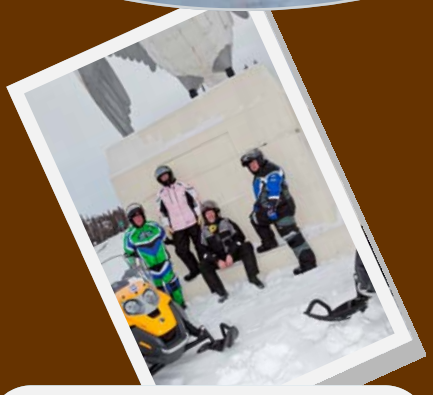
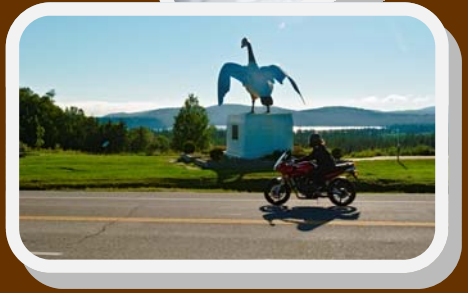
WAWA WOW!

# Recreation Guide

## 2012-2013





## Inside

- Community Information
- General Health & Fitness
- Music & Dance
- Sports & Fitness
- Creative Arts

and more!

**www.wawa.cc**
**www.wawawow.ca**

# Message from the Mayor

Many recreational activities await you in Wawa during our spectacular fall and winter seasons. Participating in the programs offered in Wawa will not only help you stay active but will also allow you to learn new skills or brush up on old ones.

The programs found in this recreation guide will encourage children and adults alike to fully appreciate fall and winter in Wawa. So get out and get active!

A special thank you to all of the volunteers who make it possible to offer the programs listed in this guide. Wawa enjoys a strong core of volunteers who contribute to a healthy and active community.

Sincerely,

L. Nowicki

Mayor Linda Nowicki

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## At 48 Years Old Wawa's Famous Goose Is Forced into Early Retirement.

During the past 7-9 years, the Goose monument has been showing significant signs of deterioration. In 2006 several parts of one wing came off and were temporarily repaired. In 2008, the Municipality received funding through FedNor to complete several repairs to the monument that would help to stabilize it for up to five years. Two engineers reports since that time have been published and reported that the level of deterioration of the steel continues to be significant and the monument must be replaced within the next two years. Because of the way the monument was constructed as "one piece" as opposed to a skeleton with skin on top, repairs to the monument are very limited. All possible repairs have been completed to improve the monument and stabilize it to the greatest extent possible.

## How Can YOU Contribute?

### Purchase an Individual Goose Feather $50

This is geared towards individuals, families, past visitors, etc. who wish to donate $50.00 towards the purchase of a new Goose Monument for the community. All donors who contribute will have their name inscribed on a large goose mobile hanging inside the Community Centre.

**TO PURCHASE A FEATHER GO ONLINE AT WWW.THEWAWAGOOSE.COM OR IN PERSON AT THE COMMUNITY CENTRE AND MUNICIPAL OFFICES.**

**GIFT CERTIFICATES AVAILABLE! PURCHASE A FEATHER AS A GIFT FOR FRIENDS OR FAMILY!**

# Community Services & Tourism Staff

**Lori Johnson, Director**, has been employed with the Municipality for 22 years. She oversees the Community Services Department with a focus on tourism marketing, budget, policies and overall recreation and tourism planning. Her office is located at the Community Centre and she may be reached at 856-2244 ext. 241 or email ljohnson@wawa.cc.

## Administrative Assistant:

**June Hardy** works front desk reception at the Michipicoten Memorial Community Centre. She is the primary contact for booking rooms and ice at the Community Centre and generally take care of all customer inquiries and member services. She may be reached at 856-2244 ext. 240 or by email to jhardy@wawa.cc.

## Facilities Operators:

Colin Black

Joe Opato

Sam Rowe

Rocky Gendron

Ron Vernier

# General

## SUPERIOR CHILDREN'S CENTRE
## BEST START HUB

### DROP-IN / PLAYGROUPS / PARENTING WORKSHOPS

Each morning the Hub allows parents and children the opportunity to meet other parents and caregivers and their children to socialize as well as participate in learning activities to encourage developmental skills to help with school readiness.

