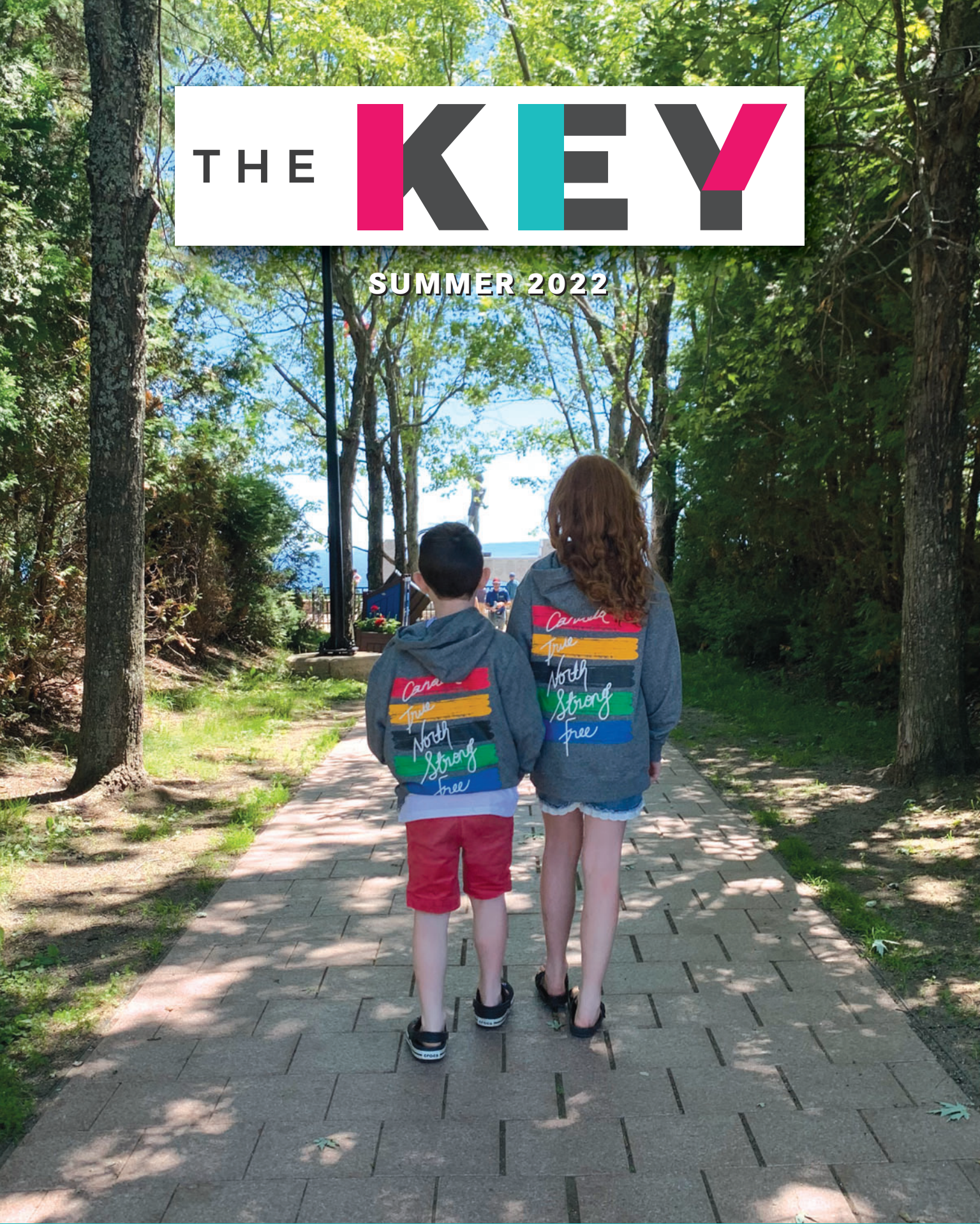


# THE KEY

SUMMER 2022



**THUNDER BAY'S GUIDE TO  
COMMUNITY PROGRAMS & SERVICES**





**AGES  
5 - 12**



**ADVENTURERS**

**CAMP**

**JUNE 28 - SEPTEMBER 2**

**REGISTRATION OPENS MAY 9**

Programming to follow COVID-19 safety guidelines.

Dates subject to school calendar

FOR MORE INFORMATION

**CALL (807) 620-1058**

[thunderbay.ca/en/recreation/adventurers-camp.aspx](http://thunderbay.ca/en/recreation/adventurers-camp.aspx)

JUNIOR  
**inclusion**  
SERVICES

CITY OF  
**Thunder Bay**  
Superior by Nature

 Canada Games  
Complex

420 WINNIPEG AVENUE  
THUNDER BAY, ONTARIO, P7B 6B7

[WWW.GAMESCOMPLEX.COM](http://WWW.GAMESCOMPLEX.COM)



# COMMUNITY *Highlight*

COMMUNITY HIGHLIGHT  
[www.thunderbay.ca/thekey](http://www.thunderbay.ca/thekey)



## Youth Move!

Are you 10-18 and looking for something to do this summer?  
Check out our special events including Sailing,  
Gymnastics and even a sleep out at Chippewa park!

Youth Move also offers free drop in sites at the  
Kinsmen Centre, Canada Games Complex and Minnesota Park.

*Cant wait to see you this summer.*

**Please see pages 45 and 46 for more information**

THE  
**KEY**

1



# THE KEY

Your guide to Community Programs and Services



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[www.confederationcollege.ca](http://www.confederationcollege.ca)



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[www.lakeheadschoools.ca](http://www.lakeheadschoools.ca)



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[www.csdcab.on.ca](http://www.csdcab.on.ca)







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[www.thunderbay.ca](http://www.thunderbay.ca)  
[www.prokidsthunderbay.ca](http://www.prokidsthunderbay.ca)  
[www.gamescomplex.com](http://www.gamescomplex.com)  
[www.golfthunderbay.ca](http://www.golfthunderbay.ca)

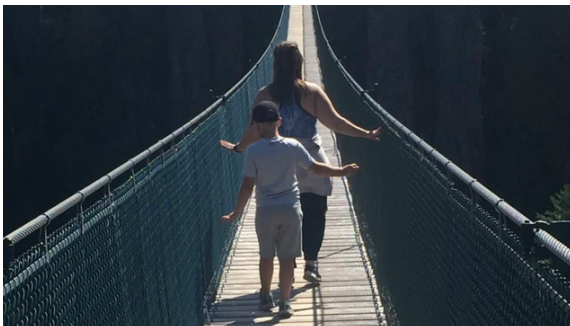
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[www.thunderbay.ca/thekey](http://www.thunderbay.ca/thekey)



Watch out for the Fall Key being released August 5th, 2022





# Continuing Education

## General Information

For the most current information on admission requirements, office hours including holidays, course fees, parking, prerequisites as well as withdrawal, refund, and academic policies visit: [www.confederationcollege.ca/ce](http://www.confederationcollege.ca/ce).

## Program Requirements

### Postsecondary Programs

Ontario Secondary School Diploma or successful completion of the mature student assessment or appropriate credits from Academic and Career Entrance.

### Non-postsecondary Programs

Ontario Secondary School Diploma or nineteen years of age or older, unless otherwise stated.

## How to Register

Thinking of registering? Be sure to register at least three business days in advance of course start date as courses may be cancelled due to insufficient registrations.

You can **Web Register** quickly and conveniently for most Continuing Education courses by accessing our secure online shopping cart located at: [www.confederationcollege.ca/ce](http://www.confederationcollege.ca/ce).

## College Holiday Closures

The college will be closed on Monday, May 23, Friday, July 1, Monday, August 1, and Monday, September 5, 2022.

## Course Fees

Total fees (including material fees, if applicable) are required at time of registration.

For information on withdrawal and refund policies of part-time courses, one day workshops and online learning please visit: <https://www.confederationcollege.ca/continuing-education/general-information>.

## Textbook Information

Most postsecondary courses as well as some general interest courses may require textbooks. Please inquire upon registering. Textbooks can be purchased on campus or online at Follett Bookstore. Please contact Follett Bookstore directly at: [www.confederationcollege.ca/bookstore](http://www.confederationcollege.ca/bookstore) for additional details.

## Parking

You only need a parking permit if you are attending classes between 8:00 a.m. and 5:00 p.m. on weekdays. Additional information about parking available at: <https://www.confederationcollege.ca/facilities-services/parking>.

## CHECK OUT OUR

**CAREER  
SAMPLERS**  
for youth





# Part-Time Online Programs



Confederation  
COLLEGE

This is  
LEARNING

Continuing Education Part-Time Online Programs Are Free To Apply  
Available 24/7

Visit [www.confederationcollege.ca/continuing-education](http://www.confederationcollege.ca/continuing-education) for details today!

## Are you looking for

Professional Development  
Career change, Transition/Advancement  
Increased Marketability  
Learning and Building New Skills  
Networking capabilities  
Staying Current  
Higher income potential

**Continuing Education offers a variety of programs with flexibility to fit your lifestyle online.**

Browse our list of programs and courses to find the best option for you.

## Bookkeeping

- OL030 Intermediate Accounting I
- OL075 Taxation II
- OL076 Payroll Administration
- OL090 Accounting Basics I
- OL091 Accounting Basics II
- OL127 Cost and Managerial Accounting I
- OL160 Taxation I
- OL568 Quickbooks Online
- OL700 Computers 1 - An Intro
- OL702 Excel - Core
- OL746 Computerized Accounting

## Canadian Certified Administrative Professional (CCAP)

- OL069 Supervisory Skills Business/Industry
- OL173 Introduction to Business Management and Organizational Behavior
- OL338 Communications for Business  
Elective Options (4) Required
- OL102 Business Law I
- OL135 Human Resource Management Principles
- OL372 Intro to Project Management
- OL611 Statistics
- OL803 Excel - Expert
- OL114 Microeconomics
- OL117 Macroeconomics
- OL090 Accounting Basics I
- OL091 Accounting Basics II
- OL118 Marketing I
- OL050 Marketing II
- OL230 Introduction to Psychology
- OL374 Personality Psychology

## Client and Customer Relations

- OL037 Creating a Corporate Service Culture
- OL121 Developing Client Service Teams
- OL126 Strategies for Fostering Client Loyalty
- OL155 Building and Maintaining Customer Relationships
- OL173 Introduction to Business Management & Organizational Behaviour
- OL341 Introduction to Business Management
- OL373 Management and Leadership Skills

## Construction Estimator

- OL606 Introduction to Cost Estimating
- OL618 Material & Estimating Methods
- OL641 Construction Contract Bid Management
- OL642 Construction Drawings and Methods
- OL649 Construction Job Site Management

### Are You Ready for Your Credential?

If you have completed the required courses to receive a credential, be sure to email [ce@confederationcollege.ca](mailto:ce@confederationcollege.ca) and let us know what credential you have been working on!

## eLearning Developer

- OL026 Instructional Design for Online Learning
- OL571 Multimedia for eLearning Developers
- OL633 Universal Design for Learning and Accessibility for Online Learning
- OL638 eLearning Tools
- OL650 LMS Platforms
- OL766 HTML Introduction

## Food Services Worker

(See full details on Food Services Worker next page)

## Fundraising Management

- OL334 Communication and the Food Service Worker
- OL413 Institutional Food Service
- OL426 Sanitation and Safety
- OL433 Introduction to Nutrition
- OL455 Nutrition in Health Care
- OL473 Quantity Food Preparation

### Updates Online

The material in this publication has been prepared well in advance of the academic session to which it pertains. Although it is the most current and accurate information available at time of printing, updated course offerings are available online at: [www.confederationcollege.ca/continuing-education](http://www.confederationcollege.ca/continuing-education).



# Part-Time Online Programs



## Food Services Worker

Are you interested in learning the proper principles in food preparation, production, and safe food handling that will ensure the nutritional needs of persons from a small scale to large production focusing on health? The role of a food services worker fills an important role for clients in providing proper nutrition that also tastes good. Courses focus on compliance of provincial policies and procedures for the health and safety of food services.

Career Options for Food Services Workers include but are not limited to:  
 Commercial/Industrial Institutions      Hospitals      Retirement Homes  
 Community Based Housing      Long-Term Care Homes      Supportive Housing

### **OL334      Communication and the Food Service Worker**

This course focuses on the communication skills required by the food service worker. General principles of human communication such as verbal interaction and listening are explored. Students will learn effective communication skills with patients, residents, co-workers and supervisors. Students will also have the opportunity to develop writing skills and presentation skills with a major emphasis on documenting and charting food intake measuring techniques, communication of therapeutic diets and nutrition support required for treatment.

July 4 - October 1 ..... Fees \$401.86

*Delivery Method: Online Learning Asynchronous*

### **OL413      Institutional Food Service**

This course focuses on the food service worker's role in health care food service with an emphasis on requirements under the Long-Term Care Homes Act. Various food production, delivery and service systems will be introduced and departmental operations such as purchasing, receiving, storage and inventory will be discussed. Quality management and costs controls will also be addressed.

July 4 - October 1 ..... Fees \$401.86

*Delivery Method: Online Learning Asynchronous*

### **OL426      Sanitation and Safety**

This course focuses on preventing food-borne illness within the health care environment. Safe food handling practices and regulations and acts governing food service are emphasized. Quality improvement and risk management programs such as HACCP are also discussed. Safe working environments for the FSW are explored including fire safety, managing safety hazards, prevention of common injuries, and an introduction to first aid.

July 4 - October 1 ..... Fees \$401.86

*Delivery Method: Online Learning Asynchronous*

### **Apply Today at:**

[www.confederationcollege.ca/ce-program/food-service-worker](http://www.confederationcollege.ca/ce-program/food-service-worker)

### Getting Started with Online Learning

Have questions about starting online learning: visit us at [www.confederationcollege.ca/continuing-education/ontariolearn](http://www.confederationcollege.ca/continuing-education/ontariolearn).

### **OL433      Introduction to Nutrition**

This course introduces students to the basic principles of human nutrition and the role of nutrition in the health care environment. Nutrient composition of foods and current nutrition recommendations for carbohydrate, fat, protein, vitamins, minerals and water will be discussed. An introduction to digestion, absorption and transport of nutrients will be provided. Energy balanced and body composition and special considerations for nutrition throughout the lifecycle will also be explored.

July 4 - October 1 ..... Fees \$401.86

*Delivery Method: Online Learning Asynchronous*

### **OL455      Nutrition in Health Care**

This course focuses on the basic principles of diet therapy. Several therapeutic diets are discussed, as well as tube feedings and commercial preparations. OL433 Introduction to Nutrition (first course in the program) and OL455 Nutrition in Health Care may be taken concurrently. The student is responsible for ensuring that they are currently registered in OL433 or have successfully completed OL433 before registering in OL455.

July 4 - October 1 ..... Fees \$401.86

*Delivery Method: Online Learning Asynchronous*

### **OL473      Quantity Food Preparation**

This course focuses on the cooking principles and methods for preparing food in large quantities. Students will be introduced to control systems used in quantity food production including menu planning, standardized recipes, portion control, forecasting, scheduling and service. Various food types will be examined including sandwiches, salads, desserts, beverages, soups, meat, poultry, fish, eggs, milk, and cheese. Texture modified and special menu items will also be explored. This course emphasizes the importance of quality improvement and customer satisfaction in quantity food production.

July 4 - October 1 ..... Fees \$401.86

*Delivery Method: Online Learning Asynchronous*

This is  
**LEARNING**

# ACADEMIC UPGRADING

Upgrade for **work**, for **college**, for **life!**

## COURSES OFFERED:

**Communications**

**Math**

**Biology**

**Chemistry**

**Physics**

**Self-Management  
/Self-Direction**

**Computers:  
Intro and Advanced**



**Free\* | Flexible scheduling**  
**On campus or online | Start anytime**

For more information, please contact:  
(807) 473-3723 | [academicupgrading@confederationcollege.ca](mailto:academicupgrading@confederationcollege.ca)  
[www.confederationcollege.ca/academicupgrading](http://www.confederationcollege.ca/academicupgrading)

**EMPLOYMENT  
ONTARIO**

This Employment Ontario program is funded by the Ontario government.

\*Subject to funding approval. Please call the Academic Upgrading office for more information.

  
**Confederation**  
COLLEGE

THUNDER BAY & REGION

**CONTINUING EDUCATION**  
[www.confederationcollege.ca/ce](http://www.confederationcollege.ca/ce)

  
**Confederation**  
COLLEGE

7



# Part-Time Online Programs



## Geographic Information Systems

- OL449 Spatial Database Management and Integration
- OL466 Relational Database Management Systems
- OL609 Remote Sensing
- OL631 Design Managing Implementing a GIS
- OL731 Introduction to Geographic Information Systems
- OL739 Internet Mapping
- OL833 ARCVIEW - GIS Software
- OL921 Global Positioning System

## Health Records Clerk

- OL402 Medical Terminology
- OL406 Medical Terminology II
- OL424 Medical Conditions for Medical Office
- OL441 Working and Communicating in a Medical Setting
- OL468 Essentials Health Records Management
- OL470 Medical Office Procedures

### Courses and Program Information

Current part-time program information, required courses, admission requirements, and access to online applications available online by visiting our webpage at: [www.confederationcollege.ca/ce/ptprograms](http://www.confederationcollege.ca/ce/ptprograms).

## Home Inspection

- OL619 Air Conditioning & Heat Pumps Inspection
- OL620 Communication/Professional Practices
- OL623 Electrical Inspection
- OL624 Exterior Inspection
- OL625 Heating Inspection I
- OL626 Heating Inspection II
- OL627 Interior Insulation Inspection
- OL628 Plumbing Inspection
- OL629 Roofing Inspection
- OL630 Structural Inspection

## Hospital Ward Clerk

- OL402 Medical Terminology
- OL406 Medical Terminology II
- OL420 Understanding Medical Tests for Medical Office Staff
- OL424 Medical Conditions for Medical Office Professionals
- OL425 Pharmacology for Medical Office Professionals
- OL428 Understanding Surgical Procedures for Medical Office Staff
- OL441 Working and Communicating in a Medical Setting

## Program Questions?

Contact Continuing Education at: [ce@confederationcollege.ca](mailto:ce@confederationcollege.ca)

## Instructional Design

- OL026 Instructional Design for Online Learning
- OL713 Collaborative Framework: Working with SMEs
- OL763 Quality Assurance & Course Evaluation
- OL764 Special Topic in Course Design
- OL780 Course Design for Hybrid Delivery
- OL785 Digital Pedagogy

## Leadership Development Series

- OL814 Human Relations (LDS)
- OL815 Managing Change (LDS)
- OL816 Finance (LDS)
- OL987 Employment Law for LDS
- OL988 Performance Management (LDS)
- OL989 Project Management (LDS)
- OL990 Creative & Critical Thinking (LDS)
- OL994 Leading Responsibly (LDS)
- OL995 Communication (LDS)
- OL999 Leading Teams (LDS)

## Legal Office Assistant

- OL072 Litigation Practice and Procedure 1
  - OL120 Office Technology & Procedure
  - OL130 Legal Terminology
  - OL131 Legal Office Procedures
  - OL155 Building and Maintaining Customer Relationships
  - OL338 Communications for Business
  - OL353 Real Estate Procedures
  - OL702 Excel Core
- Plus One Computer Course Option:
- OL370 Word Core I
  - OL700 Computers 1 - Introduction to

## Legal Skills

- OL130 Legal Terminology
  - OL131 Legal Office Skills
- Plus 3 of the following:
- OL066 Landlord and Tenant Law
  - OL072 Litigation Practice and Procedure 1
  - OL128 Family Law Practice and Procedure
  - OL168 Small Claims Practice and Procedure
  - OL288 Criminal Law Legal Administration
  - OL310 Litigation/Small Claims/Family/Criminal Law Applied
  - OL321 Litigation/Small Claims/Family/Criminal Law Procedures
  - OL336 Corporate Law Procedures
  - OL353 Real Estate Procedures

**PLEASE CHECK FOR PRE-REQUISITES WHEN REGISTERING IN A COURSE OR APPLYING TO A PROGRAM.**

### CONTINUING EDUCATION...

**CAN BE  
THE KEY  
TO YOUR FUTURE...**

# Part-Time Online Programs



## Management Studies

- OL175 Business Analysis Introduction
- OL335 Organizational Business Communications
- OL601 Business Finance
- Plus one Management Course:
- OL125 Management Principles
- OL372 Introduction to Project Management
- Elective Options (4)
- OL102 Business Law
- OL118 Marketing I
- OL123 Material and Operations Management
- OL135 Human Resource Management Principles
- OL173 Introduction to Business Management & Organizational Behaviour
- OL115 Introduction to Financial Management Accounting
- OL127 Cost and Managerial Accounting I
- OL114 Microeconomics
- OL117 Macroeconomics
- OL096 Project Leadership
- OL372 Introduction to Project Management
- OL387 Project Management Scheduling Software
- OL989 Project Management (LDS)

## Medical Office Assistant

- OL120 Office Technology and Procedures
- OL155 Building and Maintaining Customer Relationships
- OL335 Organizational Business Communications
- OL402 Medical Terminology
- OL406 Medical Terminology II
- OL424 Medical Conditions for Medical Office Professionals
- OL425 Pharmacology for Medical Office Professionals
- OL441 Working and Communicating in a Medical Setting
- OL702 Excel Core

### Please Note

Total fees must be paid in full when registering. Make sure to get acquainted with our refund policy before you register.

