

# PORTAGE REGIONAL RECREATION AUTHORITY

## SPRING 2017



Stride Place

### STRIDE PLACE HOURS OF OPERATION

#### PRRA RECEPTION HOURS

Monday - Friday  
Saturday & Sunday

8:30am - 7:00pm  
10:00am - 5:00pm

#### STRIDE PLACE FACILITY HOURS & MEMBERSHIP ACCESS

Monday - Sunday

6:00am - 10:00pm

*Note: Hours may be adjusted based on need. Check our website [StridePlace.ca](http://StridePlace.ca) for details.*



Join the **Stride Place Facebook** page and keep up to date on the latest Stride Place News and PRRA Programs & Services. [Facebook.com/PortageRegionalRecreationAuthority](https://www.facebook.com/PortageRegionalRecreationAuthority)



Follow the **Stride Place Twitter** page and keep up to date on the latest Stride Place News and PRRA Programs & Services. [Twitter.com/StridePlace](https://twitter.com/StridePlace)

## Spring Registrations



### Portage Minor Baseball

For more info go to [www.PortageBaseball.com](http://www.PortageBaseball.com)

**Don't forget your child's Birth Certificate!**

Wednesday March 15th  
6 - 7:30pm at Stride Place

Tuesday February 21st & Monday March 6th  
6:30 - 8:30pm at Stride Place

### Portage Youth Soccer

For more info go to [www.LeagueLineUp.com/PortageYouthSoccer](http://www.LeagueLineUp.com/PortageYouthSoccer)



### Portage Pitbulls Football



Wednesday April 19th, Thursday April 20th  
& Friday April 21st 6:30 - 9pm at Stride Place

For more information & confirmed registration dates go to [www.PitbullsFootball.com](http://www.PitbullsFootball.com)

Stride Place (formerly know as the PCU Centre) 245 Royal Rd South on the Island 204-857-7772 [StridePlace.ca](http://StridePlace.ca)

## COACHING ACADEMY



Also for Players!



All programs run Tuesday nights 6:30 - 9:30pm  
Cost: **FREE**  
Register at Stride Place prior to course date

### Resistance Training (4 hours) March 21, 2017

A must-have for competitive coaches, this 4-hour dynamic and interactive introductory workshop will teach you how to prevent injuries and increase athlete performance through proven resistance training tools. Become a better coach by augmenting your plan with elements such as: \* Basic lifts \* Stability training \* Core training

# SPRING SWIMMING LESSONS & AQUAFIT

PRRA  
Portage Regional Recreation Authority Inc.

# AQUATIC PROGRAMMING

PRRA will be offering Aquatic Programs  
at Days Inn Hotel beginning March 14 - April 13th 2017

No classes on March 28 & 30 due to Spring Break

Swimming Lesson Registration & Aquafit Passes will be available on Wednesday, March 1<sup>st</sup> 2017

## Starfish (4 to 12 months) / Duck (12 to 24 months)

**Starfish:** An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, along with enjoying songs and play in the water.

**Duck:** For toddlers or older babies with a parent or caregiver. Learn how to use floating objects for support and explore different water movements through games, songs and active water play.

Mar 14 - Apr 13      Tues & Thurs Evenings      3:30 - 4:00pm

## Sea Turtle (24 to 36 months)

For toddlers with a parent or caregiver. Swimmers learn through fun games and songs. Combine skills like how to kick with a buoyant object, perform basic floats, glides and kicks.

Mar 14 - Apr 13      Tues & Thurs Evenings      4:00 - 4:30pm

## Sea Otter (3 to 6 years)


Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, along with swimming 1 metre. They also learn age-appropriate water safety skills. Transitional level that transfers the preschooler to the care of the Instructor.

Mar 14 - Apr 13      Tues & Thurs Evenings      4:30 - 5:00pm

## Salamander (3 to 5 years)

Children will learn assisted floats and glides, through games and songs. The fun includes learning to jump into chest deep water.

Mar 14 - Apr 13      Tues & Thurs Evenings      4:00 - 4:30pm

 **\$63/child - 8 class session - 6 spots per level**  
Held at Days Inn Hotel South of Portage on Hwy 1

## Sunfish (3 to 5 years)

Preschoolers work on stroke and skills progression. Learning also focuses on good judgment in, on and around the water, entries and floats in deep water.

Mar 14 - Apr 13      Tues & Thurs Evenings      5:00 - 5:30pm

## Crocodile (3 to 5 years) / Whale (3 to 5 years)

**Crocodile:** The beginning of independent glides and kicking in deep water happen in Crocodile. Endurance is built through longer front and back swims. Swimmers learn about dolphin kicks and try synchro skills in the water.

**Whale:** Children will learn to swim independently to increase their distance and improve skills in both front and back swims.

Mar 14 - Apr 13      Tues & Thurs Evenings      5:30 - 6:00pm

## Swim Kids - Level 1

Please note: Swim Kids now begins at 5 years

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area. Introduces floats and glides with kicks. Children build their endurance by improving distance.

Mar 14 - Apr 13      Tues & Thurs Evenings      5:30 - 6:00pm

## Swim Kids - Level 2

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted aids.

Mar 14 - Apr 13      Tues & Thurs Evenings      5:00 - 5:30pm

## Swim Kids - Level 3

This level provides an introduction to front crawl and diving. Children will work on floats and changing direction in the water. Endurance is achieved by building strength in flutter kicking and a 15 metre swim.

Mar 14 - Apr 13      Tues & Thurs Evenings      4:30 - 5:00pm



**AquaFIT** Tuesday & Thursday 2:30 - 3:30pm  
March 14 - April 13 2017

\* \$5.00 Drop In \* \$20 Pass for ALL 8 Classes

Held at Days Inn Hotel South of Portage on Hwy 1 and Yellowquill Trail  
This session of Aquafit is not included in a PRRA Active Pass Membership

Swimming Lesson Registration & Aquafit Passes will be available on Wednesday, March 1<sup>st</sup> 2017.

Online registration will open up March 1<sup>st</sup> at noon.

Aquafit: \$5.00/drop in (payable to guard at pool) or \$20 for an all access pass (Passes can be purchased at Stride Place and shown to instructor at the pool)

Note: Limited change room space (Washrooms only)  
Please arrive early or dressed for lessons.  
Only offering lessons up to SK3 this session.

ALL LESSONS & AQUAFIT WILL BE HELD AT  
DAYS INN HOTEL NOT THE STRIDE PLACE.