- Informal workshops are offered weekly:
  Monday—Parenting Topics
  Tuesday—Nutritional Topics
  Wednesdays—Websites we recommend
- September to June from 11:00am to 1:00pm, "Lunch and Learn" workshops are available every Thursday with special guests from our community and range on a variety of topics. Lunch is provided and childcare is available upon request.
- Free formal workshops are offered monthly and require registration.
- "Just for Laughs" is usually held the last Friday of each month from 6:30pm to 9:00pm
- Pre-Natal Drop-In is held Tuesdays from 2:00pm to 5:00pm.
- Post-Natal Drop-In is held Wednesdays from 1:30pm to 3:30pm.
- Clothing cupboard is available during our regular hours.

## OPEN FAMILY SKATE

An opportunity for parents and caregivers to get out on the ice with little ones.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September to April
Tuesdays & Thursdays 9:00 am - 11:00 am

**COST:** $3.66/Adult

**CONTACT:** Community Centre Pro-Shop
705-856-2244 ext. 240
proshop@wawa.cc

## DEFINED MOVEMENT DANCE

**Mommy/Daddy and Me –** age 2-3 – bond with your child while learning song and dance.

**Creative Dance -** Pre School Children – beginner ballet program that uses creative movement, props and imagery to instill a love of dance and music.

**Tiny Tumblers -** for kids with an inner monkey! Learn to front roll, bunny hop, and stand on your head with this introductory acrobatics program.

Dance classes begin the week of September 15th-21st.

Register on-line at www.definedmovementdance.com, http://DefinedMovementDance.studioware-online.com/Classes/.

Registration for returning students will also take place on September 6th at the Community Centre from 5:00pm - 8:00pm. There will also be a dancewear sale at the same time!!!!

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September to June, 28 week session

**COST:** Prices vary (45 minute classes)

**CONTACT:** Samantha Stewart
705-856-2074
dmdance@shaw.ca

## LEARN TO SKATE

The Wawa Figure Skating Club offer this program to first time skaters, teaching the basics such as how to push off, glide, stop and skate in a bubble pattern. All participants must wear a helmet.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September to April
Mondays or Wednesdays
6:20 pm - 6:50 pm

**CONTACT:** Angela Schumacher, President
705-856-0698
robbfs@hotmail.com

# Music, Dance & Acro/Tumbling

## BALLET, HIP HOP, JAZZ & TAP

Dance classes begin the week of September 15th-21st.

Registration for returning students will take place on September 6th at the Community Centre from 5:00pm-8:00pm.

Registration for new students will take place at the Community Centre on September 10th from 2:00pm -5:00pm. There will also be a dancewear sale at the same time!!!!

*Primary – age 5-6*
*Grade One Ballet – age 6-7*
*Acro – age 5-8*
*Ballet Grades 2 & 3 .*
*Junior Jazz*
*Junior Tap*
*Junior Hip Hop*
*Acro/Tumbling*
*Ballet Grade 5*

**WHERE:** Michipicoten Memorial Community Centre
**WHEN:** September to June
**COST:** Prices vary
**CONTACT:** Samantha Stewart
705-856-2074
dmdance@shaw.ca

## PIANO & VIOLIN LESSONS

Joanne Poisson of Keys In Motion offers lessons for all ages.

**CONTACT:** 705-889-2849
joanne.poisson@xplornet.ca

## PIANO LESSONS

Music, composition and theory.

**CONTACT:** Lindsay's Piano Lessons
705-856-7890.

## GUITAR LESSONS

Basics and theory.

**CONTACT:** Brian Lachine
705-856-2455

# Sports & Fitness

## WAWA MINOR HOCKEY

Wawa Minor Hockey Association is a non-profit organization and offers house league and travel team hockey to all children within the community and surrounding area at the Initiation to Midget age level.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September to April

**CONTACT:** Cynthia Mills
705-856-1548
cynthiamills111@hotmail.com

## NORTHWESTERN HOCKEY CAMP

A professional hockey development program to support the developmental needs of hockey players.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** October 26 - 28, 2012

**CONTACT:** Cynthia Mills
705-856-1548
cynthiamills111@hotmail.com

# Sports & Fitness

## ARCHERY

This is a target shooting club open to youth and adults.

Learn about the sport of archery through participation at all levels including fun shoots, club championships and provincial events. Compete locally and out-of-town.

Equipment available for archers of all levels.

A summer shooting range is available at the Rod & Gun Club for experienced archers.