## Medical Transcriptionist

- OL257 Communication I
- OL400 Medical Transcription Fundamentals
- OL401 Medical Transcription Styles and Practices
- OL402 Medical Terminology
- OL406 Medical Terminology II
- OL447 Advanced Medical Transcription
- OL452 Medical Keyboarding
- OL456 Beginning Medical Transcription
- OL470 Medical Office Procedures
- OL700 Computers 1 - An Introduction to
- Plus 2 options below:
- OL430 Dental Terminology
- OL459 Medical OHIP Billing
- OL468 Essentials Health Records Management

## Nephrology Nursing

- OL233 Renal Replacement Therapies - Nursing Care of the Transplant Patient
- OL270 Living with Chronic Kidney Disease
- OL271 Normal and Abnormal Kidney Function
- OL393 Nursing Care Across the Kidney Disease Trajectory
- OL437 Renal Replacement Therapies - Nursing Care of the Peritoneal Dialysis Patient
- OL439 Renal Replacement Therapies - Nursing Care of the Hemodialysis Patient

### For Online Courses:

Students must provide their own Internet access and email address. Before course start-up, students will receive an email with start-up log-in instructions including information on course materials. Some courses have specific software needs.

## Palliative Care

- OL429 Comfort Measures
- OL431 Orientation to Palliative Care
- OL464 Palliative Care Communications
- OL476 Ethical/Legal and Spiritual Concerns
- OL499 Psychological and Social Implications

## Retirement and Long Term Care Management

- OL139 Operational Overview
- OL145 Financial Management
- OL154 Sales and Marketing
- OL162 Human Resources & Labour Relations in the Retirement Communities Management
- OL163 Healthy Adult Aging
- OL164 Resident-Centered Care
- OL165 Food Nutrition & Hospitality Management for LTCM/RCM

## Volunteer Management

- OL062 Volunteer Management Foundations
- OL080 Volunteer Management - Spectrum of Engagement
- OL089 Volunteer Management - Administration
- OL136 Volunteer Management - Applied Project

## Workplace Health And Safety

- OL052 Management Labour Concerns in Occupational Health and Safety
- OL404 Occupational Health and Safety
- OL408 Fire Protection OHS
- OL443 Industrial Hygiene
- OL451 Legislation - Health and Safety
- OL474 Ergonomics
- OL498 Environment Management Introduction

Visit: [www.confederationcollege.ca/continuing-education-department/certificates-and-programs](http://www.confederationcollege.ca/continuing-education-department/certificates-and-programs) today to apply and register for courses.



# CAREER SAMPLERS for youth



FOR MORE INFORMATION  
AND TO REGISTER

Get inspired, learn a new skill and have some fun by signing up for our Career Sampler summer camp for youth ages 10-14.



For more information and to register, visit:  
[www.confederationcollege.ca/career-samplers](http://www.confederationcollege.ca/career-samplers)



## OUR CAMPS ARE BACK!

**Class sizes for youth ages 10 - 14 are limited and will fill quickly. Registration deadline is two weeks prior to camp start or when full. Register early to secure your spot!**

### **Rooted in Nature Adventure Week ZA016**

If exploring the outdoors learning about STEM and having an interest in the environment and natural sciences sounds like you, then come and take a step outside and learn about our natural resources! This fun filled week will be spent learning about coding and robotics, plant identification, insects, animals, and waterways and how they all interact within an ecosystem. We will be teaming up with Let's Talk Science to learn more about invasive species and other cool things. Much of the learning will happen through engaging with the outdoors, so dress for the weather and be prepared for an adventure! Come explore the wilderness beneath our feet while learning about Natural Resources on the Thunder Bay campus.

**Dates: July 18 - 22**

**Monday to Friday 9:00 a.m. - 4:00 p.m.**

Fees: \$175.00 plus HST



### **CHECK OUT OUR EXCITING NEW CAREER SAMPLER**

#### **Interactive Media Discovery Week:**

*Explore the World of Interactive Media through Digital Photography, Animation, and Game Creation!*

**Dates: July 4 - 8**

**Monday to Friday 9:00 a.m. - 4:00 p.m.**

Visit: [www.confederationcollege.ca/continuing-education](http://www.confederationcollege.ca/continuing-education) or email [ce@confederationcollege.ca](mailto:ce@confederationcollege.ca) for additional details.

**A Proud  
Supporter**



★ SUPPORTER ★



Skills Ontario will also be running a one-week camp in partnership with Confederation College, July 25-29 for students entering grade 7, 8, and 9. Campers will explore a variety of skilled trade and technology careers through hands-on activities and workshops. Visit

# This is LEARNING



## Art

### Oil Painting-Intermediate AR012

#### Intergenerational 14+

Imagine being part of a community that began with cave painting and continues today, where the paints and brushes have remained the same over the centuries. This intermediate oil painting course, with renowned artist Stephen J. Krasemann, will rely on demonstrations, hands-on painting and individualized attention, and will emphasize both fundamental and specialized techniques.



Landscape compositions and their elements will be the focus. Visit Stephen's website at [www.krasemannart.com](http://www.krasemannart.com) for inspiration and to view his painting technique. Students should have taken Basics of Oil Painting or have some knowledge of oil painting techniques prior to registering.

Dates: May 24 - August 9

Tuesdays 6:30 p.m. - 9:30 p.m.

Location: Shuniah Room 264

Instructor: S. Krasemann Fees \$ 564.44  
(Includes HST)

#### **Register Early!**

**Courses fill fast - if you wait until the last minute to register it may be too late.**

Don't miss out or be disappointed! Plan your schedule, choose your courses of interest and register three business days prior to course start unless otherwise noted. Contact us at [ce@confederationcollege.ca](mailto:ce@confederationcollege.ca).

## Trades ODP TRAINING

### Ozone Depletion Prevention IB802

Canada's Ozone Layer Protection Awareness Training Program is based on Environment Canada's "Code of Practice for Elimination of Fluorocarbon Emissions in Refrigeration and Air Conditioning Systems". This course will deal with environmentally-correct equipment design, proper handling of refrigerants, and will prepare participants for complying with provincial regulations covering refrigeration and air conditioning systems. Each attendee will receive the Participant Manual to refer to in class and take home. Participants who achieve a mark of 75% or better on the exam will receive an Ozone Depletion Prevention (ODP) card. This card must be renewed every five years for those who purchase or handle refrigerants across Canada. Note: this course is strictly theory and does not incorporate hands-on training. Anyone in residential, commercial, industrial, domestic, automotive and mobile cooling applications would benefit from taking this course. This course is offered via distance education where the students and instructor in Thunder Bay are joined by students from across Northern Ontario at a Contact North site. Thunder Bay students attend class at Contact North, 104-1139 Alloy Drive Thunder Bay.

**Attention Employers or Sponsors: If you wish to sponsor one or more employees or clients for a specific course, we can simplify the process for you. Call us for details (807) 475-6550.**

*Dates and Times to be determined*

Instructor: R. Ongaro Fees \$298.89  
(Includes HST)

Contact us today at:  
[ce@confederationcollege.ca](mailto:ce@confederationcollege.ca) to be added to an interest list to be contacted for the next course offering.

#### **Course Updates/Changes:**

When registering make sure to provide us with your current contact phone number, and email address.

We may need to contact you in the event of a postponement or cancellation of your class. Please familiarize yourself with our withdrawal policy before you register at: <https://www.confederationcollege.ca/continuing-education/general-information>.





## Foot Care Nurse Clinical Program

**Confederation College is proud to offer the clinical portion of the Foot Care Nurse program, designed for nurses new to foot care and for experienced foot care nurses who are ready for a refresher.**

The program is designed to provide students with the knowledge and clinical experience necessary to function as a foot care nurse independently or within a health care team.

For more information and to register visit:

[www.confederationcollege.ca/footcare](http://www.confederationcollege.ca/footcare)



### Foot Care Nurse (Clinical)

The Foot Care Nurse (FCN) Clinical is for nurses (RN's, NP's, RPN's & LPN's) who have successfully completed the Online Foot Care Nurse (FCN) Theory course through Foot Canada Training at <https://footcanada.ca>. This course provides in-person clinical foot care nurse skills development and mentorship. Both the FCN Theory and FCN Clinical courses are designed to prepare participants to function as a Foot Care Nurse.

The 6 day clinical course will take place in Thunder Bay.

3 full days classroom setting with hands on instruction - Shuniah Building

3 days clinical/lab days - Location TBA

Course dates: June 10 - June 15

Times: 8:00 a.m. - 5:00 p.m.

To apply and for additional information visit: [www.confederationcollege.ca/ce-program/foot-care-nurse](http://www.confederationcollege.ca/ce-program/foot-care-nurse) or email us at: [ce@confederationcollege.ca](mailto:ce@confederationcollege.ca).

If you are interested in taking the Foot Care Nurse Nursing theory course please visit the Foot Care Canada website at: <https://footcanada.ca> for more details and to apply.

### Free Foot Care!

*That's right!* Our Foot Care Nurse program is holding a free foot care clinic. We are looking for volunteer clients who need foot care for sore feet, diabetes, ingrown toe nails, calluses, fungal treatments and bunions.

Our foot care nurses will provide foot health care assessment and treat common foot conditions including nail cutting and filing. Information will be supplied to aid clients in maintaining healthy feet.

Foot care is important in the prevention of fungus infections of the nail, painful ingrown toenails and infections of the feet. It is especially important for those with diabetes.

If you, a family member or someone you know would like more information on how to receive free foot care during our Foot Care Nurse Program clinic offered. Please contact us at [ce@confederationcollege.ca](mailto:ce@confederationcollege.ca) for additional details and/or add your name to our volunteer client list.

Foot Care Clinic dates are Monday, June 13 to Wednesday, June 15.





Confederation COLLEGE  
**new**

Northwest  
Employment  
Works

**JOB APPLICATION**

APPLICANT INFORMATION

Last Name

**RESUME**

123.5555.4321 | myresumeee@examplezmail.com

**CAREER OBJECTIVE**

An employment opportunity in a Business Development related field.

**SUMMARY OF QUALIFICATIONS**

Accomplished in recognizing opportunities to develop business prospects and helped the organization become successful. Well analyzing informative data skills such as customers and market trend and

**FREE**

**Job Search support** to help you  
achieve your employment/training goals!



Resume & Cover  
Letter assistance



Career exploration



Job Readiness  
Workshops (virtual)



Tools & resources to  
navigate your job  
search



Apprenticeship &  
Second Career



Work one on one with  
an Employment Advisor



Access to the Hidden  
Job Market



Referrals to on the job  
training programs

**Contact us today!**



**807.473.3829**



**www.northwestworks.ca**

Canada

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www.northwestworks.ca

Confederation  
COLLEGE





Welcome to  
**KINDERGARTEN**

We are excited to offer full-time (full-day, every day) learning for our Junior (Year One) and Senior (Year Two) Kindergarten students in all Lakehead Public Schools. Children who will be 4 on or before December 31st, 2022 are invited to attend Junior Kindergarten (Kindergarten Year One) in September.

**WE ARE PROUD TO WELCOME YOU TO OUR FAMILY!**

Register online:  
**register.lakeheadschoo.ls.ca**

If you require information about school zones or transportation options, please visit **www.ststb.ca** or call **Student Transportation Services Thunder Bay** at **625-1660**.

**You belong here**





## Student Transportation Services of Thunder Bay

# ststb.ca

Parents / Guardians have an online tool to access their child's busing information. The safe and confidential Student Transportation Services of Thunder Bay Parent Portal is available for student route and bus stop information.

### Four Easy Steps

- 1 Log In**  
Go to [ststb.ca](http://ststb.ca) and navigate to "Parent Portal."
- 2 Enter OEN (Ontario Education Number)**  
Under "Student Busing Information," enter the student's 9-digit OEN which can be found on their report card or by visiting their school.
- 3 Enter Birth Date**  
Enter your child's date of birth.
- 4 Submit**  
Submit all information to view your child's current bus route number, stop locations, and times.



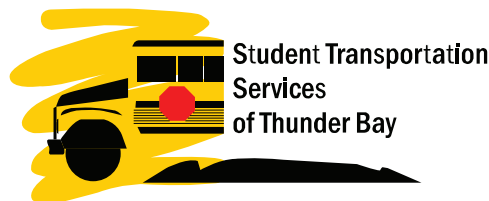
## First Rider

**Saturday August 27, 2022**  
**10am - 2pm**

**Introducing young children and parents to school bus safety.**

Take advantage of this opportunity that will allow your child to ride the school bus with confidence and learn the importance of school bus safety. Register for your spot at [www.ststb.ca](http://www.ststb.ca) or by contacting our First Rider partner, Iron Range Bus Lines at (807) 345-7387 during the week of **August 22 - 26, 2022.**

**Student Safety is our Number One Priority!**



- [ststb.ca](http://ststb.ca)
- [ststhunderbay](https://www.facebook.com/ststhunderbay)
- [TBayBus](https://twitter.com/TBayBus)
- [ststhunderbay](https://www.instagram.com/ststhunderbay)
- (807) 625-1660





# French Immersion

Lakehead Public Schools values the study of both official languages. The French Immersion program enables students to effectively develop skills in English and French in all subject areas. Students begin their French Immersion experience in Kindergarten Year Two (SK). French Immersion Students, through study in a balanced curricular program, learn to think and speak in a way that will allow them to succeed in the future.

## Je Parle Français

High Standards | Quality Educators

## Exceptional Students

**École Gron Morgan Public School**  
174 Marlborough Rd. | (807) 345-1468

**Hammarskjold High School**  
80 Clarkson St. S | (807) 767-1631

**École Elsie MacGill Public School**  
130 Churchill Dr. W | (807) 577-6448

**Claude E. Garton Public School**  
414 Grenville Ave. | (807) 683-6289

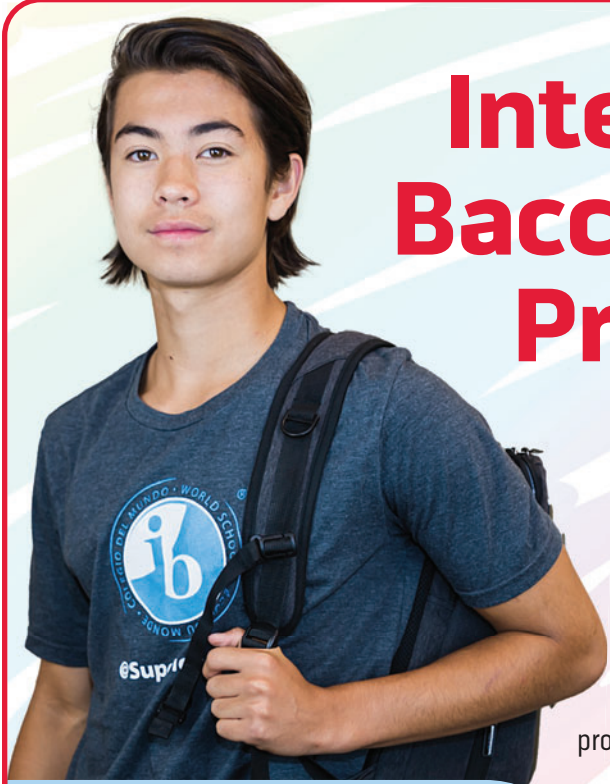
**Faire des amitiés durables.**



**For more information:**  
lakeheadschoosls.ca  
(807) 625-5100  
1-888-565-1406



**Committed to the success of every student**



# International Baccalaureate Programme

## What is IB?

The IB World School offers an enriched, accelerated course of study based on the best aspects of education systems around the world. The curriculum has an international focus, and encourages students to think beyond themselves and their communities. The nature of this programme helps students to develop critical and analytical thinking skills, as well as organization and time management skills. In general, the programme aims to provide students with a well-balanced education. Ultimately, students graduate with a diploma that is recognized by universities in 145 countries around the world. Internationally, the IB Programme has become a symbol of academic integrity and intellectual promise.

### Information about the IB Programme

Prospective students and their families are invited to visit [superior.lakeheadschoools.ca](http://superior.lakeheadschoools.ca) Click on the IB icon and navigate to "IB Information for Gr 8 Students/Parents."



be awesome

### IB WORLD SCHOOL

Ms. Karen Watt  
IB Coordinator  
(807) 625-4001

### SUPERIOR CVI

333 High St. N  
Thunder Bay, Ontario  
[superior.lakeheadschoools.ca](http://superior.lakeheadschoools.ca)



### International Baccalaureate Programme

Aiming to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect. | [ibo.org](http://ibo.org)

**Academic Integrity — Intellectual Promise**





# Advanced Placement

## Challenge Yourself!

Advanced Placement is a program that offers students the opportunity to participate in a more challenging academic program whose ultimate goal is to give students the option to take standardized Advanced Placement exams in Grade 12. Depending on the results and the university, students may receive advanced standing or university credit in first year.

### Is Advanced Placement Right for Me?

Are you:

- an independent and motivated learner with a strong work ethic?
- an avid reader and effective communicator?
- a strong critical and creative thinker who enjoys solving problems and analyzing how things work?
- curious about the world around you and eager to challenge yourself to expand your learning in high school?

AP

Students interested in Advanced Placement will begin taking Pre-AP courses in Grade 9. These courses, in addition to covering The Ontario Curriculum, will be enriched academic courses with the goal of exposing students to the vocabulary and style of AP examinations. It should be noted that students will be evaluated in exactly the same way as students in the regular academic stream; the expectations are not greater. The difference is that students will encounter more sophisticated content. These courses will naturally lead to Grade 12 AP courses, at the end of which the students will have the option of writing the AP Examinations, which occur in May each year. For more information about Advanced Placement, please contact Student Services at your high school.



**Westgate**  
Collegiate & Vocational Institute  
707 James St. S  
(807) 577-4251  
westgate.lakeheadschoools.ca



**Superior**  
Collegiate & Vocational Institute  
333 High St. N  
(807) 768-7284  
superior.lakeheadschoools.ca



**Hammarskjöld**  
High School  
80 Clarkson St.  
(807) 767-8725  
hammarskjold.lakeheadschoools.ca



# Welcome to Grade 9

Moving up to Grade 9 is one of the biggest steps you'll take on your academic journey. It's an exciting time full of new beginnings, new experiences, and new friendships. But for a lot of Grade 8 students it's also a time of uncertainty and stress. We want you to feel at ease knowing that you will have the support and services you need to succeed, because at Lakehead Public Schools, we are committed to the success of every student.

Lakehead Public Schools is proud to present a new informational video series aimed at providing Grade 8 students the information they need as they enter Grade 9. We want our students to be prepared to meet the changes and challenges of beginning high school. Join us as we explore the many facets of high school at Lakehead Public Schools!

## Video Topics Include:

- Co-curricular Activities
- International Baccalaureate Programme
- Advanced Placement Program
- Student Supports
- The Arts
- Special Education
- Technology at Lakehead Public Schools
- Selecting Courses
- Co-op and Specialist High Skills Majors
- Kickstart After School Programs
- ... and many more!

Watch here:

[facebook.com/lakeheadschoools](https://facebook.com/lakeheadschoools) | [youtube.com/lakeheadschoools](https://youtube.com/lakeheadschoools)



**Westgate  
Collegiate and Vocational Institute**  
707 James St. South  
(807) 577-4251  
[westgate.lakeheadschoools.ca](http://westgate.lakeheadschoools.ca)



**Superior  
Collegiate and Vocational Institute**  
333 High St. North  
(807) 768-7284  
[superior.lakeheadschoools.ca](http://superior.lakeheadschoools.ca)



**Hammar skjold  
High School**  
80 Clarkson St. South  
(807) 767-8725  
[hammarskjold.lakeheadschoools.ca](http://hammarskjold.lakeheadschoools.ca)





# Four Directions Graduation Coach

The Four Directions First Nations, Métis, and Inuit Graduation Coach Approach has been implemented in all Lakehead Public Secondary Schools.

“Four Directions isn't a program; it's an approach - a different way of working to support students while increasing capacity and culture within a school. It is my mission to assist in the development of Indigenous leaders and professionals within all fields of work so that our children see a reflection of themselves everywhere they go.”

- **Precious Anderson, Four Directions Graduation Coach**

## The role of the Four Directions Graduation Coach includes, but is not limited to:

- establishing trusting relationships with students, families, staff, and communities;
- identifying and removing barriers to student success;
- providing guidance and support to identify pathways based on individualized strengths and interests;
- ensuring ongoing, open dialogue with families;
- helping to develop inclusive learning spaces where students feel supported and successful;
- providing access to resources that foster a sense of belonging;
- advocating for students within the Circle of Caring Adults;
- facilitating access to tutoring, community supports, course planning, and mentorship for students; and
- collaborating with school staff, families, and community partners to foster success for students.



*For more information about the program, please contact:*

**LPS Student Success**  
(807) 625-5104

**Hammarskjold**  
(807) 767-1631

**Superior**  
(807) 768-7284

**Westgate**  
(807) 577-4251



**Committed to the success of every student**





# Specialist High Skills Major Programs

**Aviation & Aerospace System**

**Hospitality & Tourism**  
Westgate CVI

**Arts & Culture**  
Westgate CVI

**Justice, Community Safety & Emergency Services**  
Hammar skjold HS

**Business**  
Westgate CVI

**Manufacturing**  
Superior CVI

**Construction**  
Hammar skjold HS

**Manufacturing**  
Westgate CVI

**Health & Wellness**  
Superior CVI

**Transportation**  
Westgate CVI



To find out more about the SHSM Program that interests you, visit your Guidance Counsellor!



Ontario.ca/SHSM



**For more information:**  
lakeheadschoos.ca  
(807) 625-5100  
1-888-565-1406



**Committed to the success of every student**





# Lakehead Adult Education Centre

## Summer E-Learning Program July 5 - August 4, 2022

### Registration Dates

May 10 - July 4, 2022

### Requirements

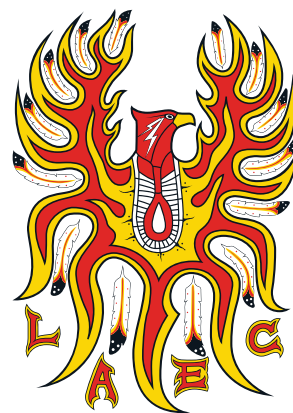
Students are required to successfully complete the 20 lessons in their e-learning course to earn the credit.

