

ALTONA RECREATION  
**GUIDEBOOK**  
FALL 2023/WINTER 2024

# WELCOME HERE!

Greetings to all of Altona and area! Welcome to our fantastic line-up of recreation programs for this fall and winter. Check them out in this guide, or on our website, and find where you'd like to get involved.

There are lots of great programs running this year. If there's a program that you would love to see added, or that you are willing to facilitate that would benefit the community, feel free to call or email our Recreation team.



“ **Harv Schroeder**  
Mayor of Altona ”

## TOWN DIRECTORY

<b>Recreation Services</b> 204-324-9005 <a href="mailto:recreation.office@altona.ca">recreation.office@altona.ca</a>	<b>Altona Police Service</b> 204-324-5373
<b>Administration</b> 204-324-6468 <a href="mailto:info@altona.ca">info@altona.ca</a>	<b>Altona Rhineland Emergency Services</b> 204-324-8500
<b>Public Works &amp; Utilities</b> 204-324-6439	<b>Mayor &amp; Council</b> 204-324-6468



# MILLENNIUM EXHIBITION CENTRE

<b>Sunflower Gardens Arena</b> NHL Regulation-size ice rink with seating for over 700.	<b>Running/ Walking Track</b> Rubberized track overlooking ice surface. Monthly pass for \$11.	<b>Short Court Facility</b> Short court located in the middle of the walking track.
<b>Baseball/Softball Indoor Training Tunnel</b> Made possible by Altona Minor Baseball and Altona Angels Softball. Book a timeslot online.	<b>Rhineland Pioneer Centre</b> Featuring a commercial kitchen, sound system, stage and space for 700+, make the RPC your next event destination!	<b>Community Centre</b> Featuring a large open area, the Elks Indoor Playland, mini-stick arena, floor curling, concessions and more!



## ACTIVITIES

<b>Babysitting Course</b> Instructor: Courtney Yeo Thiessen Location: Craft Meeting Room	Date: October 14 Time: 9:00 - 3:00pm Cost: \$45
<b>Canadian Firearms Safety Course</b> Register online at <a href="http://www.mbfirearmsafety.ca">www.mbfirearmsafety.ca</a>	Date: October 21 Time: 8:00 - 4:00pm Cost: \$175
<b>Heart &amp; Stroke Standard First Aid</b> Millennium Exhibition Centre	Date: November 4 Time: 8:30 - 4:30pm Cost: \$130
<b>Taekwondo</b> Millennium Exhibition Centre Cost: \$150	Date: Monday & Friday, Oct 2 - Dec 22 Jr Tigers - 4:45 - 5:30pm Beginner - 5:30 - 6:30pm

**Learn more or register for these programs online or by calling the Altona Recreation Office at 204-324-9005**



# SPORTS & ACTIVE LIVING



## Altona Minor Hockey

Altona Minor Hockey offers programming for children from U7 to U18, and all skill levels.

**Info Night: Wednesday September 13 at the Rhineland Pioneer Centre.**



## Altona Skating Club

Altona Skating Club offers CanSkate, Canada's best learn-to-skate program with certified coaches.

**Registration: Sept. 18 & 21 5:30-7:00 at the Millennium Exhibition Centre.**

Contact: [altonaskatingclub@gmail.com](mailto:altonaskatingclub@gmail.com)



## Altona Curling Club

The Altona Curling Club runs leagues and bonspiels for all ages and skill levels each November through March.

**Registration: [altona.curling.io](http://altona.curling.io)**

Contact: [curlingclubaltona@gmail.com](mailto:curlingclubaltona@gmail.com)



## Altona Yoga

Join Altona Yoga for autumn yoga classes! Altona Yoga offers programming for beginners to advanced practitioners. For pricing, class times, and workshops visit [altonayoga.com](http://altonayoga.com)



## Outland Fitness

Outland Health & Fitness is an "all-in-one" fitness facility where you can find group classes, personal training, a variety of kids programs and more! For more information or to register visit [outlandfitness.com](http://outlandfitness.com)



## Royal Winnipeg Ballet Satellite

A variety of dance classes are offered on Mondays from September 25th, 2023 to March 11th, 2024. Register online or at the Altona Recreation office.

Creative Movement	Pre-Ballet, Ballet & Jazz
45 minute classes, \$225	60 minute classes, \$250



<b>Adult Co-Ed Basketball</b> Gretna Elementary School Free	Date: Sept 18 - June 17 Time: 6:30 - 8:30pm Contact donfeaver@gmail.com
<b>Badminton: Adult &amp; Teen 13+</b> Ecole Parkside School \$10	Date: Tuesdays, Nov 1 - Mar 19 Time: 7:30 - 9:00pm Contact Tim at mrct@mymts.net
<b>Ladies Floor Curling: 50+</b> Millennium Exhibition Centre Cost: \$30	Date: Tuesdays, Oct 10 - Dec 19 Time: 10:00 - 12:00pm
<b>Kids Yoga (Grades 1- 6)</b> Millennium Exhibition Centre Cost: \$65	Date: Oct 26 - Nov 30 Time: 6:00 - 6:45pm
<b>Fall Swimming Lessons</b> Altona Hotel Cost: \$80	Date: Thursdays, Oct 12 - Nov 16 Time: Pre-school: 6 - 6:40pm Swimmer 1-3: 6:45 - 7:30pm
<b>Youth Pickleball (Grades 6 -12)</b> Rhineland Pioneer Centre Cost: \$30	Date: Thursdays, Oct 12 - Nov 16 Time: 5:00 - 6:00pm
<b>50+ Pickleball</b> Rhineland Pioneer Centre Cost: \$35 season / \$5 drop in	Date: Wednesdays, Oct 4 - Nov 15 (Resumes in the New Year) Time: 1:00 - 3:00pm
<b>Ladies Line Dancing</b> Rhineland Pioneer Centre Cost: \$55	Date: Thursdays, Oct 12 - Nov 16 Time: 7:30 - 8:30pm
<b>55+ Mens Volleyball</b> Ecole Parkside School Free	Date: Mon & Thurs, Oct 16 - Apr 25 Time: 7:00 - 8:30pm conraddriedger@gmail.com
<b>Mommy &amp; Me Stroller Fitness</b> Millennium Exhibition Centre Track Cost: \$90	Date: Oct 16 - Nov 13 Time: 10:00 - 11:00AM
<b>18+ Co-Ed Pickleball</b> Rhineland Pioneer Centre Cost: \$20 season	Date: Oct 11 - Nov 15 Time: 7:00 - 9:00pm
<b>Youth Basketball (Grades 4 - 6)</b> Ecole West Park School Cost: \$30.00	Date: Thursday, Oct 12 - Dec 7 Time: 5:30 - 6:30pm
<b>High Performance Taekwondo</b> Millennium Exhibition Centre Cost: \$150.00	Date: Mon. & Fri., Oct 23 - Dec 22 Time: 6:30 - 7:30pm

