



ACCESS
RECREATION CENTRE

MARCH 2025 RECREATION PROGRAMING

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 the QR Code.

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

drop-ins will not be permitted.

f i x
@wsprecreation



NEW We now accept **credit card** payments for RECREATIONAL programs

CHECK OUT ALL THE UP-COMING CAMPS

- In-service Camp
- Spring Break Camp
- Summer Camp



NEW ART THERAPY CLASS

Join us for our first Art Therapy Workshop, where creative expression supports mental, emotional, and physical well-being. Open to all ages and abilities, the session includes calming music, light refreshments, and a chance to connect with others.

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

Mini Soccer

Registration is now open!

Visit our website for registration details
U3/4 (2022 & 2021) COED
U5/6 (2020 & 2019) COED
U7/8 GIRLS (2018 & 2017)
U7/8 BOYS (2018 & 2017)

In-service Camp

Ages: 5-11 yrs

Dates: Friday, March 14

Camp time: 8AM – 5PM

Fee: \$25 Resident, \$30 Non-Resident per camper

Spring Break Camp

Ages: 5-11 yrs

Dates: March 31st to April 4th

Camp time: 8AM TO 5PM

Fee: \$130 Resident, \$145 Non-Resident per week per camper

Summer Camp

Ages: 5-11 yrs

Dates: July 7 – August 29 – 8 weeks

Camp Time: 8AM TO 5PM

Early drop off at 7:45AM
MUST be picked up by 5PM

Fee: \$130 Resident, \$145 Non-Resident per week per camper

Registration opens: Opens March 14

Open Gyms

Toddler Open Gym – Mondays

April 7th – June 16th, 10AM-12PM

All Ages Any Sport – Mondays

April 7th – June 16th, 3PM-5:30PM

All Ages, Basketball - Wednesdays

April 9th – June 18th, 3PM-4:30PM

FREE

Kids Cooking Classes

Each session will have a different theme and recipe. Children will learn the basics of food preparation, kitchen safety cooking/baking techniques.

Fees: \$80 per child

Dates & Times: all 6 sessions

Little Chefs 1 (4-6 yrs): April 6th, 20th

May 4th, 18th, June 1st, 15th

10:30AM – 12:30PM

Little Chefs 2 (4-6yrs): April 6th, 20th

May 4th, 18th, June 1st, 15th,

1:30PM-3:30PM

Super Chefs 1 (7-12 yrs): April 13th,

27th, May 11th, 25th, June 8th, 22nd

10AM – 12:30PM

Super Chefs 2 (7-12 yrs): April 13th,

27th, May 11th, 25th, June 8th, 22nd

1:30PM-4PM

Art Club

Includes activities such as art, crafts or science, where you are encouraged to be creative while learning something new!

Ages: 5-11 yrs

Fees: \$70 per child

Dates & Times: 6 sessions April 13th,

27th May 11th, 25th June 8th, 22nd,

11AM – 12:30PM

Kidz Dance

Learn some beginner steps in this fun class that will introduce participants to a variety of dance techniques.

Ages: 4-6 yrs

Fees: \$75 per child

Dates & Times: 9 classes April 16th-

June 11th, Recital Day on June 18th

West St. Paul Karate

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

Dates: Tuesday & Thursdays

More info Contact:

✉ wspkarate@gmail.com or visit

🌐 wspkarate.com

NEW

Art Therapy

Join our first Art Therapy Workshop! Explore creative expression to support mental, emotional, and physical well-being. Open to all ages and abilities. Enjoy calming music, light refreshments, and a chance to connect with others.

Instructor: Crystal Arnold

Fees: \$60

Dates & Times: March 18th –

April 29th, Tuesdays, 1PM-3PM

No Class: April 1st

Zumba

Skip the workout—join the party! This dance fitness class keeps you moving to the beat while combining cardio and resistance training to burn calories, boost heart health, and tone your body.

Instructor: Zin Let

Fees: \$80

Dates & Times: 10 sessions

April 15th – June 17th Tuesdays,

6PM-7PM

Pickleball

Dates & Times: Tuesday/Thursday daytime – Recreation/Intermediate/Competitive skill levels

Monday & Wednesday Evenings – All skill levels

Sorry no drop-ins!

Baby & Me Yoga

Parents will learn basic yoga postures and breath work. This yoga class will help strengthen your pelvic floor and core muscles. You will learn a sequence of yoga poses with and without your baby. Perfect for babies 8wks - 12months

Instructor: Katrina Oulette

Fees: \$70 or \$10 drop-in

Dates & Times: 8 Sessions

April 16th – June 11th Wednesdays,

10:30AM – 11:15AM

No Class: June 4th

Sportball Multi-Sport Program

Ages: 2-5yrs

This play-based program introduces fundamental skills for eight sports, with a new sport featured each week—perfect for kick-starting an active lifestyle.

Sign up with Sportball.

🌐 sportball.ca

Taekwondo

Traditional Korean Martial Arts.

Certified instructors affiliated with Taekwondo MB & CAN

Dates & Times: Wednesday 7:15 - 8:15PM, Saturdays 12-1PM

✉ tamsweststpaul@gmail.com or visit

🌐 tamstaekwondo.com

Stay Safe

Instructor: Katrina Ouellette

STAY SAFE Course: 9-13 yrs (or completion of Gr. 3)

Dates & Times: Apr. 1st & May 4th, 2025
10AM-1PM approx.