### Lesson Completion Deadline

August 4, 2022

### Teacher Supports

Qualified teachers will be available online at specific times to assist students



### Lakehead Adult Education Centre

125 Lillie St. S, Thunder Bay, ON P7E 2A3

(807) 625-5145 | 1-877-625-5145 (Toll Free)

<https://laec.lakeheadschools.ca>

[facebook.com/LakeheadAdultEducationCentre](https://facebook.com/LakeheadAdultEducationCentre)

## Lakehead Adult Education Centre

# Summer E-Learning Course Offerings



July 5 - August 4, 2022

### Civics and Careers

**CHV2P** | Grade 10 Applied (0.5)

**GLC20** | Grade 10 Open (0.5)

### English

**ENG1P** | Grade 9 Applied

**ENG2P** | Grade 10 Applied

**ENG4E** | Grade 12 Workplace

**OLC40** | Grade 12 Literacy

**ENG3C** | Grade 11 College

**ENG4C** | Grade 12 College

**ENG3U** | Grade 11 University

**ENG4U** | Grade 12 University

**EW4U** | Grade 12 University

### English as a Second Language

**ESL A0** | Open

**ESL B0** | Open

**ESL C0** | Open

**ESL D0** | Open

**ESL E0** | Open

### Social Sciences

**HIP40** | Grade 12 Open

**PPZ3C** | Grade 11 Open

### Mathematics

**MFM1P** | Grade 9 Applied

**MFM2P** | Grade 10 Applied

**MEL3E** | Grade 11 Workplace

**MEL4E** | Grade 12 Workplace

**MBF3C** | Grade 11 College

**MAP4C** | Grade 12 College

**MCR3U** | Grade 11 University

**MDM4U** | Grade 12 University

**MHF4U** | Grade 12 University

**MCV4U** | Grade 12 University

### Science

**SNC1P** | Grade 9 Applied

**SNC2P** | Grade 10 Applied

**SNC2D** | Grade 10 Academic

**SBI3C** | Grade 11 College

**SBI3U** | Grade 11 University

**SBU4U** | Grade 12 University

**SCH4C** | Grade 12 College

**SCH3U** | Grade 11 University

**SCH4U** | Grade 12 University

**SPH4C** | Grade 12 College

**SPH3U** | Grade 11 University

**SPH4U** | Grade 12 University

*Please Note: Course offerings may be subject to change or cancellation*



### Lakehead Adult Education Centre

125 Lillie St. S, Thunder Bay, ON P7E 2A3

(807) 625-5145 | 1-877-625-5145 (Toll Free)

<https://laec.lakeheadschoos.ca>

[facebook.com/LakeheadAdultEducationCentre](https://facebook.com/LakeheadAdultEducationCentre)



# Ma francophonie pour la vie!



Conseil scolaire  
de district catholique des  
**Aurores boréales.ca**

**Est-ce qu'il y a des différences entre les écoles de langue française et les programmes d'immersions?**

**Vivre en français :**  
Grâce aux activités éducatives et culturelles, votre enfant bâtit son estime de soi et son identité francophone. Il développe sa fierté pour la langue et les cultures francophones.

Le Conseil scolaire de district catholique des Aurores boréales couvre toute la région du **Nord-Ouest de l'Ontario** et comprend **9 écoles élémentaires** et **une école secondaire**.

## FAQ

**Oui!** Dans un programme d'immersion, on enseigne le français comme langue seconde. À l'école de langue française, on enseigne en français dans un milieu culturel et francophone en tout temps.

**Pourquoi inscrire mon enfant dans une école de langue française?**

**Avantage d'être bilingue :**  
En plus d'offrir une excellente éducation en français, l'anglais est enseigné avec la même rigueur que dans les écoles de langue anglaise. Votre enfant maîtrise parfaitement le français et l'anglais.

**Bien-être. Fierté. Réussite.**

[csdcab.ca](http://csdcab.ca) |  @csdcab





## LES ACTIVITÉS CULTURELLES SONT ENRACINÉES DANS L'APPRENTISSAGE DES ÉLÈVES

- Journée des Franco-Ontariens
- Dîner de Noël
- Carnaval d'hiver
- Journée champêtre
- BBQ de fin d'année
- Célébrations de prière

### UN CLIMAT SCOLAIRE POSITIF

- Respect
- Collaboration
- Responsabilité

### UN ENVIRONNEMENT EN FRANÇAIS À 100 %

- Les annonces du matin
- Les pratiques sportives
- Les conversations dans les corridors
- L'enseignement en salle de classe
- Les activités parascolaires

*Ma*  
**francophonie**  
pour la vie!

École catholique Franco-Supérieur  
220, rue Elgin  
807 344-1169

[fs.csdcab.ca](http://fs.csdcab.ca) | [@ecolefrancosuperieur](https://www.facebook.com/ecolefrancosuperieur)



Conseil scolaire  
de district catholique des  
**Aurores boréales.ca**





## TRANSFORMONS L'APPRENTISSAGE UN COURS À LA FOIS!

- Coiffure et esthétique
- Cuisine
- Mécanique et fabrication
- Sports et plein air

**Ensemble, bâtissons notre avenir**

*Ma*  
**francophonie  
pour la vie!**

École secondaire catholique de La Vérendrye  
175, rue High Nord  
807 344-8866

[escdlv.csdcab.ca](http://escdlv.csdcab.ca) | [@escdelaverendrye](https://www.facebook.com/escdelaverendrye)



Conseil scolaire  
de district catholique des  
**Aurores boréales.ca**





Centre  
**Grandir**  
en français

**LE CENTRE GRANDIR  
EN FRANÇAIS OFFRE  
UN MILIEU AGRÉABLE  
ET SÉCURITAIRE  
POUR LES FAMILLES  
ET LES ENFANTS.**

**Vous y trouverez  
les services suivants :**

- Garderie préscolaire pour enfants de 18 mois et plus
- Groupe de jeux pour enfants de 0 à 6 ans et leurs familles (ON y va)
- Service de garde avant et après l'école
- Ateliers pour parents

### **CONTACTEZ-NOUS!**

**Le Centre Grandir en français est situé à l'intérieur  
de l'École catholique Franco-Supérieur**

220, rue Elgin | **807 684-1953**

**grandirenfrancais.ca** |  **@centregrandirenfrancais**

**PROGRAMS**  
[www.csdcab.on.ca](http://www.csdcab.on.ca)

Conseil scolaire  
de district catholique des  
**Aurores boréales.ca**







# About Our Board

## *Frequently Asked Questions*



### **How is the school year looking throughout COVID-19?**

The health and safety of our students and staff are our priority. We live in uncertain and unconventional times, where information and procedures change daily. We have been working diligently to ensure a safe learning environment for our TBCDSB family. We will continue to communicate updates via our social media channels throughout. To learn more, and keep up-to-date, please visit: [www.tbcschools.ca/about/covid-19](http://www.tbcschools.ca/about/covid-19)

### **How do I register?**

[You can register online](#), or by calling our Board Office (625-1555).

### **What age does my child have to be, in order to attend school?**

If your child turned 4 by December 31, 2021 they are eligible to start Kindergarten this September.

### **Does my student need to be Catholic in order to attend a Catholic school?**

**No.** Our schools welcome students and families of all faiths. Our curriculum incorporates religion courses pertaining to our Catholic faith, along with other faith traditions and world religions. Values and virtues are interwoven throughout the curriculum.

### **How do I enroll my student in your French Immersion programming?**

Our K-6 French Immersion Schools are **St. Bernard (North)** and **St. Martin (South)**. Registration forms are available online, or you can contact the school secretaries for assistance. The French Immersion program begins in Year 2 (Senior) Kindergarten.

### **Do I need to be able to speak French if my student is in French Immersion?**

No. Parents are encouraged to enroll their student in French Immersion regardless of what language is spoken at home. French Immersion is an excellent way to expose your child to a second language and improve their academic performance.

### **Do I need to re-register my student for Senior Elementary or High School if they are currently in the system?**

No. If your student is already in the system, they will automatically be enrolled in their new school. Senior Elementary Students entering High School will have to complete a registration confirmation and course planning form.

# KINDERgrow



THUNDER BAY CATHOLIC DISTRICT SCHOOL BOARD  
www.tbcschools.ca



Your child's journey begins with us in Kindergarten and concludes graduation day in High School. They will be cheered on by educators and staff during their milestones and accomplishments but most importantly, they will grow and flourish in a loving and caring family environment. Because family isn't just at home, it's also at school.

**Vist our Kindergarten Portal or call your neighbourhood school to register today!**

Catholic Education Centre | 459 Victoria Avenue, West.  
Thunder Bay, ON. P7C 0A4 | Phone 807.625.1555

#tbcdsb    
www.tbcschools.ca

THUNDER BAY CATHOLIC  
DISTRICT SCHOOL BOARD



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# Our Child Care Partners

We are pleased to celebrate our partnerships with numerous child care providers, located within our schools.

School	Care Provider	before + after	full day	Contact #
Corpus Christi	School House Playcare Centre	●		807.475.4560
Holy Cross	Footsteps Family Centre	●		807.767.1958
Holy Family	Rural Roots Children's Centre	●		807.475.7644
Our Lady of Charity	Footsteps Family Centre	●	●	807.767.1958
St. Ann	Mahmowenchike Family Development Centre	●	●	807.623.9580
St. Bernard	Harbour View Child Care Centre	●		807.345.5633
St. Elizabeth	Mahmowenchike Family Development Centre	●		807.623.9580
St. Margaret	Little Lions Waldorf Daycare & Kindergarten	●		807.344.2283
St. Martin	School House Playcare Centre	●		807.475.4560
St. Paul	Little Lions Waldorf Daycare & Kindergarten	●	●	807.344.2283
St. Pius X	Little Lions Waldorf Daycare & Kindergarten	●		807.344.2283
St. Thomas Aquinas	School House Playcare Centre	●		807.475.4560
St. Vincent	Mahmowenchike Family Development Centre	●		807.623.9580

For space available in the above child care providers, please call number provided.  
To learn more, please visit: [www.tbcschools.ca/parents/child-care](http://www.tbcschools.ca/parents/child-care)





# TOP 5 *Reasons to attend our Schools!*

**1.** A welcoming and inclusive environment for all students with any faith or background. We empower students and provide them with a wide range of opportunities that build confidence that their abilities and efforts will make the world more loving and just.

**2.** Our Schools are agents of change, celebrating the six Cs: Collaboration, Creativity, Citizenship, Critical Thinking, Character and Communication! We pride ourselves on our strong academic achievements through deep learning.

**3.** We celebrate the uniqueness of our students, staff and their families and value every person as a child of God, perfectly made, just as they are.

**4.** Student well-being and equity are at the centre of daily instruction. Our culturally responsive classrooms accelerate the learning of all students.

**5.** Our schools have a unique opportunity to accompany students in the search for truth, to foster in them an inherent sense of justice and an appreciation for the godness in the world.





# Contact Us

#tbcdsb #tbcschools

## Catholic Education Centre (Board Office)

459 Victoria Ave W. 625-1555

## Elementary Schools

Corpus Christi	110 Marlborough Rd.	345-9782
Holy Cross	420 Brittany Dr.	767-6811
Holy Family	RR#1 Rosslyn Rd.	473-4900
Our Lady of Charity	370 County Blvd.	768-9363
St. Ann	1130 Georgina Ave.	577-7211
St. Bernard	655 River St.	344-8321
St. Elizabeth	735 S. Selkirk St.	622-5250
St. Francis	600 W. Redwood Ave.	577-8565
St. Jude	345 Ogden St.	623-5989
St. Margaret	89 Clayte St.	344-4701
St. Martin	115 W. Mary St.	475-5289
St. Paul	539 Grenville Ave.	683-8941
St. Pius X	140 S. Clarkson St.	767-3061
St. Thomas Aquinas	2645 E. Donald St.	577-1835
St. Vincent	150 W. Redwood Ave.	577-3823

## Senior Elementary Schools

Bishop E.Q. Jennings	775 John St.	767-3052
Bishop Gallagher	159 Clayte St.	345-4482
Pope John Paul II	205 S. Franklin St.	623-2324

## Secondary Schools

St. Ignatius	285 Gibson Ave.	344-8433
St. Patrick	621 S. Selkirk St.	623-5218

## *French Immersion Schools:*

**Elementary** - St. Bernard | St. Martin

**Senior Elementary** - Bishop Gallagher | Pope John Paul II

**Secondary** - St. Ignatius | St. Patrick



## Celebrating 38 Years of

# French *Immersion!*



At Thunder Bay Catholic our French Immersion program offers students to learn and explore in our other official language. Our shared vision along with the Ministry of Education is to enable our students to have confidence and the ability to use French in their daily lives. We aim to provide our students with the capacity to communicate and interact in a variety of social settings; post-secondary education, part-time, or professional work environments, travel and leisure.

French Immersion can help children become excellent communicators and creative thinkers. Being able to think and live in two different languages opens up the mind to more possibilities, helping foster creativity.



Our commitment is for students to communicate and interact with growing confidence in French, while developing an appreciation of Francophone cultures and perspectives in order to participate fully as Canadian and global citizens.

Our French Immersion program starts in year 2 Kindergarten and is offered until graduation where students will receive a bilingual certificate.

Please contact one of our schools for further information.



Catholic Education Centre | 459 Victoria Avenue, West.  
Thunder Bay, ON. P7C 0A4 | Phone 807.625.1555

#tbcdsb    
www.tbcschools.ca







# Welcome to *Senior Elementary*



## **Design Technology**

A rewarding program that offers a hands-on approach to learning, with real-life, practical applications for students.

## **A full range of co-curricular activities**

Whether you're interested in sports or drama, our senior elementary schools have something for you!

## **Innovation and Creativity**

The latest software and hardware: Smartboards, laptops, Chromebooks and iPads are just the beginning of our Board's commitment to student success through leveraging digital.

## **Culinary Arts**

Sound nutrition, proper food handling and appropriate cooking techniques form the basis of this program.

## **Guidance and Indigenous Counsellors**

We know that each child is different and we strive to provide individual guidance and resources to meet their needs.

## **High School is Next**

Our Grade 7 and 8 schools operate on a rotary timetable, which helps our students prepare for secondary school.





# Welcome to *High School*

- Academic excellence and high standards for all students
- Advanced Placement (University-level courses)
- Collaborative learning environments
- Safe, caring and inclusive schools
- A full range of intramural and school athletics
- Numerous clubs and activities
- Guidance and Indigenous Counsellors
- Chaplains and social justice projects
- Ontario Youth Apprenticeship Program/Co-op
- Ontario Work and Learn Program
- Information Technologies & Graphics
- Ontario Catholic School Graduate Expectations
- Specialist High Skills Major in Health & Wellness, Hospitality & Tourism, Construction, Transportation Technology, Arts & Culture
- School College Work Initiative (dual credits)
- College Now (dual credits)
- Uniforms to promote student safety and a sense of belonging
- Indigenous Graduation Coach



Catholic Education Centre | 459 Victoria Avenue, West.  
Thunder Bay, ON. P7C 0A4 | Phone 807.625.1555

#tbcdsb    
[www.tbcschools.ca](http://www.tbcschools.ca)





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## How to Register

Program registrations begin May 9.  
55 Plus Program Registration will begin May 11.

### Online Registration

To register for City run programming visit [www.thunderbay.ca/register](http://www.thunderbay.ca/register)

### Call the Registration Hotline at 625-TIME (8463) or Toll Free at 1-844-288-4700

After hours or when a registration agent is not available to take your call, you will be forwarded to voice mail or you can call one of the facilities listed below directly. Phone numbers are listed.

**We will need:** the course name & code, participant name, address & postal code, date of birth & phone numbers.

When we call back please have your Visa or Mastercard number and expiry date ready.

Do not leave credit card information on the voicemail. Payment is required at the time of registration.

If a credit card is not available, please call 625-8463 to schedule an appointment for in-person payment.

### Call a Facility Directly

Victoriaville Civic Center @ 625-2351 • Thunder Bay 55 Plus Centre 684-3066  
Volunteer Pool 345-5143 • Churchill Pool @ 577-2538 • Canada Games Complex @ 625-3738

### General Registration Information

- Most programs have limited registration done on a first come, first served basis.
- Payment in full must accompany registration

### Satisfaction Guaranteed

We sincerely hope that you enjoy our programs. If not completely satisfied with your programs, please speak to the Supervisor of the program area before the SECOND class to receive a full refund. Refunds granted after the second class are pro-rated. Medical certificates may be required. No refunds after mid-point of programs.

### Services for People With a Disability

- The Community Services Department works to improve the availability and accessibility of recreation for people of all ages and abilities. **Information and program support** is provided to assist people with a disability to participate in recreation activities. For more information, please call 625-3220 (Children & Youth) or 684-3338 (Adults) or the TTY Relay Service at 711.
- Alternative formats of program information can be requested by contacting the Community Services Department.
- **Support Person** – No fee is supporting a person with a PAL (Personal Attendant for Leisure) Card.
- **Service Animals** – Permitted in all City facilities unless otherwise excluded by law from the premises. If animal is excluded by law, contact facility for staff to arrange for alternate provision of services. Staff may ask for service animal ID.
- **Assistive Devices** – Use of these devices by people with disabilities is permitted in City facilities.

### Subsidization

The RECREATION & CULTURE DIVISION has a policy to assist people who wish to participate in its instructional programs. If you require assistance with program fees, you must contact the Program Supervisor at 625-2351. This policy applies to registered programs directly administered by the Recreation & Culture Division. Children may apply for program assistance through P.R.O. Kids. For information call 625-3212.

### Receipts

If you need a copy of a receipt, please call 625-2351.



**Trained Staff**

Staff are trained in Standard First Aid /Level C CPR and the HIGH FIVE Principles of Healthy Childhood Development, as well as program specific training which includes a number of topics including behaviour management, conflict resolution and inclusion strategies.

**Nut Safe Program**

Our programs are nut safe. Please ensure any food you are sending does not contain nuts or nut products.

**Junior Inclusion Services**

Junior Inclusion Services facilitates the inclusion of children and youth with disabilities in our programs. If you are interested in accessing JIS, please contact 625-3220 before registering or attending the program. Please see our JIS ad in The Key for more information.

**Personal Support Worker**

Our programs welcome children and youth to bring their own Personal Support Worker. Please consider letting registration or program staff know before attending the program, so we can help to fully include both the child/youth and the PSW.

**Online Registration**

Visit our website or access PerfectMind online to register. If registering two or more children, please call 625-TIME. Please ensure all family details are provided upon registration. Registration closes two business days prior to program start date. Space is limited.

For more information about program dates, times, and locations visit our website ([www.thunderbay.ca/kids](http://www.thunderbay.ca/kids)) or our facebook page ([www.facebook.com/ChildrenYouthThunderBay](http://www.facebook.com/ChildrenYouthThunderBay))  
 \*Please note: COVID-19 restrictions may apply.

Brought To You By:



Don't miss out on this year's  
**LONGEST DAY OF PLAY**  
 on **Tues June 21, 2022**  
 Visit our Facebook page for information about all the fun programming we have planned.





## Playgrounds Program (Ages 5-12)

Check out our website at [thunderbay.ca/playgrounds](http://thunderbay.ca/playgrounds) for summer 2022 locations!!

### About This Program

Playgrounds is a free, inclusive summer program for children ages 5-12. This summer, register for any of our sites from July 4 – Aug 26 through PerfectMind at [thunderbay.ca/register](http://thunderbay.ca/register) or by calling 625-8463. Your child(ren) can then drop in at their registered sites throughout the summer when preferred. Registration is limited.

Site closures, special events and other program information will be communicated to families via email. There must be a parent, guardian, or alternate contact available for prompt pick-up of participants at all times during program hours.

**Please note:** lunchtime supervision is limited due to reduced staffing.

**Participants should bring:** a completed Participant Information Form (if it hasn't been emailed in already), nut-safe lunch and snacks, athletic footwear, water bottle and sunscreen.

#### For program information :

- Call (807)625-2954,
- Email [playgrounds@thunderbay.ca](mailto:playgrounds@thunderbay.ca),
- Visit [thunderbay.ca/playgrounds](http://thunderbay.ca/playgrounds)
- Follow us on Facebook [@ChildrenYouthThunderBay](https://www.facebook.com/ChildrenYouthThunderBay)

Check out the "Explore Summer" page about Junior Inclusion Services. Nut Safe Programming and more!



Literacy:  
Learning for Life.  
L'alphabétisation,  
Une leçon pour la vie

Reading Tents with Frontier College will be rotating through our sites this summer! Reading Tents, as part of the history and tradition of Frontier College, help to create literacy awareness and encourage the love of reading by bringing books, stories and creative literacy activities to families and children. The reading tents inspire children to read for fun as well as to further develop their reading skills over the summer months.





## Chippewa Summer Camps (Ages 5-13)

### About This Program

Day camp for campers aged 5 – 13, with a heavy focus on nature and outdoor activities out at Chippewa Park.

For general inquiries call **626-6749**

For program information call **623-0233** (effective June to August)

**To register visit PerfectMind on our website or call 625-TIME (8463)**

**Program Registration Fees:**  
5 day camp - \$188.37  
5 day, second child – \$159.86  
4 day camp – \$150.66  
4 day, second child – \$129.55

**\*If registering more than one child, please call the Registration desk to receive discount.**

Bus transportation will be provided for campers. Families can select either **Volunteer Pool** or **Churchill Pool** as designated Pick up/Drop off locations. Campers will be swimming daily in the afternoon at both pool locations.

