PAUL RESIDENT: \$25/CAMPER/DAY
NON-RESIDENT: \$30/CAMPER/DAY

LIMITED SPOTS AVAILABLE. PRE-REGISTRATION REQUIRED.
PLEASE VISIT WWW.WESTSTPAUL.COM TO REGISTER.



Toddler Drop-in Mondays

48 Holland Rd

JOIN US EVERY MONDAY FOR A FREE TODDLER DROP-IN PROGRAM!
COME TO A SAFE AND STIMULATING ENVIRONMENT FOR LITTLE ONES TO EXPLORE, SOCIALIZE, AND DEVELOP GROSS MOTOR SKILLS.
September 15 - December 15

10am-12pm



healthy TOGETHER NOW

EVENTS

Visit www.weststpaul.com for more info on all the events!

Ski Library

Dates, Time & Location:

- Saturday, January 17 & February 28, 1:30-4:30pm

Access Centre – 48 Holland Rd

FREE



West St. Paul Citizens on Patrol 2026 AGM

Date & Location:

- Saturday, Jan. 24, 2026
- Access Centre – 48 Holland Rd

Winter Family Fun Day

Date, Time & Location:

- Saturday, Feb. 28, 1-4pm
- Access Centre – 48 Holland Rd



WSP Fire Department Poker Tournament

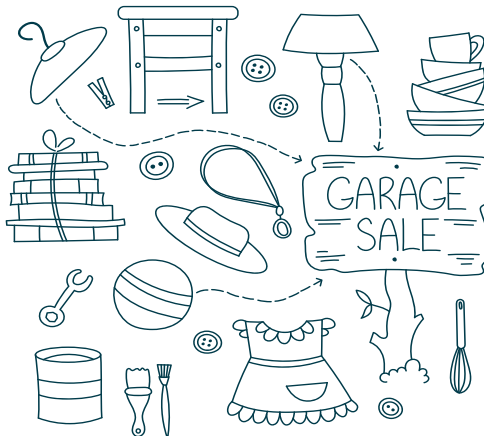
Date, Time & Location:

- Saturday, Mar. 7, 2026
- Access Centre – 48 Holland Rd
- ✉ wspfs@hotmail.com for more info

WSP Garage + Craft Sale

Date, Time & Location:

- Saturday, Mar. 14, 2026, 9am-3pm
- Access Centre – 48 Holland Rd



Military Show & Sale

Organized by the Military Collectors Club of Canada

Date & Time: Sunday, Mar. 29, 2026

✉ Jaime at mbmccofc@gmail.com

Save the Dates

WSP Seniors lunch -
May 8, 2026

Spring Break Camp -
March 30 - April 3, 2026



Registration

Registrations for ALL the Recreation Programs offered by the RM of West St. Paul will be done ONLINE through the Univerus Program Registration System. Visit the Recreation Tab on www.weststpaul.com to register or scan QR Code

To register:

- You must have an active client account.
- You must CREATE a new client account if you have never used the system before.
- After you create an account, an email will be sent to the email address provided to activate your account. For parents enrolling children into programs please be sure to create a family account with yourself as the billing client and your children as family members.
- Payments will not be collected Online

Recreation payments are accepted by:

- CASH – exact change
- CHEQUE – made payable to the RM of West St. Paul
- DEBIT
- E-TRANSFER – finance@weststpaul.com

NEW

Rentals email for booking the Access Centre or field rentals email:

✉ rentals@weststpaul.com



Distribution List to receive email updates on programming & events!

Email: recreation@weststpaul.com

LIKE us on Facebook, Instagram & X @WSPRecreation