**Learn more and register for these programs online or by calling the Altona Recreation Office at 204-324-9005**



<b>Acrylic Painting Session 1</b> Instructor: Cheryl Krahn Age Range: 6 -10 Millennium Exhibition Centre	Date: Sept 13 - Oct 18 Time: 4:30 - 6:00 & 6:30 - 8:00pm Cost: \$125
<b>Acrylic Painting Session 1</b> Instructor: Cheryl Krahn Age Range: 11-16 Millennium Exhibition Centre	Date: Sept 12 - Oct 17 Time: 6:30 - 8:00 PM Cost: \$125
<b>Adult Paint Night</b> Instructor: Cheryl Krahn Altona Curling Club Lounge	Date: September 25 Time: 6:00pm Cost: \$55
<b>Paint and Sip Night</b> Instructor: Meaghan Canart Altona Curling Club Lounge	Date: October 21 Time: 7:00pm Cost: \$55
<b>Mother Daughter Painting</b> Instructor: Meaghan Canart Millennium Exhibition Centre	Date: October 29 Time: 1:30 - 3:30 Cost: \$45 for the duo
<b>Acrylic Painting Session 2</b> Instructor: Cheryl Krahn Age Range: 6 - 10 Millennium Exhibition Centre	Date: Nov 8 - Dec 13 Time: 4:30 - 6:00 & 6:30 - 8:00pm Cost: \$125
<b>Acrylic Painting Session 2</b> Instructor: Cheryl Krahn Age Range: 11 - 16 Millennium Exhibition Centre	Date: Nov 7 - Dec 12 Time: 6:30 - 8:00 PM Cost: \$125
<b>Candle Making Workshop</b> Instructor: Jenna Luptak Rhineland Pioneer Centre	Date: October 24 Time: 7:30pm Cost: \$55
<b>Adult Paint Night</b> Instructor: Cheryl Krahn Altona Curling Club Lounge	Date: December 11 Time: 6:00pm Cost: \$55
<b>CanART Club</b> Instructor: Meaghan Canart Age Range: 6 - 12 Millennium Exhibition Centre	Date: November 19 Time: 1:30 - 3:30pm Cost: \$35

# COMMUNITY PROGRAMS

## South Central Regional Library

Go to [sctrl.mb.libraries.ca](http://sctrl.mb.libraries.ca) to learn about literacy, reading and more!

## Altona & Area Family Resource Centre

Visit [aafrc.ca](http://aafrc.ca) to learn about programs for kids under five and their caregivers

## The Community Exchange

Visit [tcealtona.ca](http://tcealtona.ca) to learn more about programs happening at this community hub

## YFC Altona

Visit [yfcaltونا.com](http://yfcaltونا.com) to learn more about program offerings for youth

## Altona Senior Centre

Learn about activities at the Altona Senior Centre by calling 204-304-6505

## Regional Connections

Learn more about programs on offer at [regionalconnections.ca](http://regionalconnections.ca)

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# FUNDING OPPORTUNITIES

## Jumpstart

Help kids play today, see where they go tomorrow. Jumpstart is committed to ensuring kids in need have equal access to sports and physical activity, and an equal chance to be their best.  
[www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)

## KidSport

KidSport provides grants to kids from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of a season of sport.  
[www.kidsport.ca/Manitoba](http://www.kidsport.ca/Manitoba)

## Chance 2 Grow

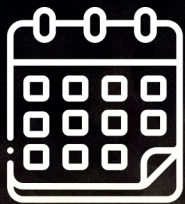
"Chance 2 Grow" funds a wide variety of recreational and educational opportunities for children from music lessons, art and dance classes, to gymnastics, swimming, and figure skating. Includes hockey registration in our southern region. This program will pay registration for a myriad of activities upon request.  
[www.cfscmfoundation.com/chance-2-grow](http://www.cfscmfoundation.com/chance-2-grow)

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# DISC GOLF

The Disc Golf course in Centennial Park is open all year round. Discs are now available to borrow or purchase at the Millennium Exhibition Centre





**Save the date!**  
**November 24, 2023**

*Night of Lights*



**Enjoy this winter  
at the Buffalo  
Creek Nature Park**

Skating, tobogganing,  
crokicurl and more!



**Free Public Skating**

Sundays from 1 - 3 PM  
at the Sunflower Gardens  
Arena, located in the  
Millennium Exhibition Centre  
Follow us for updates on  
additional times and dates!

**Scan here for  
online program  
listings and  
registration.**



**[www.altona.ca/p/recreation-programs](http://www.altona.ca/p/recreation-programs)**