Campers drop off time is between 8-9am and they will be ready for pick up between 4:30-5pm daily.

For more up-to-date information, please check our website: [thunderbay.ca/kids](http://thunderbay.ca/kids)

For your child's safety, we will require a completed Participant Information Form (provided at registration) to be emailed back to [chippewasummerncamps@thunderbay.ca](mailto:chippewasummerncamps@thunderbay.ca)

See **Explore Summer** Key Ad for **Nut Safe, Junior Inclusion Program**, and **Personal Support Worker** information.

Program details subject to change pending COVID-19 response, check website [thunderbay.ca/kids](http://thunderbay.ca/kids) for confirmed programming.





## Weekly Themes to Expect this Summer

As we return to what a normal summer looks like out at Chippewa, please plan for programming to be geared towards age-specific groups. Please see below the themes you can expect for Chipmunks (Ages 5-8) and Bears (9-13) this summer!

### Chipmunks (Ages 5-8)

JULY  
4-8

#### Where the Wild Things Are

Let's explore the traditional lands of Chippewa Park through basic outdoors skills, nature and animals! Become rulers of the forest at Chippewa through scavenger hunts, games, and wilderness activities. Campers will learn and explore the natural setting and interesting critters which surround them. Don't forget to use your imagination!

JULY  
11-15

#### Talented Tykes

Get ready to show off all of your talents! This fun-filled camp will help your camper discover their inner talents in arts & crafts, games, music, and nature appreciation. Let's see you little tykes shine!

JULY  
18-22

#### Barnyard Palooza!

Old MacDonald had a farm! E-I-E-I-O! This a-moosing week will get your camper cattle-ing with laughter. We don't want to milk things, but we have some baa-riliant farm-themed games and activities that will make this week one to remember. Get your straw hat and cowboy boots partner!

JULY  
25-29

#### Ninja Warrior

Become a Ninja Warrior at Chippewa Summer Camps! You will have a blast in this high energy camp as you complete numerous challenges and games that are sure to bring out your hidden ninja skills. Get your stealth on, it's time to become a Ninja Warrior.

AUG  
2-5

#### Imaginarium

Let your imagination go wild! This camp will require campers to think and play outside of the box. Activities will be for the curious kid that always wants to know how and why. Make sure to bring your thinking caps to Chippewa because the sky is the limit this week. Imagination is key for this creative camp!



**AUG  
8-12**

**Disney Week**

A whole new world to see here at Chippewa park! In the jungle or under the sea, Chippewa is the place to be. This camp will dazzle your camper with games, crafts, and activities that are a Disney-lovers' dream. Oh, we just can't wait to begin.

**AUG  
15-19**

**Treasure Island**

Uh oh! Evil pirates have invaded Chippewa Park, or should we say Treasure Island, and we need your help to retrieve the missing treasure. Come along on an adventurous week as we explore the lands of Chippewa, and bring out our inner pirates through games, crafts and activities. Aye matey, we need you on our island!

**AUG  
22-26**

**Summer Send-Off**

It is time to say good-bye to summer 2022 and what better way to do that then by celebrating with all of the best that Chippewa has to offer. Your camper can participate in fire-building, swimming, team-oriented games, and a whole lot of fun. We promise you won't want to miss this exciting week as we send off summer 2022 with a bang!

**Bears (Ages 9-13)**

\*Please note that some weeks include a sleep out night.

**JULY  
4-8**

**Wilderness 101**

Bringing it back to basics – Wilderness 101 is an outdoor skills focused camp that will introduce campers to a variety of outdoor activities and exploring. Campers will spend their time shelter building, cooking outdoors, learning survival techniques, canoeing, and much more!

**JULY  
11-15**

**Chippewa Summer Games**

Calling all challengers; it's more than just sports! Get ready for some friendly competition. Campers work with a team while they compete in a variety of games and sports. Participants in this camp will get to learn the basics in a fun and supportive environment. No experience needed!

**JULY  
18-22**

**Aquatic Adventures**

Join Chippewa Summer Camps as we take an Aqua Adventure! Your camper will have the opportunity to discover more about the natural waters of Lake Superior. Campers will learn paddling skills that will assist them on a canoeing adventure. We can't wait for you to join us on the water!





## Bears (Ages 9-13) continued

**JULY  
25-29**

### Ultimate Survivor

In this outdoor-skills based camp castaways will have to work together as a team to show off their outdoor abilities. As a unit, the castaways must survive the elements, construct shelter, build fire, look for water, and successfully cook. Teams will face off in challenges everyday that will earn them points. On Thursday night the challenge will come to a close as the team participate in closing ceremonies at a sleep-out at Chippewa Park. **Pick-up will be at noon on Friday.**

**AUG  
2-5**

### Outer Space Week

3-2-1 blast off! Campers will learn about the wonders of the galaxy during this hands-on outer space themed week. Design and launch your own rocket, create space art, and determine whether you have what it takes to be an astronaut at Chippewa Summer Camps! You do not want to miss the launching of this week

**AUG  
8-12**

### Around the World

Calling all world adventurers! We have such a beautifully diverse world, so we are off to explore countries around the globe. While staying within the comfort of Chippewa Park, campers will immerse themselves in games, sports, activities, and even foods of different countries and cultures from around the world. Pack your bags and let's explore.

**AUG  
15-19**

### Amazing Race

In this high-energy camp, teams will have to work together to make it to the pit-stop at the end of each day. The racers will follow clues as they travel across the park, and complete challenges to see which team can work together the most successfully. But be careful, there are detours, road blocks, and even U-turns which may trip up even the quickest team! The camp will culminate in a sleepover at the park on Thursday night where teams will be challenged throughout the evening. **Pick-up will be at noon on Friday.**

**AUG  
22-26**

### Summer Send-Off

It is time to say good-bye to summer 2022 and what better way to do that than by celebrating with all of the best that Chippewa has to offer. Your camper can participate in fire-building, swimming, team-oriented games, and a whole lot of fun. We promise you won't want to miss this exciting week as send off summer 2022 with a bang!



**Youth Move welcomes anyone between the ages of 10 to 18 looking for a place to hangout, meet some new friends, and try new things! We offer drop-in, virtual and special events for youth.**

**Summer 2022 Drop-In:**

FREE drop-in programming includes food, fun weekly themes, outdoor activities and much more!

\*No registration unless otherwise indicated.

**Kinsmen Youth Centre:**

Mon.- Fri. 12pm-6pm

\*Register for weekly BBQ on Fridays!

**Minnesota Park**

Mon & Thurs 12pm-4pm

\*Bring a bathing suit on Thursdays

**Canada Games Complex**

Tues 6:30pm-8:30pm

\*Bring a bathing suit



**Marvel Superheros**

JUMP! KICK! SMASH! Come to Youth Move to let out your inner superhero in this Marvelous week!



**Science Week**

Grab your goggles and get ready for some mad science explosions at Youth Move this week!



**Summer Carnival**

Who doesn't love summer and games? Now mix them together for a day filled with fun! Youth Move will be bringing the carnival to you for a chance to win some awesome prizes.



**Art Attack**

Channel your inner Bob Ross during our Art Week! Showcase your artistic abilities while learning new skills and techniques!



**Hawaiian Week**

Aloha, join us while we turn Youth Move into the world famous Oahu. Come Hula your way for a kupanaha week!



**Sports Week**

Calling all athletes! Tie up those laces, strap on those gloves and bring your A game for a week filled with all the sports you could imagine.





**Summer 2022 Drop-In (Continued):**

**Aug**  
15-19

**World Travelers**

Pack your bags cause we're headed on an adventure around the world and we don't even have to leave our site! Come and experience all the specialties from a variety of countries.

**Aug**  
22-26

**Outer Space Week**

Looking for an out of this world adventure? Don't miss our summer take off event here at Youth Move where you can experience just that!

**Aug**  
29-Sept 2

**One Last Hoorah!**

We're SO sad to say goodbye to summer (for now..), help us have the best summer send off party to keep our memories lasting a lifetime!

**Registered Events:**

Register on PerfectMind for the following in-person and virtual events happening all summer long!

In-Person Special Events				Virtual Events*Free		
Event	Date	Time/Location	Cost	Event	Date	Time
Beach Day & Mini Golf	Thurs, Jul. 7	Boulevard Park, 12pm-3pm	FREE	DIY Crepe Cake	Wed, Jul. 6	5:30-7pm
Sailing at Sail Superior	Fri, Jul. 8	Sail Superior (Marina) 2pm-3:30pm	\$15	Hawaiian Cooking Night	Wed, Jul.13	5:30-7pm
Strawberry Picking at Belluz Farms	Fri, Jul. 15	Kinsmen Centre Time TBA	\$10 *bus	No-Bake Fruit Pizza	Wed, Jul. 20	5:30-7pm
Amazing Race at Gammondale Farms	Fri, Jul. 22	Kinsmen Centre, 11:30am-3:30pm	\$5 *bus	Homemade Soft Pretzels	Wed, Jul. 27	5:30-7pm
Gymfinite Gymnastics	Fri, Jul. 29	Giant Gymnastics, 6pm-8pm	\$TBA	Give me S'more Brownies	Wed, Aug. 3	5:30-7pm
Amethyst Picking at Amethyst Mine	Fri, Aug. 5	Kinsmen Centre 12pm-3:30pm	\$10 *bus	Homemade Granola *Contains Nuts & Seeds	Wed, Aug. 10	5:30-7pm
Chippewa Sleepout	Thurs, Aug. 11 - Fri Aug. 12	Chippewa Park Aug 11 3pm - Aug 12 11am	FREE	Edible Playdough	Wed, Aug. 17	5:30-7pm
Pottery Painting	Mon, Aug. 15	DIY Studio Thunder Bay 12pm-2pm	\$5	DIY Clay Jewelry	Wed, Aug. 24	5:30-7pm
Sleeping Giant Sea Lion Guided Hike	Thurs, Aug. 25	Kinsmen Centre 12pm-4pm	\$20 *bus	Summer Treats 3 Ways	Wed, Aug. 31	5:30-7pm
Paintball	Wed, Aug. 31	Paintball Mountain 1pm - 4pm	\$15			

**\*Bus Fee Included in listed cost**



JUNIOR  
**inclusion**  
SERVICES

**Meet Friends,  
Have Fun, Participate!**



## Join us this summer for one-on-one support!

Facilitating the inclusion of Children & Youth with disabilities in the Recreation & Culture Divisions' Programming

- JIS support is FREE! (not including registration fees)
- A site or virtual visit will be conducted prior to the start of support
- To initially apply for JIS, complete a Participant Intake Form ([thunderbay.ca/jis](http://thunderbay.ca/jis))
- The Request List for summer programming opens May 30th, 2022

Note: Due to COVID-19, program dates, times and locations are subject to change. Please check our website ([www.thunderbay.ca/kids](http://www.thunderbay.ca/kids)) or our Facebook Page ([@ChildrenYouthThunderBay](https://www.facebook.com/ChildrenYouthThunderBay)) for programming information.

Join us in one of these programs:



Kidventures

# THUNDER BAY COMMUNITY TENNIS CENTRE

577 - 1514  thunderbaytennis.com  
May - Sept  located in Chapples Park

## TENNIS FOR KIDS

### KIDS TENNIS - JULY 4 to AUGUST 12

Mondays, Wednesdays & Fridays

Sessions: 9:00-10:00am, 10:00-11:00am or 11:00 - 12:00am

\$25 plus membership

### JUST FOR KIDS CAMPS - JULY 4 to AUGUST 12

Daily 1.5 hour week-long sessions

Sessions: 9:30 - 11:00am or 12:00 - 1:30pm

## TENNIS FOR ADULTS

**MEN'S LEAGUE** - Monday Evenings

**LADIES LEAGUE** - Wednesday Evenings

**MIXED NIGHT** - Friday Evenings

**ADULT DESTINATION 3.5 AND 5.0 PROGRAMS**

## PRIVATE OR GROUP LESSONS

with Head Pro Brendan Boudreau or  
Other Tennis Instructors

## SPRING CLINICS (BEGINNER / NOVICE)

ADULTS (Beginner/Novice)- Tues. & Thurs. from 6-7pm  
May 10-26 or May 31- June 16

JUNIORS (Beginner) Mon. & Wed. from 5-6pm  
May 10-26 or May 31-June 16

JUNIORS (Intermediate) Tues. & Thurs. from 5-6pm  
May 11-27 or June 1-17

FORCE ACADEMY (Junior Intermediate)

Please contact the Centre for details.

Activities and prices are subject to cancellation / change.

Visit [thunderbaytennis.com](http://thunderbaytennis.com) for prices, membership options and further details.



THUNDER BAY COMMUNITY  
TENNIS CENTRE



# How Will You Celebrate?



tbaytel  
presents

**NEIGHBOUR DAY!**

**JUNE 18, 2022**

**Start Planning Today**

Visit [thunderbay.ca/neighbourday](http://thunderbay.ca/neighbourday) for ideas.



CITY OF  
**Thunder Bay**  
Superior by Nature

**NEIGHBOUR DAY**  
[www.thunderbay.ca/neighbourday](http://www.thunderbay.ca/neighbourday)

**CITY OF THUNDER BAY**

CITY OF  
**Thunder Bay**  
Superior by Nature



# PA-L-CARD

Personal Attendant for Leisure Card

A **P.A.L. Card** is used by a person with a disability to enable their support person access to a facility that accepts the **P.A.L. Card** at no cost the support person.

P.A.L Card applications are available at Victoriaville Civic Centre, Online at [www.thunderbay.ca/pal](http://www.thunderbay.ca/pal) or by calling:

**(807) 626 - 6565 (Under 18) or  
(807) 684 - 3338 (19 and older)**

For an up to date listing of facilities that accept the **P.A.L. Card** please visit [www.thunderbay.ca/pal](http://www.thunderbay.ca/pal)

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The P.A.L. Card cannot be used on specialized transit and City Transit. Please call 684-3744 for information on their Transit I.D. Card.

## Many thanks to all our partners who donate spaces in their programs to PRO Kids!

### ART

Confederation College  
Gallery 33  
Thunder Bay Art Gallery  
Willow Springs Creative Centre

### BASEBALL

Murillo Athletic Association  
TB Girls Softball Assoc.  
Port Arthur Nationals  
Westfort Internationals

### BASKETBALL

Blaze Basketball Club  
LU Athletics Basketball

### BOWLING

Galaxy Lanes  
Mario's Bowl

### CAMPS

Aurora Lutheran Bible Camp  
Biz Kids, NWO Innovation Centre  
Camp Gitchigomee  
Camp 911  
Canada Games Complex  
Career Samplers (Con College)  
Chippewa Summer Camp  
Dorion Bible Camp  
EcoSuperior Camp  
Evangel Church, Day Camp  
Fort William Historical Park  
Kakabeka Falls Bible Camp  
LU Athletics Camp  
Maple Tops Activity Centre  
Novocentre Thunder Bay  
NRP - March Madness  
Redwood Kids  
Science North  
Superior Science  
Thunder Bay Boys & Girls Club  
Thunder Bay Museum

### CANOEING

Lakehead Canoe Club

### CHEERLEADING

Dynamite Cheer Allstars  
TCE Titans

### CLIMBING

Boulder Bear Climbing

### CODING

MagiCode

### COOKING

Confederation College

### CURLING

Fort William Curling Club  
Kakabeka Falls Curling Club  
Port Arthur Curling Club

### CYCLING

Black Sheep Mountain Bike Club  
Thunder Bay Cycling Club

### DANCE

Art in Motion  
Chaban Ukrainian Dance Co  
Dance Basics  
Dance Dynamics Studio  
Dance for Young Children

Fay Gleeson Dance Centre  
Image Studio of Dance NWO  
International Dance Academy  
Le Stelle Alpine Dancers  
Legacy Performing Arts Centre  
Morgan School of Highland Dancing  
Satu's Belly Dance & Drum  
Spirit of Dance  
Studio One  
T.B. Society of Ballet & Dance  
Zorya Ukrainian Dance

### DIVING

Thunder Bay Diving Club  
Thunder Country Diving

### EQUESTRIAN

Amanda's Green Barn  
Barnyard Friends  
Grace Equestrian Centre  
Royal Denver Farms  
Thunder Bay Therapeutic Riding

### FITNESS

Canada Games Complex  
Con College Wellness Centre  
Push Fitness Centre  
Superior Cross Fit

### FOOTBALL

TB Minor Football Assoc.

### FRISBEE

Thunder Bay Ultimate

### GOLF

Golf Thunder Bay  
Whitewater Golf Club

### GYMNASTICS

Giant Gymnastics  
TB Gymnastics Assoc.  
Ultimate Gymnastics

### HOCKEY

Current River Comets  
Current River Mighty Mites  
Elks Minor Hockey Assoc.  
Fort William Canadiens  
Fort William Hurricanes  
Grandview Rec. Hockey  
Hockey NW Ontario-Clinics  
KC Minor Hockey  
Neebing Minor Hockey  
North End Flames  
Northwood Hockey League  
Norwest Minor Hockey Assoc.  
Port Arthur Minor Hockey Assoc.  
South End Minor Hockey  
Thunder Bay AAA Kings  
Thunder Bay Beavers  
Thunder Bay Fighting Walleye  
TB Minor Hockey Assoc.  
TB Women's Hockey Assoc.  
VP Bearcats  
West End Bruins  
Westfort Hockey League  
Westfort Maroons  
Westfort Rangers

### HOCKEY CAMPS

Core Hockey Camp  
Fox School of Hockey  
Haley Irwin Elite Hockey School  
Katie Weatherston Hockey School  
Northern Hawks Hockey Camp  
Northern Lakes Hockey Development  
Thunderwolves Hockey Skills School

### LACROSSE

Thunder Bay Lacrosse League

### LEADERSHIP

Canadian Red Cross  
Girl Guides of Canada  
NWOSSAA  
Roots & Branches  
St. John Ambulance  
Scouts Canada

### MARTIAL ARTS

Black Tigers TaeKwonDo Academy  
CGC Isshin Ryu  
Current River Isshin Ryu Karate  
Hoku Shin Karate (Shotokan)  
Karate North Tae Kwon Do  
Leading Edge Gym  
Mountainside Judo  
North End Karate Club  
Thunder Bay Judo Club  
Thunder Bay Shintaki Wado Kai  
Thunder Dragons Tae Kwon Do  
Thunder Valley Martial Arts  
United Fighter Thunder Bay  
West Thunder Karate  
Woodcrest Chitora Dojo

### MODELING

Shine Photo Studio

### MUSIC

Applauze Productions  
Avila Music School  
Coran's Music Education Centre  
Gentlemen of Harmony  
Growing with Musik-Musikgarten  
Jennifer Arra-Happonen Piano  
Jim Krawchuk Drums  
Kathleen's Piano Studio  
Lakehead Suzuki Strings  
Lakehead Youth Choir  
Make Some Noise Music Studio  
Marvelous Music Makers  
Mr. J's Music Studio  
Music for Young Children  
Music Workshop  
Musical Discovery w Suzanne G  
Sharon Low Piano  
Sunrise Music Studio **NEW!**  
TB Symphony Youth Orchestra  
Tritone Music  
Valente's Music  
Vibe Music Performance Academy

### PERFORMING ARTS

ACTion Arts  
All the Daze Productions  
Eleanor Drury Children's Theatre  
Magnus Theatre  
Paramount Live



### ROLLER SKATING

TB Jr. Roller Derby

### ROWING

Thunder Bay Rowing Club

### RUNNING

Thunder Bay Meter Eaters

### SAILING

Sail Thunder Bay

### SEWING

Sewing by Cherlyne

### SKATING

Fort William Figure Skating Club  
TB Figure Skating Club  
Thunder Bay Skating Academy  
TB Speed Skating Club

### SKIING / SNOWBOARDING

Kamview Jackrabbit Ski League  
Lappe Nordic Ski Club  
Lappe Nordic Ski Centre  
Loch Lomond Ski Area  
Mount Baldy Ski Area  
Norwesters Alpine Ski Club  
Port Arthur Ski Club  
Thunder Bay Nordic Trails

### SOCCER

Lakehead Express Soccer Club  
Lappe & Area Local SB  
Lil' Kicks Soccer  
Murillo Minor Athletic Assoc  
North End Mini Soccer  
Tarbutt Street Soccer Club  
Thunder Bay Chill Soccer  
Inter Lucania Soccer Club  
Thunder Bay Women's Soccer

### SQUASH

TB Squash Association

### SWIMMING

Canada Games Complex  
Churchill Pool  
Heath, Widnall Pools - CTB  
Northwest Narwhal Swim Club  
TB Thunderbolts Swim Club  
Volunteer Pool

### TENNIS

TB Community Tennis Centre

### VOLLEYBALL

Thunderwolves Volleyball  
Superior North Volleyball Club  
Ontario Volleyball Association

### WRESTLING

Lakehead Wrestling Club

### YOGA

Discover Yoga  
The Bodymind Centre

# I'M PRO CONFIDENCE



Making it possible for children and youth to get involved in activities when families cannot afford the fees.

**APPLY ONLINE!**

Application forms are also available at  
Public Libraries | Canada Games Complex  
Volunteer Pool | Churchill Pool | Victoriaville Civic Centre



PROKidsThunderBay.ca | 807.625.3212 |    



## RECYCLING *is* EASY



**1**

### PAPER PRODUCTS

- Newspapers
- Flyers
- Junk Mail
- Magazines
- Soft Cover Books
- Fine Paper
- Paper Egg Cartons
- Boxboard  
i.e. cereal boxes



**2**

### CARDBOARD

Flatten and bundle cardboard



**3**

### CONTAINERS

- Pop Cans
- Milk Cartons
- Juice Boxes
- Metal Cans
- NEW**
- All #1 and #2 plastic containers
- Glass Bottles & Jars



For apartment recycling contact your Superintendent

For more information, contact the Infrastructure & Operations Dispatch at 625-2195

[thunderbay.ca/recycle](http://thunderbay.ca/recycle)



SOLID WASTE & RECYCLING SERVICES



2022



Volunteer  
Recreation & Culture

# Teens 'n Training

T'nT is a dynamic course that empowers youth volunteers through training, leadership development and fun.