**WHERE:**
Sir James Dunn Public School

**WHEN:**
November to March
Tuesdays, Wednesdays & Saturdays

**COST:**
$131.00 (Equipment rental from the Club is $50.00 per program.)

**CONTACT:**
Gord Bonitzke 705-856-7304
bowmiester2004@yahoo.com

Lori Johnson 705-856-1626
johnsoncatfishcabin@gmail.com

## MICHIPICOTEN WADO KAI KARATE

Lessons include traditional karate forms, self-defense, fitness, self-discipline.

**WHERE:** Sir James Dunn Gymnasium

**WHEN:**
Mondays & Thursdays:
Pee-Wee ages 7-10yrs
6:30 - 7:30 pm

Adults & Juniors ages 11yrs & over 7:30 - 9:00 pm

**COST:**
Adults (18 yrs. & over) / Non-Students: $200 (includes all annual dues & fees)

Children/Students (under age 18): $150 (includes all annual dues & fees)

Family Rate (3 or more family members): $250 annual club fee plus $60.20 annual federation and regional dues per student.

**CONTACT:**
Duane Wenmann 705-856-2876
wenmann@bell.net

## GOLF

Michipicoten Golf Club has a challenging 9 hole public golf course, driving range, licensed clubhouse, pro-shop for reservations and rentals of clubs, pull carts and power carts. The club also has a full service snack and beverage cart which is available throughout the course.

**2012 Green Fees for Juniors—18 year & under:**

| | |
|---|---|
| 9 Holes: | $12.00 weekdays |
| | $18.00 weekends |
| 18 Holes: | $14.00 weekdays |
| | $21.00 weekends |

*Rates Are Subject to Change.*

**WHERE:** Michipicoten Golf Course

**WHEN:** May 15 - October 15
8:00 am - 8:00 pm

**CONTACT:** Clubhouse/Pro Shop 705-856-7409

# Sports & Fitness

## FIGURE SKATING

Wawa Figure Skating Club offers professional instruction for various levels of figure skating.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September to April

**CONTACT:** Angela Schumacher, President
705-856-7351
robbfs@hotmail.com

## PUBLIC SKATING

Open to all ages. Helmets are recommended for new skaters and children under the age of 8 years. Hockey sticks or pucks are not permitted on the ice during recreational skating.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September to April

Fridays 7:00 - 9:00 pm

Sundays 2:00 - 3:00 pm
7:00 - 8:00 pm

**COST:**

Child under 14 years
$2.10 Daily/31.84 Season Pass

Student/Senior
$2.80 Daily/$39.22 Season Pass

Adult
$3.66 Daily/$58.27 Season Pass

Family Season Pass $123.27

Schedule subject to change due to tournaments, special events, etc. Call 705-856-2244 ext. 240 or proshop@wawa.cc to confirm.

## WAWA WADO KAI KARATE

The Wawa Karate Club has developed proven teaching methods that will not only help you learn the art of self defense quickly and easily but also provide a wide range of benefits for students of all ages.

**WHERE:** Ecole St. Joseph's Gym # 126

**WHEN:** September to June
Tuesdays & Thursdays

Junior Classes
6:00 - 7:00 pm

Advanced Students
7:00 - 8:00 pm

**COST:**
$60.20 Annual Registration Fee

Juniors $15/month
Adult $20/month

Family Rates Available

**CONTACT:** Larry Laforge 705-856-2495

# General

## BABYSITTER'S COURSE

This course is offered twice a year and covers the fundamental principles of the Red Cross, how to get started as a babysitter, caring for babies, toddlers, preschoolers, school-aged children as well as creating safe environments, how to handle emergencies, and much more.

**CONTACT:** Trudy Dunham at 705-856-9846 or email dunfish@shaw.ca

## BOYS & GIRLS CLUB

An opportunity for kids ages 4-12 years to get together for fun, singing, bible story lessons and special events.

**WHERE:** Calvary Pentecostal Church

**WHEN:** Tuesdays 3:30-5:00 pm

**COST:** No charge.

**CONTACT:** 705-856-2455

## YOUTH GROUP

Youth in grades 6 to 8 — A time of faith, friends & fun.

**WHERE:** Calvary Pentecostal Church

**WHEN:** Thursdays 7:00-8:30 pm

**COST:** No charge.

**CONTACT:** 705-856-2455

## SUPERIOR CHILDREN'S CENTRE BEST START HUB

Each day, the Hub allows parents and children the opportunity to meet other parents and caregivers and their children to socialize as well as participate in learning activities to encourage developmental skills to help with school readiness.