Fee: \$65/Participant

Babysitters Course

Ages: 12 yrs (or completion of Gr. 5)

Dates & Times: Apr. 2nd & May 3rd, 2025 - 9AM-3PM approx.

Fee: \$80/Participant

Pre-Registration & Pre-Payment to reserve a spot

To register please email:

✉ katrina@dynamicfirstaid.ca with the course you are registering for and your child's information.

Jr NBA with WPG Minor Basketball Association

An intro program that provides entry-level basketball instruction in a fun, active & healthy learning environment

5-6 yrs: Tuesdays - 5:45-6:45PM

7-9 yrs: Thursdays - 5:45-6:45PM

Visit 🌐 mba.ca to register

✉ info@wmba.ca 📞 204-925-5774

Yoga

1hr “flow” class which will focus on the practice of Vinyasa Yoga. Poses will be strung together in a progression that will link movement with breath to anchor you & form the connection between the mind & body. Get a great workout with one of the most popular styles of Yoga, which is non-competitive & will be modified to the participants specific level of practice.

Instructor: Heather Bailey

Fees: \$60

Dates & Times: 6 sessions

May 5th – June 16th, 6PM-7PM

Cancellations: May 19th

NEW

Block Therapy

Block Therapy is a bodywork practice that releases adhesions and connective tissue restrictions hindering blood flow. Using a wooden block, similar to a yoga block, it applies pressure to targeted areas, melting fascia from the bone to restore circulation. This process improves oxygen flow, generates heat, and enhances alignment, mobility, and tension relief. With regular practice, it supports better posture, pain reduction, and overall well-being.

Block Therapy will:

- Release fascia throughout your entire body
- Manage and eliminate your pain
- Strengthen your posture
- Create symmetry in your body
- Unlock your diaphragm to optimize your breath and prevent injuries

Instructor: Heather Bailey

Fees: \$65

Dates & Times: 7 sessions

May 1st – June 12th,

Mondays 6PM-7PM

Mindful Movement – Chair Yoga

For those with joint, muscle weakness, or limited mobility, this class strengthens and stretches muscles to improve flexibility, posture, and strength. Exercises can be done seated or standing, with modifications for all fitness levels.

Instructor: Pat Dasal

Fees: \$70

Dates & Times: 9 sessions April 11th –

June 20th, Fridays 10:30AM-11:15AM

No Class: April 18th and May 23rd

Functional Fitness for Women

This program is designed for women 50+ looking to start a fitness routine. It offers strength and mobility exercises with modifications for all levels, promoting health and well-being. It's never too late to begin!

Instructor: Pat Dasal

Fees: \$80

Dates & Times: 10 sessions April 9th –

June 18th, Wed 1:30PM – 2:30PM

No Class: June 4th

Lacrosse Discovery Camp

Improve your technique, sharpen your game, and learn new strategies in a fun and supportive environment. This camp offers skill-building drills, team activities, and plenty of opportunities to enhance your lacrosse abilities. Whether you're a beginner or looking to take your game to the next level, this camp is the perfect way to elevate your skills!

Fees: \$10 drop-in fee

Dates & Times: Tuesday & Thursday
5:30 – 6:30PM Ending March 27th

Register at 🌐 nwfalconslacrosse.ca



Upcoming Workshops/Events at the Access Centre

Sugar Cookie Decorating Workshop

Learn to turn plain cookies into edible art with icing, sprinkles, and creative designs. Whether you're a beginner or a pro, this hands-on class helps you master decorating in a fun, relaxed setting. Perfect for individuals, friends, or family! All materials included..

Instructor: Tara Smith

Fees: \$55

Dates & Times: March 17th 6:30-8:30PM

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: April 17th 6:30-8:30PM

WSP Garage + Craft Sale

Dates & Times:

Saturday, March 8th, 9AM – 3PM

Sunday, March 9th, 9AM – 1PM

Military Show & Sale

Organized by the Military Collectors Club of Canada

Dates & Times: Sunday, March 30th, 10AM – 3PM

Admission: Adults \$5

Stamp & Coin Show

Organized by the Winnipeg Philatelic Society

Dates & Times:

May 3rd & 4th



WSP Seniors lunch

Dates & Times: May 23rd TBA

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 in CREDIT CARD, CASH, CHEQUE, DEBIT, E-PAYMENT or E-TRANSFER
- Cash - exact change please!
- Cheques - made payable to the RM of West St. Paul

NEW E-Transfer– send to: finance@weststpaul.com
(must put participants name & activity in notes)



Call for Nominations

J.C. (CHIC) BALDERSTONE MEMORIAL AWARD & WEST ST. PAUL YOUTH VOLUNTEER AWARD

The RM of West St. Paul invites you to nominate individuals from our community who are contributing to volunteerism

LETTERS OF NOMINATION MUST OUTLINE THE NOMINEE'S VOLUNTEER EXPERIENCE AND WHY THEY WOULD BE A GOOD CANDIDATE TO RECEIVE THE AWARD

Forward your nomination in writing to the Access Centre

48 Holland Road, West St. Paul, MB R4A 5A4

Email: recreation@weststpaul.com

Deadline for submissions is Thursday, May 1, 2025

J.C. (CHIC) BALDERSTONE

WEST ST. PAUL YOUTH



Distribution List to receive email updates on programming & events!

Email: recreation@weststpaul.com

LIKE us on Facebook, Instagram & X @WSPRecreation