Registration is open to youth ages 13 (who are grade 8 graduates) through 16.

*This training is mandatory for our summer camp programs.*

PLAYGROUNDS  
SUMMER  
CAMP

ADVENTURERS  
SUMMER  
CAMP

KIDVENTURES  
SUMMER  
CAMP

CHIPPEWA  
SUMMER  
CAMP

Saturday June 4th

8:45 am - 5:00 pm

Kinsmen Youth Centre

Registration  
Fee  
\$41.62

**Registration Opens May 9th, 2022**

ALL VOLUNTEERS MUST COMPLETE THE ON-BOARDING PROCESS WITH THE VOLUNTEER COORDINATOR\*

**FOR MORE INFORMATION  
CONTACT US TODAY!**

(807) 625-3169

volunteer@thunderbay.ca



@ctbvolunteers



@citytbayvolunteers



@CTBayVolunteers

Volunteer Program Sponsor:



VOLUNTEER OPPORTUNITIES  
www.thunderbay.ca/volunteer

CITY OF THUNDER BAY





# COMMUNITY CENTRES THUNDER BAY

## CONTACT YOUR COMMUNITY CENTRE FOR RENTAL & PROGRAMMING INFORMATION



### **CURRENT RIVER CC - 683-8451**

email: [community@currentrivercom.com](mailto:community@currentrivercom.com)

website: [currentrivercom.com](http://currentrivercom.com)

facebook: [current river community centre](https://www.facebook.com/currentrivercommunitycentre)



### **NORTH END CC - 345-1951**

email: [northendrecreationcentre2012@gmail.com](mailto:northendrecreationcentre2012@gmail.com)

website: [northendcommunitycentre.com](http://northendcommunitycentre.com)

facebook: [NorthEndRecreationCenter](https://www.facebook.com/NorthEndRecreationCenter)



### **NORTH MCINTYRE CC - 767-1400**

email: [nmrec@tbaytel.net](mailto:nmrec@tbaytel.net)

website: [northmcintyrecentre.com](http://northmcintyrecentre.com)

facebook: [North McIntyre](https://www.facebook.com/NorthMcIntyre)



### **OLIVER ROAD CC - 345-9531**

website: [thunderbay.ca/oliverroadcc](http://thunderbay.ca/oliverroadcc)

facebook: [oliverroadcommunitycentre](https://www.facebook.com/oliverroadcommunitycentre)



### **SOUTH NEEBING CC - 475-4622**

email: [southneebingcentre@gmail.com](mailto:southneebingcentre@gmail.com)

website: [southneebingcc.ca](http://southneebingcc.ca)

facebook: [South Neebing Community Centre](https://www.facebook.com/SouthNeebingCommunityCentre)



### **VALE CC - 625-2304**

email: [rae-ann.molly@thunderbay.ca](mailto:rae-ann.molly@thunderbay.ca)

website: [thunderbay.ca/valecc](http://thunderbay.ca/valecc)

facebook: [Vale Community Centre](https://www.facebook.com/ValeCommunityCentre)



### **WEST THUNDER CC - 475-9396**

email: [westthunder@tbaytel.net](mailto:westthunder@tbaytel.net)

Facebook: [West Thunder Community Centre](https://www.facebook.com/WestThunderCommunityCentre)



### **VICKERS HEIGHTS CC - 577-4041**

email: [vheights@tbaytel.net](mailto:vheights@tbaytel.net)

website: [vhcc.ca](http://vhcc.ca)

facebook: [vickersheightscommunitycentre](https://www.facebook.com/vickersheightscommunitycentre)



### **WEST ARTHUR COMMUNITY CENTRE - 577-6661**

email: [rae-ann.molly@thunderbay.ca](mailto:rae-ann.molly@thunderbay.ca)

website: [thunderbay.ca/westarthurcc](http://thunderbay.ca/westarthurcc)

facebook: [West Arthur Community Centre](https://www.facebook.com/WestArthurCommunityCentre)



### **JUMBO GARDENS COMMUNITY CENTRE - 625-2304**

email: [rae-ann.molly@thunderbay.ca](mailto:rae-ann.molly@thunderbay.ca)

website: [thunderbay.ca/jumbogardenscc](http://thunderbay.ca/jumbogardenscc)

facebook: [Jumbo Gardens Community Centre](https://www.facebook.com/JumboGardensCommunityCentre)

Community Centres will adhere to Provincial Regulations for Covid-19

# 55 Plus Community

# Summer



RECREATION & CULTURE DIVISION

## Aqua Energizers FREE!

Weather Permitting  
**Gentle Water Workouts**  
Tuesdays & Thursdays  
July 5th to September 1st 11:30-12noon  
Heath Pool, 1251 Heath Street  
Enjoy Heath Park! Bring a lawn chair and lunch. Registration not required

## Outdoor Bocce in the Park

Northwood Playfield, James St.  
Wednesdays 1-2pm  
July 6th to September 2nd  
Water bottle & hat recommended  
Registration not required.

## Horseshoes

55 Plus Centre, 700 River St  
\$2.00 Drop in fee  
Mondays, June 27th – Sept 12th,  
11:00am  
Registration not required.  
Enjoy coffee or lunch at the River St Café after the game. Cost of lunch not included

## 55 Plus Summer Community Walks

**DROP IN PROGRAM\*REGISTRATION NOT REQUIRED.**

### MARINA PARK

MONDAYS, JUNE 20th- AUGUST 29th  
TIME: 10:30am-11:30am  
Meeting location, Marina Splash Pad

### BOULEVARD LAKE

WEDNESDAYS, JUNE 22nd-AUGUST 31st  
TIME: 10:30am-11:30am  
Meeting Location, Lyon Blvd parking lot, beside the mini putt course.

## 55 Plus GOLF

Drop In, All levels welcome!  
Northern Lights Golf Course, 540  
Twin City Crossroads.  
Meet: Thursdays @ 2pm June 16th-  
August 25th  
Fee: \$12.00 pay on arrival.  
Please note there is no instruction provided.

## Photography Club

Please note there are no instructions or equipment provided, please bring your own camera. 55 Plus Community Drop in Program Mondays, from 3:30PM-4:30PM

**Monday June 13th** - The Cascades (Conservation Area \$5.00 for Parking)  
**Monday June 20th** - George Burke Park  
**Monday June 27th** - Silver Harbour, off Lakeshore Dr.  
**Monday July 4th** - The Marina, Alexander Henry (meet at Boat Launch)  
**Monday July 11th** - Sandy Beach, off city Road.  
**Monday July 18th** - Hillcrest Park.  
**Monday July 25th** - No Programming  
**Monday August 1st** - No Programming  
**Monday August 8th** - Downtown PA, Historical Buildings & Graffiti Meet at Waverly Park.  
**Monday August 15th** - Kamview Nordic Centre, Lookout Trail.  
**Monday August 22nd** - Wild Goose Beach, Lakeshore Dr.  
**Monday August 29th** - Vickers Park and historical houses. (meet at Vickers Park)  
**Monday Sept 5th** - No Programming  
**Monday Sept 8th** - Fort William historical park outdoor trails.

## 55 Plus Summer Trail Pass

**DROP IN PROGRAM\*REGISTRATION NOT REQUIRED.**  
Come out this summer to walk & explore the wonderful scenery in and around Thunder Bay. Walks are led by local experts! (Weather permitting)

**SUMMER TRAIL PASS WALKS ARE HELD WEDNESDAYS AT 2PM**

**Wednesday June 29th** - Mission Island Marsh. Led by Ryan Mackett from the LRCA  
**Wednesday July 27th** - Hazelwood Lake. Led by Ryan Mackett from the LRCA  
**Wednesday Aug 24th** - Kamview Nordic Centre North Lookout. Led by Pat Harris  
**Wednesday Aug 31st** - The Cascades. Led by Ryan Mackett from the LRCA

Participants must be able to walk approximately 30 minutes of uninterrupted walking. Terrain may be uneven, please wear proper running shoes. Weather permitting. No pets please. If you have any questions, contact Jennifer at 625-3135

## Stay Tuned for Up and Coming FAB Fall programming!



For more information on Recreation 55 COMMUNITY programs and partnerships, contact Community Program Developer – Older Adults at 625-3135 or [jennifer.bulloch@thunderbay.ca](mailto:jennifer.bulloch@thunderbay.ca) or call the Thunder Bay 55 Plus Centre at 684-3066 or [55Plusinfo@thunderbay.ca](mailto:55Plusinfo@thunderbay.ca)





SUMMER 2022

# REGISTERED PROGRAMS

**Beginning on June 27**

\*running for 10 weeks unless otherwise stated

Centre will be closed: July 1 and August 1

Registration starts  
**WEDNESDAY, MAY 11 AT 8:30 A.M.**

- **ENGAGING**
- **EXCITING**
- **ENERGIZING**

*No membership fee to participate.  
Open to everyone 55 Plus or better!*

**Thunder Bay 55 Plus Centres**  
700 River St. & 1914 W. Arthur St.

## TWO WAYS TO REGISTER



### PHONE

Call the Hotline at 807-625-8463



### ONLINE

Try our online registration system:  
[www.cityofthunderbay.perfectmind.com](http://www.cityofthunderbay.perfectmind.com)

CITY OF  
**Thunder Bay**  
*Superior by Nature*

RECREATION & CULTURE  
DIVISION

# THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET



## SUMMER 2022 REGISTERED PROGRAMS

Programs start the week of June 27. Centre will be closed July 1 & August 1.

### FITNESS AND WELLNESS CLASSES

All prices do not include HST

5814	<b>Fusion Fitness</b> This class will fuse all the movements of YOGA and PILATES together. You will metabolize, gain muscle and get into waist management in this amped up Body Resistance Workout...no weights...just sweat and smiles! All you need is a yoga mat, chair, water bottle and towel. Suitable for beginners and strong seniors as well.	<b>L. Mork-Guerts</b>	Tues & Thurs 8:45am-9:45am <b>\$96.00</b>
5815	<b>Go with the FloYoga *NEW*</b> Lisa Mork-Guerts in a gentle "floyoga" moving practice. For this one hour class bring your mat to go through a peaceful and relaxing stretching to start your day. Modifications will be adapted.	<b>L. Mork-Guerts</b>	Mon & Wed 11:30am-12:30pm <b>\$99.56</b>
5816	<b>Having a Ball</b> Come and have a ball with us! In this class you will do a cardio interval workout using all kinds of exercise balls; sitting on large exercise balls for balance and movements, weighted exercise balls for strength training, bender balls and more!	<b>L. Mork-Guerts</b>	Tues & Thurs 11:00am-12:00pm <b>\$104.80</b>
5817	<b>Hoop It Up!</b> In this fun class, use a hula hoop as an exercise tool for stretching, strengthening and to help you improve your balance and flexibility.	<b>L. Mork-Guerts</b>	Fri (Starting July 8) 11:30am-12:30pm <b>\$52.92</b>
5818	<b>Keep Moving with Parkinson's</b> This class is specifically designed for those with Parkinson's Disease. Includes aerobic conditioning, functional strengthening, and mobility and balance exercises. Must have been assessed by St. Joe's, call St. Joe's at 346-2334	<b>K. Gorst-Vigliarolo</b>	Mon & Fri (July 4-Aug 12) 11:15am-12:15pm <b>\$57.64</b>
5819	<b>Low Impact Aerobics</b> A gentle warm-up, 20 minutes of a low impact cardio, use of light hand weights, bands and other equipment.	<b>L. Mork-Guerts</b>	Mon & Wed 1:30pm-2:30pm <b>\$91.20</b>
5820	<b>Morning Energizer Gold</b> With a mix of cardio, stretching, & toning using a variety of equipment, get moving to some fantastic music and get your morning energized!	<b>L. Mork-Guerts</b>	Mon, Wed & Fri 8:45am-9:45am <b>\$114.52</b>
5821	<b>Morning Energizer Gold</b>	<b>L. Mork-Guerts</b>	Mon, Wed & Fri 10:00am-11:00am <b>\$114.52</b>
5822	<b>Simply Stretching</b> This beginner stretch class will start your day with flowing movements of Tai chi, energizing postures of Yoga and gentle stability of Pilates. All fitness levels welcome in this fun and functional class.	<b>L. Mork-Guerts</b>	Tues & Thurs 10:00am-11:00am <b>\$92.20</b>
5823	<b>Strength in Motion</b> Join us for an easy-to-follow work out that includes exercises designed to increase flexibility, joint stability, balance, coordination and muscular strength. You can use a chair for support if needed.	<b>K. Gorst-Vigliarolo</b>	Mon (July 4-Aug 8) 10:00am-11:00am <b>\$26.20</b>
5824	<b>Strength in Motion</b>	<b>K. Gorst-Vigliarolo</b>	Fri (July 8-Aug 12) 10:00am-11:00am <b>\$31.44</b>

Stay informed with all the exciting events and programs happening at the 55 Plus Centre by subscribing to our newsletter.  
[www.thunderbay.ca/55plus](http://www.thunderbay.ca/55plus)

**THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET**

**WORKSHOPS**

*All prices do not include HST*

5826	<b>Coasters</b>	<b>F. Valenzuela</b>	Fri (July 8)
	6 pieces coasters, using decoupage and resign technique		1:00pm-4:00pm <b>\$40.00</b>
5827	<b>Fairy Garden</b>	<b>F. Valenzuela</b>	Thurs & Fri (July 28 & 29)
	Miniature cold porcelain elements to build a cute fairy garden. *2 sessions*		1:00pm-4:00pm <b>\$50.00</b>
5828	<b>Greeting Cards – Black Backgrounds</b>	<b>P. Lloyd</b>	Wed (June 29)
	Learn how to use dark cardstock for the Card (not just layers). Good class for beginner to experienced card makers. Please bring a pair of scissors, all other supplies provided.		1:30pm-4:30pm <b>\$26.20</b>
5829	<b>Greeting Cards – Step Card</b>	<b>P. Lloyd</b>	Wed (July 20)
	Make a Card with multiple levels (steps). Good class for beginner to experienced card makers. Please bring a pair of scissors, all other supplies provided.		1:30pm-4:30pm <b>\$26.20</b>
5830	<b>Greeting Cards – Iris Folding</b>	<b>P. Lloyd</b>	Wed (Aug 3)
	Learn the art of Iris folding - a good way to use up small scraps. Good class for beginner to experienced card makers. Please bring a pair of scissors, all other supplies provided.		1:30pm-4:30pm <b>\$26.20</b>
5831	<b>Knitting – Scarf/Cowl</b>	<b>M. Duncan</b>	Wed (June 28-July 22)
	This fair isle knitting workshop will be using Ukrainian designs and using a scarf or cowl as the project. Fair isle knitting is a relaxed way to learn a new technique as we won't have a specific size or shape. There is also more freedom of fibre and needle choice for the same reason. Open to all levels, must have knowledge of basic knitting skills.		1:30pm-4:30pm <b>\$70.49</b>
6456	<b>Natural Hand Dyed Flower Pounded Tote Bag</b>	<b>Willow Springs</b>	Tues (Aug 16)
	Using locally collected flowers and foliage you will create a hand dyed, beautifully decorated, light weight canvas tote bag. This workshop you will be enjoying the outdoors on the 55 Plus Centre back patio.		1:00pm-3:00pm <b>\$60.00</b>
6457	<b>Rustic Pizza Making &amp; Lunch at Willow Springs</b>	<b>Willow Springs</b>	Tues (July 22)
	Enjoy an outing to Willow Springs in Lappe. Learn to make delicious pizza dough, fresh tomato sauce and pesto. Savour a lovely summer meal of garden salad, iced tea, rhubarb crisp and the pizza you have made in our wood-fired, outdoors pizza oven. Everyone will take home a jar of tomato sauce and pesto.		1:00pm-3:00pm <b>\$60.00</b>
5833	<b>Sunflower Wreath</b>	<b>F. Valenzuela</b>	Fri (July 15)
	Home decor wreath with artificial flowers and lovely ribbons to bring some colour to your front door.		1:00pm-4:00pm <b>\$45.00</b>
6458	<b>Willow Trellis</b>	<b>Willow Springs</b>	Tues (June 14)
	Construct a 5' tall, bent willow trellis to give one of your climbing plants lovely support. This workshop you will be enjoying the outdoors on the 55 Plus Centre back patio.		1:00pm-3:00pm <b>\$60.00</b>
5834	<b>Wood Tray</b>	<b>F. Valenzuela</b>	Fri (Aug 12)
	Paint and vinyl decor to make your tray unique and different		1:00pm-4:00pm <b>\$35.00</b>

Find us on: **facebook®**  
@tbay55pluscentre



## THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

### GENERAL INTEREST CLASSES

All prices do not include HST

5836	<b>Guitar Lessons – Purple Group</b>	<b>T. O'Brien</b>	Tues 11:00am-12:00pm
	Continuation of the Spring Group. Continuing with Book Two and song arranging, flat picking and finger picking. Must have own guitar and music stand.		\$122.20
5837	<b>Guitar Lessons – Red Group</b>	<b>T. O'Brien</b>	Tues 9:30am-10:30am
	Continuation of the Spring Group. Participants will be finishing off Book One and Starting Book Two, learning the start of arranging songs. Must have own guitar and music stand		\$122.20
5838	<b>Ukelele – Advanced</b>	<b>M. Morrow</b>	Thurs (June 30-July 21) 1:00pm-2:00pm
	Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Must have Beginner class previously. Additional fee will be required for music.		\$42.95
5840	<b>Ukelele – Beginners</b>	<b>M. Morrow</b>	Tues (June 28-July 19) 3:15pm-4:15pm
	Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Additional fee will be required for music.		\$42.95

### TECHNOLOGY CLASSES

All prices do not include HST

5843	<b>All about Photos for iPad</b>	<b>D. Brown</b>	Tues (Aug 9-30) 10:00am-12:00pm
	In this detailed course you will learn how to organize your photos into albums and folders, different methods of backup, photo enhancing, People App and much more.		\$65.28
5844	<b>iPad Beginner</b>	<b>D. Brown</b>	Thurs (July 7-Aug 11) 10:00am-12:00pm
	In this beginner class you will learn about basic settings, email, text messaging, Facetime, Siri, photos and more.		\$97.92
5845	<b>iPad Intermediate</b>	<b>D. Brown</b>	Thurs (July 7-Aug 11) 1:00pm-3:00pm
	For those with iPad experience we will expand on the beginner course and cover more advanced features such as Widgets, Saving Files, Photo Editing, iCloud vs iPad Storage and more.		\$97.92

## VOLUNTEERS NEEDED

Share your time with a Senior

### Friendly Visiting Program



The Friendly Visiting Program matches visiting volunteers with a homebound senior for an in-home visit. The program matches you based on your similar interests and location, if possible. Volunteers visit in person to provide friendship and support.

Volunteer help is essential in the Support Services Program area. We have a growing waitlist for services. Applicants must be 18 years of age and a police records check is required as well as paid for by the program.

For more information call Corinne at (807) 684-3276

# Aquatics & Wellness Programs

## Registration

For Summer 2022 programs, registration begins May 9, 2022

For more information on any of the programs listed, visit our website at [www.thunderbay.ca/en/recreation/pools.aspx](http://www.thunderbay.ca/en/recreation/pools.aspx)



## Summer Membership

Summer Membership Promos will be on starting May 1!

Sign-up for a 4 month (consecutive months), 3 month (consecutive months), any 2 months or 1 month. All memberships must expire by August 31, 2022.

For more information visit our website!

## General Admission

(HST to be added)

### Adult

Daytime Rate (Mon. - Fri. 5:45 am - 3 pm) .....\$7.65

After 3 pm & Weekends .....\$9.13

Family (max 5) .....\$21.15

Child (3 - 14 yrs; no HST) .....\$3.48

### Student

(15 & over in Full Attendance with card) .....\$5.66

Adult 60+ .....\$6.22

Thunderslide .....\$2.36

### Rate for People with Disabilities

Adult .....\$4.66

Student.....\$3.57

Child .....\$2.62

Support Persons - No fee if accompanied by a person with a PAL (Personal Attendant for Leisure) Card

**COUPON BOOKLETS AVAILABLE  
12 VISITS FOR THE PRICE OF 10**

### For Inquires call...

**Canada Games Complex:**

**Aquatics:** Tiffany Vis at 633-5163

**Fitness & Inclusion Services:**

Jessy Bogacki at 684-3338

**Children & Youth, Services:**

Alexa Fares at 620-1058

**Community Fitness:**

Diane Younger at 684-3324

**Sup. Aquatics & Wellness at 630-4544**

**Front Desk at 684-3333**

### Churchill Pool:

Front Desk at 577-2538

Calli Graham at 625-2206

### Volunteer Pool:

Front Desk at 345-5143

Nicole Perozak at 345-5145

## Canada Games Complex Operating Hours

Monday - Thursday .....5:45 am - 10:00 pm

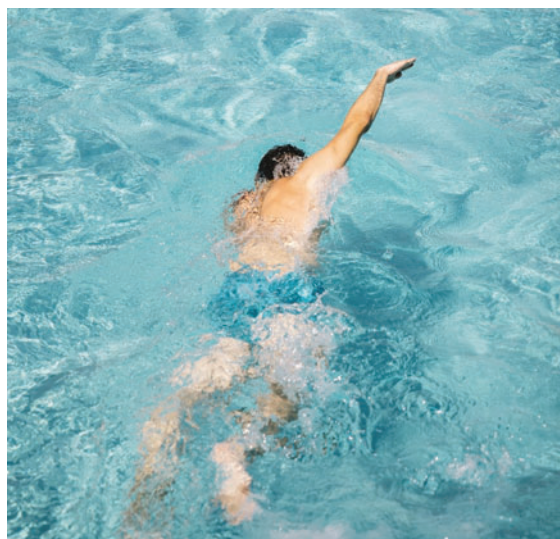
Friday .....5:45 am - 9:00 pm

Saturday & Sunday .....8:00 am - 9:00 pm

### Holiday Hours

Canada Day .....12:00 pm - 5:00 pm

Civic Holiday .....12:00 pm - 5:00 pm



# HEALTH AND WELLNESS PROGRAMMING

## NEW!

### Personal Fitness Coaching is back!

You can get a personalized exercise plan that helps meet your goals. Your coach will correct form, provide education and keep you accountable. Call 684-3338 to inquire about private, semi-private or group coaching.

