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Rath Eastlink Community Centre
UPCOMING EVENTS
November 2014

November 3
Wallnuts Begins! Wallnuts is a climbing skills and fitness development course aimed to give kids a physical and technical boost to their climbing. Classes start with the basics and teach safety, technique, and strength through activities and games at the wall. The course is divided into three age groups, 6-8, 9-11 and 12-14 so that kids can work together, and it all leads up to being able to belay independently at age 15! Courses are one hour/week for six weeks, starting Nov 3 for 9-11, Nov 4 for 12-14 and Nov 5 for 6-8. Classes start promptly at 5:30pm. \$59 total for 6 week session.

November 4
Hydrider Fitness classes begin!
A unique stationary bike class where you pedal while immersed up to your chest in the water. Bikes are adjustable to allow for a wide variety of users.
Tuesday & Thursday mornings from 6:55 - 7:30am (class 1) and 7:35 - 8:10am (class 2)

November 5
Climbing Basics!
This class teaches 5 fundamental climbing techniques that will get you climbing off the ground! Good for beginners or returning climbers, this course gives participants an in depth training session with a low student to instructor ratio. Limit of two people per course. B4U climb certification required. \$40 per climber.

November 7
Bronze Medallion and Bronze Cross Courses begin
The first steps to becoming a Certified Lifeguard! Deadline to register Oct 31
Kids Night Out! Swimming, pizza and a movie

November 9
Dance Fit Kids session- Get your child excited to exercise through learning the latest Hip Hop moves that bring fun to working out- A great way for kids to be active during the school year! Sundays at 10:30am
Blue Rodeo in the Community Credit Union Arena. Tickets at the RECC

November 14
In-service Day Camp- drop your child off for a supervised day at the RECC full of recreation activities
Red Cross Babysitters Course: Basic first aid and caregiving skills for youth 11-14 years old. In this one day course, participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Course also offers youth the training to promote themselves as a babysitter to prospective parents.

November 19
Intro To Lead! If you have been climbing for a while and are curious to see what the next level involves, this may be for you! Come and learn about the exciting sport of Lead climbing. This detailed class will discuss the differences between top-rope climbing and Lead climbing, including an overview of the increased responsibilities involved. Students will get to try a mock-lead climb to get a taste for the real thing. Some experience is a plus for this course, but not required. \$40 per climber.

November 21
Kids Night Out! Rock Climbing and pizza

November 26
Take The Lead! If you are looking for a new challenge to add to your climbing, this is it! For climbers that have been climbing for at least a year and are comfortable climbing at a 5.9 difficulty on top-rope (intermediate). This two night course will teach you the skills you will need to pass your Lead Climbing exam and be certified to lead climb at the Kohler Klimbing wall. Certification requires passing a practical exam scheduled after the course. \$40 per night. Nov 26 and Dec 3.

November 28
In-service Day Camp • Red Cross Babysitters Course

November 29
RBC Sports Day! Details to come

To register for any of the programs coming up in November please call at 902-893-2224 or visit the RECC front desk Staff!

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