### Bollywood – Sunday 12pm

Bollywood inspired dance workout that combines body weight training and dynamic choreography with upbeat music from around the world. This cardio style class cycles between higher and lower intensity dance sequences carefully interwoven into a playlist and ending with yoga inspired stretching.

### Kettlebell Sport – Tuesday 6:45pm

Kettlebell endurance lifting, providing a mix of power, cardio and muscular endurance training. The object is to complete as many reps of either 1 or 2 bells of a lift within a set timeframe, the main lifts being the snatch, jerk, or long cycle over 10 minutes. You will learn the basics techniques of kettlebell sport and kettlebell fitness moves.

### Low-Impact Water Movement - Wednesday 11:15am

Keep moving with the resistance of the water, without the pressure on your joints. Perfect for the aging population or those with aching joints.

## ACCESSIBLE FEATURES

- (4 NEW) 7 resistance exercise machines with movable seat for wheelchair access
- 6 arm bikes
- 4 NuStep low impact cardio machine
- (NEW) Hoyer lift and transfer belt to aid in getting in and out of mobility aid
- Water wheelchairs and ramp/lifts for easier pool access
- (NEW) elevator
- Parallel bars
- Raised mats
- Easy to read electronic schedules at <https://www.thunderbay.ca/en/recreation/canada-games-complex.aspx>

**For more information on Fitness Coaching and Accessibility at the Canada Games Complex please call 684-3338.**

## FEATURED

### BRITT IS BACK TO MAKE YOU SWEAT!!

Check out some of our most intense classes led by the #1 voted top instructor in Thunder Bay!

#### Kettlebell Advanced

Tuesday 6pm

#### TRX Advanced

Thursday 6pm

#### Core and More

Sunday 1pm



## Adult Health, Wellness and Fitness Programs

HST will be added where applicable.

**Summer session 1 runs May 30th – July 3rd, 2022**

**Summer session 2 runs July/August – early morning, noon hour, evening and weekend classes only**

**No classes Monday May 23, Friday July 1, Monday August 1**

*All fitness classes must be registered for and can be done online at [cityofthunderbay.perfectmind.com](http://cityofthunderbay.perfectmind.com) (under Drop in Programs), over the phone or at the front desk (once open) 30 days ahead of class date.*

Drop in facility fees apply. (Fees subject to council approval)

Name	Day	Time	Type
<b>Morning Programs</b>			
Bootcamp	Wednesday	6:00 - 7:00 AM	(2) Combined
Core	Friday	6:00 - 7:00 AM	(2) Core
Total Body Benderball	Monday	9:00 - 10:00 AM	(1) Combined
Aquabics (shallow)	Monday	9:00 - 10:00 AM	(1) Shallow water
Aquajog (deep)	Tuesday	9:00 - 10:00 AM	(2) Deep water with floatation belts
Step Skip Sculpt	Wednesday	9:00 - 10:00 AM	(1) Combined
Aquabics (shallow)	Wednesday	9:00 - 10:00 AM	(1) Shallow water
Aquajog (lanes)	Thursday	9:00 - 10:00 AM	(2) Deep water with floatation belts
Strong Seniors	Friday	9:00 - 10:00 AM	(1) Weights/Core
Aquabics (deep)	Friday	9:00 - 10:00 AM	(1) Deep water with floatation belts
Aquajog (lanes)	Sunday	9:00 - 10:00 AM	(2) Deep water with floatation belts
Hatha Yoga	Saturday	9:00 - 10:30 AM	(1) Stretch
Strong Seniors	Tuesday	9:30 - 10:30 AM	(2) Weights/Core
Strong Seniors Variety	Thursday	9:30 - 10:30 AM	(2) Weights/Core
Aquabics (deep)	Monday	10:15 - 11:00 AM	(2) Deep water with floatation belts
Aquabics (shallow)	Tuesday	10:15 - 11:00 AM	(1) Shallow Water
Aquabics (deep)	Wednesday	10:15 - 11:00 AM	(2) Deep water with floatation belts
Aquabics (shallow)	Thursday	10:15 - 11:00 AM	(1) Shallow Water
Aqua Zumba	Friday	10:15 - 11:00 AM	(1) Shallow, Dance
Full Body Strength + HIIT	Sunday	11:00 - 12:00 PM	(3) Combined
Low-Impact Water Movement	Wednesday	11:15 - 12:00 PM	(1) Combined
<b>Afternoon Programs</b>			
Bollywood	Sunday	12:00 - 1:00 PM	(1) Combined
Step Circuit	Tuesday	12:15 - 1:00 PM	(2) Combined
Step + Conditioning	Thursday	12:15 - 1:00 PM	(2) Combined
Gentle Yoga	Friday	1:00 - 2:00 PM	(3) Stretch
Sit and Be Fit	Tuesday	1:15 - 2:15 PM	(1) Strength/Core
Senior Spin	Monday	1:30 - 2:30 PM	(1) Cycle
Senior Spin	Wednesday	1:30 - 2:30 PM	(1) Cycle
Core & More	Monday	2:30 - 3:30 PM	(2) Combined

Intensity Key – You will see this number in brackets by the type of class  
(1) Beginner • (2) Intermediate • (3) Advanced

# Adult Health, Wellness and Fitness Programs

HST will be added where applicable.

**Summer session 1 runs May 30th – July 3rd, 2022**

**Summer session 2 runs July/August – early morning, noon hour, evening and weekend classes only**

**No classes Monday May 23, Friday July 1, Monday August 1**

*All fitness classes must be registered for and can be done online at [cityofthunderbay.perfectmind.com](http://cityofthunderbay.perfectmind.com) (under Drop in Programs), over the phone or at the front desk (once open) 30 days ahead of class date.*

Drop in facility fees apply. (Fees subject to council approval)

Name	Day	Time	Type
<b>Evening Programs</b>			
TRX	Monday	5:00 - 6:00 PM	(1) Combined
Hatha Yoga	Tuesday	5:00 - 6:30 PM	(1) Stretch
Bootcamp	Tuesday	5:00 - 6:00 PM	(2) Combined
Flow Yoga	Wednesday	5:00 - 6:15 PM	(1) Stretch
Full Body Bootcamp	Wednesday	5:00 - 6:00 PM	(2) Combined
Hatha Yoga	Thursday	5:00 - 6:30 PM	(1) Stretch
Kettlebell	Thursday	5:00 - 6:00 PM	(2) Core/Cardio
Spin Bootcamp	Friday	5:00 - 6:00 PM	(3) Cycle/Weights
Kettlebell Advanced	Monday	6:00 - 7:00 PM	(3) Core/Cardio
KB Advanced	Tuesday	6:00 - 7:00 PM	(3) Combined
Core	Wednesday	6:00 - 7:00 PM	(3) Core
TRX Advanced	Thursday	6:00 - 7:00 PM	(3) Combined
HIIT	Friday	6:00 - 6:45 PM	(3) Combined
KB Sport	Tuesday	6:45 - 7:30 PM	(2) Cardio/Strength
Zumba Step	Friday	6:45 - 7:30 PM	(2) Dance Fit
Zumba Toning	Monday	7:00 - 8:00 PM	(2) Dance Fit
Zumba	Wednesday	7:00 - 8:00 PM	(1) Dance Fit
Aqua Jog	Monday	7:30 - 8:30 PM	(2) Deep water with floatation belts
Zumba	Tuesday	7:30 - 8:30 PM	(1) Dance Fit
Aqua Jog	Wednesday	7:30 - 8:30 PM	(2) Deep water with floatation belts
Aqua Jog	Thursday	7:30 - 8:30 PM	(2) Deep water with floatation belts
Zumba	Thursday	7:30 - 8:30 PM	(1) Dance Fit

*Please note that as COVID guideline change rapidly there may be changes to the start date or class offerings. For an up-to-date drop in schedule go to [gamescomplex.com](http://gamescomplex.com), pick up a copy at the Front Desk or find it on Facebook using a desktop computer at [facebook.com/canadagamescomplex](https://facebook.com/canadagamescomplex). The registration system will also be updated regularly to display available classes for booking.*



## ADVENTURERS CAMP 2022

Adventurers Camp is a fun and inclusive day camp at the Canada Games Complex full of activities from crafts to karate and of course swimming!

**Programming is set to run July 4 – September 2**



### Morning Registration Options

<u>9am-9:50am</u>	<u>10am-10:50am</u>	<u>11am-11:50am</u>
Outdoor Sports (6-8 yrs)	Fit Kids (6-8 yrs)	Extreme Explorers (6-8 yrs)
Mad Science (9-12 yrs)	Dance (6-8 yrs)	Outdoor Sports (9-12 yrs)
Once Upon A Time (6-8 -yrs)	Outdoor Sports (9-12 yrs)	Musical Theatre (9-12 yrs)
Dance & Cheer (9-12 yrs)	Mad Science (6-8 yrs)	Cup Stacking (6-12 yrs)
Fit Kids (9-12 yrs)	Do It Yourself (9-12 yrs)	Crafts (6-12 yrs)
Ultimate Survivors (9-12 yrs)	Squash/ Treadwall (9-12 yrs)	Karate (6-8 yrs)
	Creation Station (8-12 yrs)	Leaders in Training (8-12 yrs)
Crafts (6-12 yrs)	Crafts (6-12 yrs)	Swimmer 1 2 4 5/6
Creative Writing (8-12 yrs)	Karate (8-12 yrs)	Fitness Swimmer
Swimmer 1 2 3 5/6	Swimmer 1 2, Rookie/ Ranger Patrol Fitness Swimmer (9yrs & up – must have completed swimmer 4)	

**TOTS Camp** \*ALL 5 year olds (as of December 31, 2022) will register for this program. They will be with the same group and same instructor all day. The program will be **9am Crafts, 10am Imagination Station & 11am Monkey Business**. Any of these activities may be substituted for a swimming lesson.

**12 - 12:30pm** - Lunch (children bring their own lunch) \*Please bring nut free!

**12:30-4pm** - Theme Activities & Public Swimming

**4-5pm** - Wrap-Up Games & Pick-Up

#### **Fees:**

**2 week session:** \$281.99 first child, \$240.72 additional children

**1 week:** \$198.49 first child, \$164.59 additional children

**Adventurers Camp T-shirts are back this summer!**

**Order a T-shirt for \$10 when registering in any camp!**

**You're Invited To: Adventurers Camp Family BBQ!**

**Who: Parents & family**

**What: \*Meet the staff \*Watch the Camp Video \* View a performance or two \*Eat, relax, and have fun!**

**When: Every 2nd Thursday from 12:00pm to 12:30pm BBQ & 12:30pm to 1:30pm show**

**Hot Dogs, Drinks and Ice Cream are provided!**

*Programming to follow COVID-19 safety guidelines.*



## KIDVENTURES 2022

**Kidventures** is an art and adventure filled day camp at Prince Arthur's Landing with weekly sailing adventures for kids ages 5 to 12!

**Programming is set to run July 11 - August 19**



# Kidventures

**July 11-15:** Sail'n Into Summer

**July 18- 22:** Amazing Race

**July 25- 29:** What In The World?!

**August 2 - 5 (4 day):** KV's Week to Win It

**August 18-12:** Experimentation Station

**August 15-19:** Lights, Camera, Action!

### Fees:

5 Day Camp- 1st child \$202.50, additional children \$171.29

4 Day Camp- 1st child \$171.29, additional children \$137.05

Depending on weather, each camp will have the opportunity to experience sailing with a trained Captain.

Please pack a peanut safe lunch, water bottle, bathing suit & towel.

T-shirts are available at Kidventures! Order a T-shirt for \$10 when registering in any camp!

## KARATE CAMP!

This one week camp will introduce participants to the sport of Isshin Ryu Karate. Learn basic techniques, stretching and conditioning. No experience or special equipment necessary! Public swim after is included.

Location: Canada Games Complex \* Dates: July 18-22 \* Time: 1-3pm

\* Ages 7 years and up \* Fee: \$75

**Get Outside! For the Longest Day of PLAY on Tuesday, June 21 at the Canada Games Complex.**

**Join us outside from 3:30 -8:30pm for backyard games, crafts, a BBQ and information on all of our summer programs!**

**Junior Inclusion Services facilitates the inclusion of children and youth in Adventurers Camp or Kidventures.**

**If you are interested in accessing JIS, please contact 625-3220 before registering or attending one of the programs. Please see the JIS ad in the Key for more information.**

*Programming to follow COVID-19 safety guidelines.*

JUNIOR  
**inclusion**  
SERVICES

## Program Staff:

Supervisor of Aquatics:  
Tiffany Vis, (807) 633-5163  
Senior Instructor:  
Edrie Santerre, (807) 684-3335

**Note:** Some classes are subject to time change or cancellation due to insufficient registration. Parents with children in lessons may swim for a reduced rate of \$7.65 (plus applicable taxes).

## Pool Admission Policy

### Family / Adult Swim:

For Family and Adult swim time. Anyone under the age of 18 must be accompanied by a guardian who is 18years+ who is in the pool swimming with them in proper swim attire. This is inclusive to all the pools.

\*Supervision Ratio - 1 Adult : 4 Children

### Adult / Teen Swim:

Open to all those who are age 13 years+

### Public Swim:

#### Children 6 year & under:

Must be accompanied, regardless of swimming ability, by a guardian who is in the pool within arm's reach and in proper swimming attire.

#### Children 7-9 years:

- Non-swimmers, unable to pass the facility swim test, must be accompanied in the shallow-end by a guardian (13+) who is within arm's reach and in proper swimming attire.
- Swimmers, who are able to pass the facility swim test, may swim unaccompanied during the public swim.

#### Children 10 years & older:

May swim unaccompanied during the public swim. Must be able to swim comfortably to enter the deep end, they may be required to perform a swim test if the lifeguards sees fit. It is not recommended that those 10+, who are week swimmers, swim unaccompanied.

\*Supervision Ratio - 13 year+ : 2 Children,  
18 year+ : 4 Children

Those who do not meet the admission policy will be asked to leave if they cannot adhere to the policy at that time, no exceptions.

### Facility Swim Test:

For public swim & access to the deep end.

- Swimmers must be able to swim 25m, non-stop, comfortably on their front with face in the water for a portion of the time.
- For the safety of all patrons, the lifeguards reserve the right to deny anyone access to deep water that they deem a weak or non-swimmer.
- The use of floatation devices for non-swimmers is prohibited in the deep end
- The use of floatation devices is prohibited on the Diving Boards and Thunder Slide

## Recreational Swim Schedule

Effective July 4- September 2, 2022

Please note that the following schedule is subject to unforeseen changes.

Please visit our website [thunderbay.ca/cgc](http://thunderbay.ca/cgc) or our Facebook page for our most up to date swim times.

Lane bookings can be made online at [thunderbay.ca/cgc](http://thunderbay.ca/cgc)

There will be limited lane availability during swim club practices:

The diving boards and towers are closed Monday - Friday 9:00am - 12:00pm during the Dive Club practices.

Groups of 20 or more must pre-book. Group rates are available. Please contact the Facility Programmer at 684-3724.

### Day(s) and Times Type of Swim

#### Monday to Thursday

5:45am - 9:00am	Public
9:00am - 1:00pm	Family / Adult
1:00pm - 5:00pm	Public *slide*
5:00pm - 7:00pm	Family / Adult
M-Tu. 7:00pm - 9:00pm	Public
W-Th. 7:00pm - 9:00pm	Public *slide*
9:00pm - 10:00pm	Adult / Teen

#### Friday

5:45am - 9:00am	Public
9:00am - 1:00pm	Family / Adult
1:00pm - 5:00pm	Public *slide*
5:00pm - 6:00pm	Family / Adult
6:00pm - 9:00pm	Public *slide*

#### Saturday/Sunday

8:00am - 12:30pm	Family / Adult
12:30pm - 5:30pm	Public *slide*
5:30pm - 7:00pm	Public
7:00pm - 9:00pm	Public *slide*



## Swimming Levels are Based on Ability and Prerequisites & Not necessarily age



## Child & Youth Aquatic Programs

To Determine which Level your Child Should be In Please read the course descriptions below.

### PARENT & TOT

Max Ratio 1:12

### PARENT & TOT 1 4 to 12-month-old

### PARENT & TOT 2/3 12-month to 3-year-old

Designed for tots to learn to enjoy the water with the parent. This program will create a comfort level for both child and parent and an orientation to the pool and being safe around water.

### PRESCHOOL: AGES 3-5

#### PRESCHOOL A

Max Ratio 1:4

Beginner

#### PRESCHOOL B

Max Ratio 1:4

Prerequisite

Completed Preschool A.

#### PRESCHOOL C

Max Ratio 1:4

Prerequisite

Completed Preschool B.

#### PRESCHOOL D

Max Ratio 1:4

Prerequisite

Completed Preschool C.

#### PRESCHOOL E

Max Ratio 1:4

Prerequisite

Completed Preschool D.

### FITNESS SWIMMER

is geared toward swimmers that are waiting to be of age for the next Lifesaving levels. This class will work on a combination of fitness swimming and lifesaving skills. This class is designed to keep up your physical fitness and first aid skill level while having fun and making friends. Try out this level to stay in shape and stay on top of your first aid skills!

\*For swimmers age 9-15 who have completed swimmer 4.

### SWIMMER: Ages 6+

#### SWIMMER 1

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Beginner/non-swimmer/A,B or C

#### SWIMMER 2

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Swimmer 1 or Preschool D/ E

#### SWIMMER 3

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite: Swimmer 2.

#### SWIMMER 4

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite: Swimmer 3.

#### SWIMMER 5

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite: Swimmer 4.

#### SWIMMER 6

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite: Swimmer 5.

#### SWIMMER 7/8

**(Rookie/Ranger Patrol)**

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite: Swimmer 6.

#### SWIMMER 9 (Star Patrol)

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite:

Ranger Patrol

#### BRONZE STAR

Max Ratio 1:12

Prerequisite: Recommended 10 to 12 years old and Star Patrol.





# Learn to Swim Programs



To Register call 625-TIME

## Low-Ratio Group Lessons

Check out the Max. Class Size! Lower Number of children to Instructor 1:4

\*All programs are subject to cancellation based on registration. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.

- Session 1: July 4-15 (10 lessons) Fee: **\$119.94**
- Session 2: July 18-29 (10 lessons) Fee: **\$119.94**
- Session 3: Aug. 2- 12 (9 lessons) Fee: **\$107.94** \*\*No Class Monday, August 1
- Session 4: Aug 15-26 (10 lessons) Fee: **\$119.94**

	Time	Session 1 Barcode	Session 2 Barcode	Session 3 Barcode	Session 4 Barcode	Max Class Size
Swimmer 3	9:00 - 9:45am	6059	6061	6065	6070	4
	10:45 - 11:30am	6060	6063	6068	6072	
Swimmer 4	9:30 - 10:15 am	6074	6077	6079	6082	4
Swimmer 5/6	9:00 - 9:45am	6084	6086	6089	6091	4

## Standard Group Lessons

\*All programs are subject to cancellation based on registration. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.

Choose from 4 different sessions (2 week programs - Monday to Friday). No class Aug. 1st Civic Holiday

<b>Parent &amp; Tot:</b> classes for tots 3 months to 3 years	<b>Swimmer 1 - 6:</b> classes are for children 5 years or older
<b>Preschool A, B, C, D, E:</b> classes are for children 3-5	<b>Star Patrol:</b> for youth 9 – 12 years of age

- Session 1: July 4-15 (10 lessons) Fee: **\$79.69**
- Session 2: July 18-29 (10 lessons) Fee: **\$79.96**
- Session 3: Aug. 2- 12 (9 lessons) Fee: **\$71.72** \*\*No Class Monday, August 1
- Session 4: Aug 15-26 (10 lessons) Fee: **\$79.69**

	Time	Session 1 Barcode	Session 2 Barcode	Session 3 Barcode	Session 4 Barcode	Max Class Size
<b>Parent &amp; Tot</b>						
Parent & Tot	10:45 - 11:15am	6062	6064	6066	6067	12
<b>Preschool (3 to 5 years)</b>						
Preschool A	9:00 - 9:30am	6069	6073	6076	6080	3
	10:00 - 10:30am	6071	6075	6078	6081	
Preschool B	9:30 - 10:00am	6083	6087	6090	6094	3
	10:30 - 11:00am	6085	6088	6092	6096	
Preschool C	9:00 - 9:30am	6098	6102	6106	6110	3
	10:30 - 11:00am	6100	6104	6107	6111	
Preschool D	9:30 - 10:00am	6113	6114	6116	6118	3
Preschool E	10:00 - 10:30am	6120	6122	6124	6125	3
<b>Youth (5 to 12 years)</b>						
Swimmer 1	9:00 - 9:30am	6093	6099	6105	6112	4
	10:00 - 10:30am	6095	6101	6108	6115	
	11:00 - 11:30am	6097	6103	6109	6117	
Swimmer 2	9:30 - 10:00am	6119	6126	6130	6134	4
	10:15 - 11:45am	6121	6127	6132	6136	
	11:30am - 12:00pm	6123	6128	6133	6139	
Swimmer 4	11:15am - 12:00pm	6142	6145	6147	6150	6
Swimmer 5	10:30 - 11:15am	6152	6155	6157	6160	8
Swimmer 6	10:30 - 11:15am	6165	6168	6170	6172	8
Swimmer 7/8 (Rookie/ Ranger Patrol)	10:00 - 11:00am	6176	6179	6182	6185	8
Fitness Swimmer	11:00 - 11:30am	6348	6349	6350	6352	8

\*See Ad on following pg.  
\*Must have completed SW 4

# Learn to Swim Programs



To Register call 625-TIME

## FITNESS SWIMMER

Fitness Swimmer is geared toward swimmers that are waiting to be of age for the next Lifesaving levels. This class will work on a combination of fitness swimming and lifesaving skills. This class is designed to keep up your physical fitness and first aid skill level while having fun and making friends. Try out this level to stay in shape and stay on top of your first aid skills! \*For swimmers age 9-15 who have completed swimmer 4.

Fitness Swimmer • 11:00 - 11:30am

July 4 - 15 6348	July 18 - 29 6349	Aug. 2 - 12 6350	Aug. 15 - 26 6352
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## AQUA-FUN

- Must be 8 years old and have passed Swimmer 3.
- Will try a variety of aquatic activities such as snorkelling, underwater hockey, waterpolo, use of fins/monofin & more!



Aqua-Fun • 10:00 - 10:30am

July 4-15 6343	July 18 - 29 6344	Aug. 2 - 12 6345	Aug. 15 - 26 6346
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## Evening Learn to Swim

Monday & Wednesday or Tuesday & Thursday, 2 times a week for 4 weeks

<b>Parent &amp; Tot:</b> classes for tots 3 months to 3 years	<b>Swimmer 1 - 6:</b> classes are for children 5 years or older
<b>Preschool A, B, C, D, E:</b> classes are for children 3-5	<b>Star Patrol:</b> for youth 9 – 12 years of age

**Fee: Standard Group \$63.75 • Low Ratio \$95.95**

Session 1:	Monday & Wednesday	July 4 - July 27	(8 lessons)
Session 2:	Tuesday & Thursday	July 5 - July 28	(8 lessons)
Session 3:	Monday & Wednesday	August 3 - 29	(8 lessons)
Session 4:	Tuesday & Thursday	August 2 - 25	(8 lessons)

	Monday / Wednesday	Tuesday / Thursday	Max Class Size		
<b>Standard Group Lessons</b>					
	Session 1 Barcode	Session 3 Barcode	Session 2 Barcode	Session 4 Barcode	Max Class Size
Parent & Tot	5:30 - 6:00pm 6261	6:15 - 6:45pm 6262	5:45 - 6:15pm 6263	6:15 - 6:45pm 6264	12
Preschool A	5:00 - 5:30pm 6265	6:15 - 6:45pm 6266	5:30 - 6:00pm 6267	6:15 - 6:45pm 6268	3
Preschool B	5:30 - 6:00pm 6269	6:15 - 6:45pm 6270	4:30 - 5:00pm 6271	6:15 - 6:45pm 6272	3
Preschool C	5:45 - 6:15pm 6275	6:15 - 6:45pm 6276	5:30 - 6:00pm 6277	6:15 - 6:45pm 6278	3
Preschool D/E	5:00 - 5:30pm 6279	6:15 - 6:45pm 6280	5:45 - 6:15pm 6281	6:15 - 6:45pm 6282	3
Swimmer 1	5:00 - 5:30pm 6283 6:15 - 6:45pm 6284	6:15 - 6:45pm 6285 6:15 - 6:45pm 6286	5:00 - 5:30pm 6287	6:15 - 6:45pm 6288	4
Swimmer 2	6:15 - 6:45pm 6289	6:15 - 6:45pm 6290	4:30 - 5:00pm 6291 6:45 - 7:15pm 6293	6:15 - 6:45pm 6292 6:15 - 6:45pm 6294	4
<b>Low Ratio Group Lessons</b>					
Swimmer 3	5:00 - 5:45pm 6295	6:15 - 6:45pm 6296	6:00 - 6:45pm 6297	6:15 - 6:45pm 6298	4
Swimmer 4	5:30 - 6:15pm 6299	6:15 - 6:45pm 6300	5:00 - 5:45pm 6301	6:15 - 6:45pm 6302	4
Swimmer 5/6	6:00 - 6:45pm 6303	6:15 - 6:45pm 6304	5:00 - 5:45pm 6305	6:15 - 6:45pm 6306	4
Swimmer 7/8 (Rookie/ Ranger Patrol)			6:00 - 6:45pm 6307	6:15 - 6:45pm 6308	4
Swimmer 9 (Star Patrol)	6:00 - 6:45pm 6309	6:15 - 6:45pm 6310			4

# Learn to Swim Programs



To Register call 625-TIME

## Private Learn to Swim Programs

Please note that the purpose of private lessons is to provide specific instruction to the student in one or two areas which need improvement in order to complete a level. The student should not be expected to complete a level per session.

Important: Missed lessons due to illness or other circumstances will not be made up. Missed lessons will not be refunded. Instructor's schedules are not flexible enough to accommodate absences as they are paid for their time regardless of your attendance.

**One week sessions:** Monday to Friday - 5 half hour lessons    **Fee: Private: \$122.61**    **Semi-Private: \$89.57**  
 Tuesday to Friday - 4 half hour lessons    **Fee: Private: \$98.08**    **Semi-Private: \$71.66**

Time	July 4 - 8 5 lessons	July 11 - 15 5 lessons	July 18 - 22 5 lessons	July 25 - 29 5 lessons	Aug. 2 - 5 4 lessons	Aug. 8 - 12 5 lessons	Aug. 15 - 19 5 lessons	Aug. 22 - 26 5 lessons
9:00am	6135	6146	6158	6167	6178	6319	6326	6353
9:45am	6137	6148	6159	6169	6180	6320	6327	6354
10:15am	6138	6149	6161	6171	6181	6321	6328	6355
11:15am	6140	6151	6162	6173	6183	6322	6329	6356
11:30am	6141	6153	6163	6174	6184	6323	6330	6357
11:30am	6143	6154	6164	6175	6186	6324	6331	6358
11:30am	6144	6156	6166	6177	6187	6215	6332	6359

## Evening Private Lessons

8 half hour lessons • Fee: Private- \$196.18 • Semi-Private: \$143.31

	Monday & Wednesday			Tuesday & Thursday	
	July 4 - 27	Aug. 3 - 29		July 5 - 28	Aug. 2 - 25
4:30pm	6360	6367	5:00pm	6373	6380
4:30pm	6361	6368	6:15pm	6374	6381
6:45pm	6363	6369	6:45pm	6376	6382
6:45pm	6364	6370	6:45pm	6377	6383
6:45pm	6365	6372	6:45pm	6379	6384

## Unscheduled Private or Semi-Privates

Individuals interested in privates or semi-privates at times other than those listed may register on the waitlist. Scheduling of unadvertised lessons is done after regular programs have been scheduled and are dependent on instructor availability.

Waitlist Course Code:

**Privates:**

**5 Half Hour Classes • \$122.61**

**Semi-Privates:**

**5 Half Hour Classes • \$89.57**





# Aquatic Lifesaving, Lifeguarding and Leadership Programs



To Register call 625-TIME

**Note: 100% attendance is mandatory for all the courses listed below (continuous evaluation).**

HST added where applicable. All programs are subject to cancellation based on registration. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.

**A non-refundable withdrawal fee of \$50.00 will be charged if less than 72 hours notice is given.**

Course	Prerequisites	Date & Time	Fee	Required Texts
Bronze Star	None. *Swimmer 6 or Patrol levels recommended	Monday - Friday August 2 - 12 9:00am - 10:15am Course ID: 6311	\$80.82	None
Bronze Medallion & Emergency First Aid	Bronze Star or 13 years of age	Monday - Friday July 4 - 15 9:00am - 11:45am Course ID: 6313	\$109.90	Canadian Lifesaving Manual \$44.80
Bronze Cross	Bronze Medallion & Emergency First Aid	Monday - Friday July 18 - 29 9:00am - 11:30am Course ID: 6314  <i>or</i> Monday - Friday August 15 - 26 9:00am - 11:30am Course ID: 6315	\$105.97	Canadian Lifesaving Manual from Bronze Medallion course
Swim Instructor & Lifesaving Instructors	15 years of age & Bronze Cross. Please bring proof of prerequisites to first class. Assistant Instructing hours are an asset. Contact CGC, Churchill Pool or VP to set up a volunteer time.	TBA. Please register on waitlist. You will be contacted with dates when available. Registering on waitlist does not guarantee a spot Waitlist Course Code: 6316	\$335.64	Literature included. Bring your Canadian Lifesaving manual
National Lifeguard Service: Pool Option	15 years of age, Bronze Cross, and Standard First Aid certification with CPR-C. (This is different from Emergency First Aid. Must provide pre-requisites on first day. Failure to provided pre-reqs may lead to dismissal with no refund. *Please note that you cannot lifeguard or instruct until you are 16 years old.	3 Weekends Total June 3-5, 10-12 & 18-19 Fridays: 5:00pm - 9:00pm Sat/ Sun: 9:00am - 5:00pm *100% Attendance Mandatory Waitlist Course Code: 6317	\$179.60	Alert Manual \$44.80
National Lifeguard Service Recertification: Pool Option	Bring your NLS & CPR cards to class.	TBA. Please register on waitlist. You will be contacted with dates when available. Registering on waitlist does not guarantee a spot Waitlist Course Code: 5463	\$62.52	
LSS Standard First Aid with CPR-C	N/A	TBA	\$98.14	First Aid Manual included in price

For more information on specialized advanced leadership courses please contact Tiffany Vis, Program Supervisor of Aquatics at (807) 633-5163 or [tiffany.vis@thunderbay.ca](mailto:tiffany.vis@thunderbay.ca)

Looking for something to do while you are in between ages for the Lifesaving Programs?  
Check out Fitness Swimmer in course descriptions.



# THUNDER BAY DIVING CLUB

Thunder Bay Diving Club  
wishes you a fun summer!  
See you in the fall!

Visit our Facebook page:  
**Thunder Bay Diving Club**  
or our website: [www.tbdc.ca](http://www.tbdc.ca)  
for more information.



The Canada Games Complex,  
Churchill Pool & Volunteer Pool  
offer a variety of different  
lesson types including:

- Private Swimming Lessons
- Low-Ratio Group Swimming Lessons
- Semi Private Swimming Lessons
- Group Lessons
- Aquatic Lifeguarding and Leadership courses
- Other aquatic programming



## THUNDERBOLTS SUMMER CAMPS

The Thunderbolts Swim Club will be offering SUMMER SKILL CAMPS this summer at the Canada Games Complex!

Visit our website or visit us on social media for more information:

[www.thunderbolts.ca](http://www.thunderbolts.ca)

Fb: Thunderbolts Swim Club

IG: boltsswim



# Community Aquatics

Summer Programming begins June 29, 2022

## Program Staff:

### Supervisors:

Churchill Pool  
Calli Graham: 625-2206

Volunteer Pool  
Nicole Perozak- 345-5145

## Stay Connected!

Like us on Facebook - *Community Aquatics*  
to stay up to date on upcoming events and notices.



## Churchill Pool & Volunteer Pool Fees (outdoor facilities are free of charge)

*Fees include Tax	Single Swim	10 Swipe Pass	3 Months	6 Months	1 Year
Children (0-2 years)	No Charge	N/A	N/A	N/A	N/A
Child (3-14 years)	\$3.38	\$26.98	N/A	N/A	N/A
Student (15+)	\$4.19	\$35.72	\$110.03	\$165.60	\$275.57
Adult (18+)	\$6.84	\$57.90	\$175.90	\$261.57	\$434.72
Older Adult (60+)	\$5.45	\$45.80	\$142.14	\$215.29	\$356.15
Family	\$11.72	\$52.35 *5 swipes	\$284.76	\$420.31	\$705.07
Fitness (Aquatics)	\$6.84	\$65.97			





# Community Aquatics

## Admission Policy

As part of our commitment to providing safe and enjoyable aquatic programs for swimmers of all ages, we are continuing to enforce the admission policy provided to us by the Ministry of Health. To help us maintain this standard please keep the following in mind when visiting our pools:

- 1) There must be one supervising caregiver for every 2 children aged 6 and under.
- 2) There must be one supervising caregiver for every 4 non-swimming children aged 7 to 9.

In both cases the supervising caregiver must be within arm's reach so they are able to give immediate assistance. If you have any questions please feel free to call your neighbourhood pool.

## Facility Schedules & Contact Numbers

### Indoor Facilities

- Churchill Pool: 577-2538
- Volunteer Pool: 345-5143

### Outdoor Facilities

- Art Widnall Pool: 623-1480
- Boulevard Lake: 345-7261
- Heath Park Pool: 475-0522
- Sandy Beach: 625-2931

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Art Widnall Pool June 29 - Sept. 4	1-5 Public	12-1 Lengths 1-5 Public 6-8 Public	12-1 Lengths 1-5 Public 6-8 Public	12-1 Lengths 1-5 Public 6-8 Family	12-1 Lengths 1-5 Public 6-8 Public	12-1 Lengths 1-5 Public 6-8 Public	1-5 Public 6-8 Public
Boulevard Lake June 29 - Aug. 31	12-7 Public	No Lifeguard On Duty	No Lifeguard On Duty	12-7 Public	12-7 Public	12-7 Public	12-7 Public
Churchill Pool June 29 - Sept. 4	2-5 Public	7-9 Lengths 9:30-11:30 Family 11:30-1 Lengths 2-5 Public	7-9 Lengths 12:30-2 Accessible 2-5 Public 5:30-6:15 Aquatics	7-9 Lengths 9:30-11:30 Family 11:30-1 Lengths 2-5 Public	7-9 Lengths 12:30-2 Accessible 2-5 Public 5:30-6:15 Aquatics	7-9 Lengths 9:30-11:30 Family 11:30-1 Lengths 2-5 Public	2-5 Public 6-8 Public
Heath Park Pool June 29 - Sept. 4	1-5 Public	12-1 Lengths 1-5 Public 6-8 Public	11:30-12 Aquatics 12-1 Lengths 1-5 Public 6-8 Family	12-1 Lengths 1-5 Public 6-8 Public	11:30-12 Aquatics 12-1 Lengths 1-5 Public 6-8 Family	12-1 Lengths 1-5 Public 6-8 Public	1-5 Public 6-8 Public
Sandy Beach June 29 - Aug. 31	11:30-6:30 Public	11:30-6:30 Public	11:30-6:30 Public	11:30-6:30 Public	11:30-6:30 Public	11:30-6:30 Public	11:30-6:30 Public
Volunteer Pool June 29 - Sept. 4	2-5 Public	6-9 Lengths  11:45-1 Lengths 2-5 Public 5:30-7:30 Family 7:30-9 Lengths	6-10 Lengths 10-10:45 Aquatics 10:45-11:30 Aquatics 11:45-1 Lengths 2-5 Public 7:30-9 Lengths	6-9 Lengths  11:45-1 Lengths 2-5 Public 5:30-7:30 Family 7:30-9 Lengths	6-10 Lengths 10-10:45 Aquatics 10:45-11:30 Aquatics 11:45-1 Lengths 2-5 Public 7:30-9 Lengths	6-10 Lengths 10-11:30 Family 11:45-1 Lengths 2-5 Public 6-8:30 Public	2-5 Public 6-8:30 Public

# Community Aquatics

## Learn to Swim Programs

**Summer 2022 Swimming Lessons** - This summer Churchill Pool and Volunteer Pool will be offering morning and evening lessons. Lessons will run twice a week for 4 weeks (8 classes). There will be one session in July and another session in August. See below for dates.

Registration for lessons will begin May 9th at 8:30am.

To register you can use <https://cityofthunderbay.perfectmind.com> or call the hotline 625-8463.

We will be offering group, private and semi-private lessons. You can register for group lessons online through Perfectmind. Privates and semi-privates will be scheduled through a request list. Please register for the request list to show interest. You will be contacted by phone to make arrangements. \*Please note, registering for the private and semi-private request list does not guarantee you a spot, the schedule is based on instructor availability.

To determine which level your child should be in please refer to page 59. All programs are subject to cancellation/change. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.

### Learn to Swim Instructional Fees for 8 lessons

Private: \$196.17 • Semi-private: \$143.31/child • Group lesson: \$63.75/child

#### Volunteer Pool Group Lessons

Mornings VP			
Monday & Wednesday July 4 - 27 (8 lessons)		Monday & Wednesday August 8 - 31 (8 lessons)	
Class	Time	Class	Time
<b>Parent &amp; Tot (3 months - 2 years)</b>			
Parent & Tot	10:30 - 11:00am	Parent & Tot	10:30 - 11:00am
<b>Preschool (3 - 5 years)</b>			
Preschool A	9:00 - 9:30am	Preschool A	9:00 - 9:30am
Preschool B	9:00 - 9:30am	Preschool B	9:00 - 9:30am
Preschool C	9:30 - 10:00am	Preschool C	9:30 - 10:00am
Preschool D/E	10:00 - 10:30am	Preschool D/E	10:00 - 10:30am
<b>Swimmer (6 - 12 years)</b>			
Swimmer 1	10:00 - 10:30am	Swimmer 1	10:00 - 10:30am
Swimmer 2	9:30 - 10:00am	Swimmer 2	9:30 - 10:00am
Swimmer 3	10:00 - 10:45am	Swimmer 3	10:00 - 10:45am
Swimmer 4	11:00 - 11:45am	Swimmer 4	11:00 - 11:45am
Swimmer 5/6	11:00 - 11:45am	Swimmer 5/6	11:00 - 11:45am
Swimmer 7/8	11:00 - 11:45am	Swimmer 7/8	11:00 - 11:45am

#### Churchill Pool Group Lessons

Mornings CP			
Tuesday & Thursday July 5 - 28 (8 lessons)		Tuesday & Thursday August 9 - September 1 (8 lessons)	
Class	Time	Class	Time
<b>Parent &amp; Tot (3 months - 2 years)</b>			
Parent & Tot	10:30 - 11:00am	Parent & Tot	10:30 - 11:00am
<b>Preschool (3 - 5 years)</b>			
Preschool A	9:00 - 9:30am	Preschool A	9:00 - 9:30am
Preschool A	12:00 - 12:30pm	Preschool A	12:00 - 12:30pm
Preschool B	9:00 - 9:30am	Preschool B	9:00 - 9:30am
Preschool B	12:00 - 12:30pm	Preschool B	12:00 - 12:30pm
Preschool C	9:30 - 10:00am	Preschool C	9:30 - 10:00am
Preschool C	12:00 - 12:30pm	Preschool C	12:00 - 12:30pm
Preschool D/E	10:00 - 10:30am	Preschool D/E	10:00 - 10:30am
<b>Swimmer (6 - 12 years)</b>			
Swimmer 1	11:30 - 12:00pm	Swimmer 1	11:30 - 12:00pm
Swimmer 2	10:15 - 11:00am	Swimmer 2	10:15 - 11:00am
Swimmer 3	9:30 - 10:15am	Swimmer 3	9:30 - 10:15am
Swimmer 4	11:00 - 11:45am	Swimmer 4	11:00 - 11:45am
Swimmer 5/6	11:45 - 12:30pm	Swimmer 5/6	11:45 - 12:30pm
Swimmer 7/8/9	11:00 - 11:45am	Swimmer 7/8/9	11:00 - 11:45am

Evenings VP			
Tuesday & Thursday July 5 - 28 (8 lessons)		Tuesday & Thursday August 9 - September 1 (8 lessons)	
Class	Time	Class	Time
<b>Parent &amp; Tot (3 months - 2 years)</b>			
Parent & Tot	5:45 - 6:15pm	Parent & Tot	5:45 - 6:15pm
<b>Preschool (3 - 5 years)</b>			
Preschool A	5:15 - 5:45pm	Preschool A	5:15 - 5:45pm
Preschool B	5:15 - 5:45pm	Preschool B	5:15 - 5:45pm
Preschool C	5:15 - 5:45pm	Preschool C	5:15 - 5:45pm
Preschool D/E	5:45 - 6:15pm	Preschool D/E	5:45 - 6:15pm
<b>Swimmer (6 - 12 years)</b>			
Swimmer 1	5:45 - 6:15pm	Swimmer 1	5:45 - 6:15pm
Swimmer 2	5:45 - 6:15pm	Swimmer 2	5:45 - 6:15pm
Swimmer 3	6:15 - 7:00pm	Swimmer 3	6:15 - 7:00pm
Swimmer 4	6:15 - 7:00pm	Swimmer 4	6:15 - 7:00pm
Swimmer 5/6	6:15 - 7:00pm	Swimmer 5/6	6:15 - 7:00pm
Swimmer 8/9	6:15 - 7:00pm	Swimmer 8/9	6:15 - 7:00pm

Evenings CP			
Monday & Wednesday July 4 - 27 (8 lessons)		Monday & Wednesday August 8 - 31 (8 lessons)	
Class	Time	Class	Time
<b>Parent &amp; Tot (3 months - 2 years)</b>			
Parent & Tot	5:45 - 6:15pm	Parent & Tot	5:45 - 6:15pm
<b>Preschool (3 - 5 years)</b>			
Preschool A	5:15 - 5:45pm	Preschool A	5:15 - 5:45pm
Preschool B	5:15 - 5:45pm	Preschool B	5:15 - 5:45pm
Preschool C	6:15 - 6:45pm	Preschool C	6:15 - 6:45pm
Preschool D/E	6:45 - 7:15pm	Preschool D/E	6:45 - 7:15pm
<b>Swimmer (6 - 12 years)</b>			
Swimmer 1	5:15 - 5:45pm	Swimmer 1	5:15 - 5:45pm
Swimmer 2	5:45 - 6:30pm	Swimmer 2	5:45 - 6:30pm
Swimmer 3	5:45 - 6:30pm	Swimmer 3	5:45 - 6:30pm
Swimmer 4	6:30 - 7:15pm	Swimmer 4	6:30 - 7:15pm
Swimmer 5/6	6:30 - 7:15pm	Swimmer 5/6	6:30 - 7:15pm
Swimmer 7/8/9	6:30 - 7:15pm	Swimmer 7/8/9	6:30 - 7:15pm

# Community Aquatics

## Outdoor Facility Learn to Swim Program

### Heath Pool and Widnall Pool Twoonie Lessons

Between July 4th and August 19th you can drop into these two great facilities and get a swimming lesson for only a toonie. Your children will be screened and put into an appropriate group. This is a great opportunity for your child to learn to swim, increase their skill level and get physically active. Lessons are taught by Lifesaving Society qualified Instructors. Participation will be limited by the number of instructors available.

#### Heath Park Pool

Monday, Wednesday, Friday from 11:00am to 11:45am  
Tuesday & Thursday from 10:30am to 11:15am

#### Art Widnall Pool

Monday to Friday from 11:00am to 11:45am

## Lifesaving Programming

100% attendance is mandatory for the courses listed below (continuous evaluation).

All programs are subject to cancellation based on registration.

Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.

### Volunteer Swimming Pool • 345-5143

Course	Prerequisites	Date, Time & Barcode	Fee	Required Texts
Bronze Medallion & Emergency First Aid	Bronze Star or 13 years of age	July 11 - 22 11:30am - 2:30pm	\$109.90	Canadian Lifesaving Manual \$51.46
Bronze Cross	Bronze Medallion & Emergency First Aid	August 15 - 26 11:30am - 2:30pm	\$105.97	Canadian Lifesaving Manual from Bronze Medallion course

## Fitness Programming

Program	Location	Day(s)	Time	Fee
Aquabics	Volunteer Pool	Tuesdays and Thursdays	10:00-10:45 and 10:45-11:30	\$6.84 or Swipe Card
Aquabics	Churchill Pool	Tuesdays and Thursdays	5:30pm to 6:15pm	\$6.84 or Swipe Card
Aqua Energizer	Heath Park Pool	Tuesdays and Thursdays	11:30am to 12:00pm	FREE





# Community Aquatics

## Special Programs

Check out all the great things being offered at the aquatic facilities  
in your neighbourhood this Summer!!

- Lifesaving Society Swim Lessons • Aquabics Fitness Classes • Bronze Medallion Course • Bronze Cross Course
- Birthday Parties • Festival Days • Toonie Swimming Lessons
- Tons of Family, Public and Length Swims • Wednesday Family BBQ Nights at Art Widnall Pool

### Book your next Birthday with us!!

Volunteer Pool, Churchill Pool and Widnall Pool offer exciting and affordable birthday party packages.

Public parties are only available at Volunteer Pool and Churchill Pool starting at a price of \$115.68

Private pool parties are available at all three facilities and start at \$148.91.

All parties include lifeguard supervision, use of the amenities, 2 large pizzas, 12 pop or juice and 12 child admissions.

**Churchill Pool:** 577-2538

**Volunteer Pool:** 345-5143

**Art Widnall Pool:** 623-1480



## Within Arms Reach

### WHY?

#### **Drownings are preventable.**

Drownings involving toddlers can be prevented if parents or caregivers are within arms' reach of their children when they are near water. An adult should always supervise whenever children are using a pool – in-ground, above ground or wading pool. If you must be absent for a moment, designate another adult to replace you or close the pool until someone can assume supervisory duties. Stay tub-side until all the water is drained and you have removed your children from the tub. Most bathtub drownings occur because youngsters were left alone for “just a moment”.

Drain bathtubs when they are not in use. Empty unattended wading pools and buckets of water and turn them over.

Put a lifejacket on children who can't swim when they're in a boat or at the beach or pool. Be vigilant.

Many children who drown do so because parents or caregivers lose sight of them for a very short period of time.

#### **Drowning is a silent killer.**

Drowning victims rarely call or wave or signal for help because they can't keep their head or arms above water.

Even when they manage to get their head above water, inhaling air – not calling for help – is their priority.

#### **Drowning happens in seconds**

Drowning can take as little as 10 seconds and occurs in just inches of water...

in bathtubs, wading pools, and wells, even buckets. Never leave a child alone near the water.

Don't be distracted by a ringing phone, a doorbell or another child.

#### **Drowning is a big problem in Canada**

Almost 500 Canadians drown each year, and children under 5 are at high-risk. In fact, drowning is the second leading cause of preventable death for children under 10 years of age. Most toddlers drown in backyard pools.

Their natural curiosity combined with an almost magnetic attraction to water means toddlers have a high risk of drowning anytime they are near water – natural or man-made.

## Be Water Smart This Summer



Anishnawbe Mushkiki .....	83	Northwestern Ontario Sports Hall of Fame .....	86
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The Joint Advertising Committee is pleased to provide this section of The Key for use by organizations which provide community programs and services related to recreation and education. The groups using this space have paid a fee. The member agencies of the J.A.C. are not responsible in any way for the programs and services listed in the Community Groups section. Information requests should be directed to the appropriate group or organization.



# SUMMER DAY CAMPS

\*Ages 7-9

at Fort William Historical Park

Celebrate summer at Fort William Historical Park! Our new fun and exciting day camp themes will allow you to find the adventure that fits your interests. Enjoy an experience you will never forget – travel back in time to Fort William in the 1800s, explore the historic Kaministiquia River by canoe, discover local plants and animals, visit the Anishinaabe Encampment, and more!

## Rendezvous Fun

July 4-8 • August 2-5

It's Rendezvous at Fort William! Join the festivities and celebrate summer with the fort's inhabitants. Participate in activities alongside the voyageurs, skilled trades people, and farmers, who keep the fort in tip-top shape during Rendezvous!

Cost: \$145 (5 days) • \$130 (4 days)

## Bon Appétit

July 25-29 • August 22-26

Enjoy a delicious slice of history! Learn to cook new recipes and bake our famous bread alongside Fort William's expert cooks and bakers. Discover French, Scottish and Anishinaabe dishes while learning about these cultures.

Cost: \$145 (5 days)

## Camp Tikinagen

July 11-15 • August 8-12

Explore the natural world and our place within it from the Anishinaabe perspective! Throughout the week, engage in a variety of creative, physical, and academic activities that celebrate Indigenous heritage and culture.

Cost: \$145 (5 days)

## Garden & Animal Adventures

July 18-22 • August 15-19

Find out what it takes to run Fort William's farm and garden! Learn how to care for the animals to keep them healthy and happy and try your hand at growing vegetables and herbs!

Cost: \$145 (5 days)

Day camps run weekdays from 9 a.m. to 4:30 p.m. Campers can be dropped off from 8:30 a.m. to 9 a.m. and picked up from 4:30 p.m. to 5 p.m. at the Visitor Centre.

For the Registration Package or more information visit [www.fwhp.ca](http://www.fwhp.ca) or call (807) 473-2344.



A network member of **actua**  
Youth · STEM · Innovation

Actua provides training, resources and support to its national network of members located at universities and colleges across Canada in the delivery of science, technology, engineering and mathematics (STEM) education outreach programming. Each year, these members engage over 225,000 youth in 500 communities nationwide. Please visit Actua at [www.actua.ca](http://www.actua.ca).



Proudly held and run by undergraduate science students at Lakehead University for 20+ years!

10% OFF when you register for multiple sessions/campers!!

**Camp Weeks for Summer 2022 (\$220)**

**A Camps:**

July 4-8: Sprockets & Circuits  
July 11-15: Gizmos & Gadgets

**Girls Only Week:**

July 18-22: All Ages  
(Programming different from all other camps)

**B Camps :**

July 25-29: Sprockets & Circuits  
Aug 8-12: Sprockets & Gadgmos

We are offering different camp programming for A Camp and B Camp as well as Girls Week! This means that your child can engage in our curriculum based STEM camps at least twice and not do the same activities!!

Superior Science has special groups dedicated to specific ages based upon the grade your child will be entering in **September 2022.**

- Sprockets: Grades 1 & 2
- Circuits: Grades 3 & 4
- Gizmos: Grades 5 & 6
- Gadgets: Grades 7 & 8
- Gadgmos: Grades 5 – 8



**Extended Care Available**  
8:00 AM - 5:15 PM for \$40/week per child

For more information please contact us at 343-8403 or at [supersci@lakeheadu.ca](mailto:supersci@lakeheadu.ca)

**WWW.SUPERIORSCIENCE.CA**



**SUMMER CAMPS STARTING AT \$282.75 + HST!**

9AM - 3PM  
JULY 4-8TH  
JULY 11 - 14TH  
JULY 18-22 (ALL FEMALE CAMP)  
JULY 25-29TH  
AUGUST 8-12TH  
AUGUST 15-19TH  
AUGUST 22-26TH

**ON ICE ONLY CAMPS AVAILABLE**

VISIT [FOX.SCHOOLOFHOCKEY.COM](http://FOX.SCHOOLOFHOCKEY.COM) TO LEARN MORE



# Summer Reading Club @ your library®

**TD  
Summer  
Reading  
Club  
2022**

Register for the TD Summer Reading Club beginning June 14. You can look forward to a summer filled with reading, prizes, and fun activities. Pick-up of materials will be available weekly beginning July 4 from any library location. Register online at [www.tbpl.ca/onlinecalendar](http://www.tbpl.ca/onlinecalendar)



**Thunder Bay  
Public Library**

[www.tbpl.ca](http://www.tbpl.ca)  
345-8275



**COMMUNITY GROUPS**  
[www.thunderbay.ca/thekey](http://www.thunderbay.ca/thekey)



## PROGRAMS

### SUMMER THEME CAMPS

July 11-15: Vacation Week  
July 18-22: Time Travel Week  
July 25-29: International  
Celebrations Week  
August 2-5: Super Seasons Week  
August 8-12: No Theme Week  
August 15-19: Go Wild Week  
August 22-26: Mad Scientist Week  
Camps Run Monday to Friday 9:00-4:00  
Registration opens May 6, 2022. Call early, weeks fill up fast!  
Members: \$125/week Non-Members \$155/week

**807.623.0801**

[education@thunderbaymuseum.com](mailto:education@thunderbaymuseum.com)  
[www.thunderbaymuseum.com](http://www.thunderbaymuseum.com) | 425 Donald St. E.



JULY 11 AUG 26  
Ages 6-12

The Thunder Bay Museum reserves the right to cancel Summer Camp due to Covid-19 restrictions, staff availability, or low registration numbers.

THE **KEY**

— Boulder Bear —

# SUMMER CAMP

ALL SUMMER LONG!

**CAMP DATES:**

Camp runs from 9:00am - 4:30pm

WK 1: July 04 to July 08    WK 5: Aug 01 to Aug 05  
WK 2: July 11 to July 15    WK 6: Aug 15 to Aug 19  
WK 3: July 18 to July 22    WK 7: Aug 22 to Aug 26  
WK 4: July 25 to July 29    WK 8: Aug 29 to Sep 02

**COST: \$295+HST**



INDOOR ROCK CLIMBING | OUTDOOR ROCK CLIMBING |  
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[boulderbearclimbing@gmail.com](mailto:boulderbearclimbing@gmail.com)

(807) 286 - 6633

[www.boulderbearclimbing.com](http://www.boulderbearclimbing.com)







Literacy:  
Learning for Life.

L'alphabétisation,  
Une leçon pour la vie.

(807) 285-3343  
5-895 Tungsten St  
Thunder Bay

[balbert@frontiercollege.ca](mailto:balbert@frontiercollege.ca)

### Canada's Original Literacy Organization

Looking for fun, energetic, dedicated people, 16 & up, to join our volunteer team for 1-2 hours/week in person & virtually.

Ongoing tutoring opportunities, summer events & Summer Reading Tents.

Come see us at *Live on the Waterfront!*

You'll work with children & youth who want to improve literacy/numeracy skills.

Free training and ongoing support.

**BECOME A VOLUNTEER TODAY!**

*Parents: sign your kids up for tutoring & educational clubs. Free of charge.*

[www.frontiercollege.ca](http://www.frontiercollege.ca)



## Conversational Ojibwe



Classes will be held to learn Ojibwe language.

We will practice the Ojibwe sound system, common introductions, mini dialogues, and more!

**Classes will be held every Wednesday evening**

- **July 6th to August 10th (6 weeks)** •
- 6:00pm to 8:00pm**

Those interested can email me at: [corinebannon@gmail.com](mailto:corinebannon@gmail.com) to register.

**Cost: \$40 (payment made through e-transfer)**

Register before June 24, 2022.

Classes will be held on Zoom.

Once you register, a Zoom link will be sent to participants.

*Miigwech gakina awaaya  
Corine Bannon*



ANISHNAWBE  
**MUSHKIKI**

**COMMUNITY  
HEALTH & WELLNESS**

*Aboriginal Health  
Access Centre*

**Anishnawbe Mushkiki provides free programs, services and resources throughout all stages of life from pre-natal to senior.**

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- Healthy Eating Education & Supports
- Active Living Programs & Supports
- Youth Mental Health Supports
- Smoking Cessation Supports
- Diabetes Prevention & Education

**1-807-623-0383**

[cprograms@mushkiki.com](mailto:cprograms@mushkiki.com)

Check us out on social media for our most current program advertisements!

**Find us on Facebook at**

Anishnawbe Mushkiki  
or  
EarlyON with Anishnawbe Mushkiki

**Find us on Instagram at**

anishnawbe\_mushkiki  
or  
earlyon\_with\_mushkiki

**View our Website**

[mushkiki.com](http://mushkiki.com)

# CAMP 911

## First Responders Summer Camp

**Junior Programs** 10 - 12 years of age (*What Every Babysitter Should Know*)

Monday July 4 - Friday July 8, 2022  
Monday July 11 - Friday July 15, 2022  
Monday July 25 - Friday July 29, 2022  
Monday Aug. 1 - Friday Aug. 5, 2022  
Monday Aug. 15 - Friday Aug. 19, 2022



St. John Ambulance

SAVING LIVES  
at work, home and play



**Senior Program** 12 - 14 years of age (*Emergency First Aid*)

Monday July 18 - Friday July 22, 2022  
Monday Aug. 8 - Friday Aug. 12, 2022

Join Camp 911 for a week of fun, life-saving activities, educational class sessions, crafts, games and weekly field trips to gain experience and learn the skills necessary to respond to a variety of emergency situations, all while earning your Babysitting (Juniors) or Emergency First Aid certificate (Seniors). *It's a week your kids will not want to miss!*

## \$185 per child

Call Brian at 345-1712 x 2 to register or email [brian.edwards@sj.ca](mailto:brian.edwards@sj.ca)

### Camp Hours

Monday to Friday 9:00 am to 4:00 pm



THUNDER BAY  
ART GALLERY

# SUMMER ART CAMPS

July and  
August

Week long  
creative art  
camps

For ages 6 to 12

"My kids loved the activities and I was impressed by all the different techniques they got to try!"



Register online at [THEAG.ca](http://THEAG.ca)





**THUNDER BAY GYMNASTICS ASSOCIATION**  
*The Only Not-For-Profit Club in Town!*

**VISIT OUR WEBSITE AT [WWW.TBGA.CA](http://WWW.TBGA.CA)  
 FOR SUMMER CAMP/PROGRAM REGISTRATION DATES**

- |                       |                          |
|-----------------------|--------------------------|
| Recreational Classes  | Birthday Parties         |
| Toddler Classes       | Adult Gymnastics         |
| Drop-in Sessions      | Advanced Classes         |
| Homeschool Programs   | PA Day/Holiday Camps     |
| Tumbling & Trampoline | Competitive Boys & Girls |

**807-628-8474 / [tbga.ca](http://tbga.ca) / [tbgatwisters@tbaytel.net](mailto:tbgatwisters@tbaytel.net)  
 Follow us on Facebook and Instagram!**



*Chalky's Ultimate*  
**SUMMERFUN CAMPS**

**6 FUN-FILLED WEEKS TO CHOOSE FROM**  
**FULL OR HALF DAY - FULL WEEK OPTIONS**

Tons of gymnastics, crafts, games, movies, and much more fun!



Follow us on social media



For more info or to register, call 344-FLIP [ultimatgymnastics.ca](http://ultimatgymnastics.ca)

**COMMUNITY GROUPS**  
[www.thunderbay.ca/thekey](http://www.thunderbay.ca/thekey)

**REGISTRATION FOR SPRING SESSION 5 AND SUMMER CAMPS OPENS ON APRIL 11TH**



**REGISTER NOW**  
[www.giantgymnastics.ca](http://www.giantgymnastics.ca)

*Giant Gymnastics is Northwestern Ontario's largest gymnastics facility offering a wide range of programs to suit a busy family's schedule. Giant Gymnastics is a clean, safe environment, that provides exceptional gymnastics instruction for kids ages 18 months and up. .*

**Programs Offered:**

- SUMMER CAMPS!
- GYMNASTICS
- TRAMPOLINE
- NINJA ZONE
- HIGHEST NUMBER OF NCCP TRAINED COMP 1



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 512 Marks St S. (FWCI)



**THE KEY**



## Northwestern Ontario Sports Hall of Fame & Museum



**Exhibits  
Sports Library  
Archives  
Educational Programs**

*Celebrating Sports History*

Check us out online  
[www.nwosportshalloffame.com](http://www.nwosportshalloffame.com)



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Channel:  
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**This Summer Be A  
TOURIST IN YOUR OWN BACKYARD**

**219 May Street South** (beside City Hall)  
(807) 622-2852      [nwosport@tbaytel.net](mailto:nwosport@tbaytel.net)



### 2022 CAMP SCHEDULE

July 8-10: Little Lambs Camp (ages 4-8)  
July 17-22: Child & Youth Camp (ages 7-16)\*

\* Due to our two-year hiatus from summer programs, we are only able to offer one full week of camp this summer. Children will be in cabins with children in their own age group and some activities will also be in their own age groups during the week.

### NEW THIS YEAR

Bring a friend who has never been to Camp Aurora before and receive a \$50 discount...register before June 1 and save another \$25! (Not applicable to Little Lambs)



★ SUPPORTER ★

Private "camperships" also available – just contact us!

### CAMP RATES

1 child: \$250  
Additional children from the same family: \$200  
Little Lambs (1 child and 1 adult): \$75  
Additional Little Lambs from same family: \$50

\*PAY IN FULL BY JUNE 1, 2022 AND DEDUCT \$25 FROM EACH RATE (DOES NOT INCLUDE LITTLE LAMBS)\*

### FURTHER INFORMATION & REGISTRATION FORMS

Voicemail: (807) 767- 2420  
E-mail: [auroralutheranbiblecamp@gmail.com](mailto:auroralutheranbiblecamp@gmail.com)  
Website: [www.auroralutheranbiblecamp.com](http://www.auroralutheranbiblecamp.com)  
"Like" us on Facebook: "Aurora Lutheran Bible Camp"



## Dance Dynamics Studio

contact us at [trevor@tbaytel.net](mailto:trevor@tbaytel.net)  
or on Facebook  
<https://www.facebook.com/DDStbay>



Summer Programs are posted on Facebook

Registration for our Fall Season is now open – Sign up today to secure your spot:

<https://app.jackrabbitclass.com/regv2.asp?id=528048>

Classes for girls & boys from ages 2-19



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# Looking for a copy of The Key?



For the most accurate list of where a copy of The Key can be found, please visit us online at [www.thunderbay.ca/thekey](http://www.thunderbay.ca/thekey)

For any agency that would like to be added to the list, please email us at [klees@thunderbay.ca](mailto:klees@thunderbay.ca)



## WANT TO ADVERTISE IN THE FALL 2022 KEY?

**DEADLINE IS:  
JUNE 17, 2022**  
Call Kristi at 625-3388 or email:  
[Kristi.Lees@thunderbay.ca](mailto:Kristi.Lees@thunderbay.ca)



**Culture**

- Chaban Ukrainian Dance Group.....344-3993
- Zorya Ukrainian Dance Assoc.....577-2100

**Recreation**

- Aurora Bible Camp .....767-2420
- Boulder Bear.....286-6633
- Camp Gitchigomee.....www.campgitchigomee.ca
- Dance Dynamics.....trevor@tbaytel.net
- Giant Gymnastics.....683-3730
- Thunder Bay Gymnastics Assoc.....628-8474
- Ultimate Gymnastics .....344-3547

**Sports**

- Fox School of Hockey .....foxschoolofhockey.com
- NWO Sports Hall of Fame .....622-2852

**Education**

- Conversational Ojibwee ....symbiant3@hotmail.com
- Fort William Historical Park .....473-2344
- Sounds of Superior Chorus .....345-8078
- Superior Science .....343-8403
- Thunder Bay Literacy Group .....475-7211
- Thunder Bay Museum.....623-0801
- Thunder Bay Public Library.....345-8275
- Anishnawbe Mushkiki .....623-0383
- Camp 911- St John Ambulance.....345-1712 x 2
- Thunder Bay Art Gallery.....THEAG.CA

The Joint Advertising Committee invites community groups/organizations in this reference listing. If interested please contact Kristi at [kristi.lees@thunderbay.ca](mailto:kristi.lees@thunderbay.ca)



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