**Regular Hours of Operation**

| | | |
|---|---|---|
| Monday | 9:00-12:00 | 1:00-4:00 |
| Tuesday | 9:300-12:00 | 1:00-8:00 |
| Wednesday | 9:00-12.00 | 1:00-4:00 |
| Thursday | 9:00-12:00 | 1:00-4:00 |
| Friday | 9:00:12:00 | |
| Saturday | 9:30- 2:00 | |
| Sunday | Closed | |

**WHERE**: Best Start Hub - 66 Broadway Ave.
**PHONE:** 705-856-7354
**FAX:** 705-856-9591
**EMAIL:** beststarthub@superiorchildrenscentre.org

**Language:** English/French

superior children's centre
centre supérieur d'enfants
BestStartHub
CarrefourMeilleurdépart

# Music & Dance

## WAWA FITNESS, DANCE & YOGA

Christine Rask offers the following:

- Fitness Boot Camp
- Senior Fitness
- Cardio, Groove
- Muscle Conditioning
- Circuit Training
- Social Dancing
- Gentle, All Levels & Intermediate Yoga
- Workshops, School Programs & Private Lessons

**WHERE:** MHS Auditorium

**WHEN:** September - June

**COST:** Prices vary

**CONTACT:** Christine Rask
705-856-9867
wawafdy@shaw.ca

## LINE DANCING

It is fun for all ages and is perfect for socializing and meeting new people.

**WHERE:** Legion Hall

**WHEN:** September - May
Thursdays
7:30 - 9:00 p.m.

**COST:** Small fee.

**CONTACT:** Laurie East
705-856-4456

## GUITAR LESSONS

Basics and theory.

**CONTACT:** Brian Lachine
705-856-2455

## PIANO LESSONS

Music, composition and theory.

**CONTACT:** Lindsay's Piano and Guitar Lessons

705-856-7890.

## PIANO & VIOLIN LESSONS

Joanne Poisson of Keys In Motion offers lessons for all ages.

**CONTACT:** 705-889-2849
joanne.poisson@xplornet.ca

# Recreation

## BRIDGE / CRIBBAGE / EUCHRE

Seniors are welcome to drop in at the Wawa Goose Club to play some friendly card games.

**WHERE:** 63 Broadway Avenue

**WHEN:** Year Round

**Bridge:** Mondays after Labour Day @ 1:00 pm
During the summer it's on Tuesdays @ 1:00 pm

**Cribbage:** Every other Thursday @ 1:30 pm

**Euchre:** Every other Thursday @ 1:30 pm

**COST:** $3.00/Player

**CONTACT:** Senior's Drop-In Centre
705-856-7394

## CRIBBAGE

Open to the public.

**WHERE:** Legion Hall Downstairs

**WHEN:** September to May
Saturdays 1:30 pm

**CONTACT:** Verna Matheson
705-856-7311

## LADIES DARTS

Enjoy friendly competition with great people in your area. Darts are provided for those that don't have their own set.

**WHERE:** Legion Hall Downstairs

**WHEN:** September to May
Wednesdays 7:00 pm

**CONTACT:** Verna Matheson
705-856-7311

# Sports & Fitness

## LEARN TO SKATE

Wawa Figure Skating Club offers Adult Learn to Skate for those with no skating background.

For adults with skating background, lessons are available with a pro-coach to help brush up on skating skills.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September - April

Angela Schumacher, President
705-856-7351
robbfs@hotmail.com

## PUBLIC SKATING

Open to all ages. Helmets are recommended for new skaters. Hockey sticks or pucks are not permitted on the ice during recreational skating.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September - April
Fridays 7:00 - 9:00 pm
Sunday 7:00 - 8:00 pm

**COST:**
Senior
$2.80 Daily/$39.22 Season Pass

Adult
$3.66 Daily/$58.28

Schedule subject to change. Call the Community Centre Reception at 705-856-2244 ext. 240 or proshop@wawa.cc to confirm.

## SENIOR SKATING

A great way to get out for healthy exercise.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** September - March
Mondays 9:00-11:00 am

**COST:** $2.80/visit

For more information or to confirm ice availability, call the Pro-Shop at 705-856-2244 ext. 240

## MEN'S MERCANTILE HOCKEY

Men's competitive hockey.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** October- April

**CONTACT:**
Zach White
705-856-4715/9544
zacharyrwhite@hotmail.com

## OLDTIMER'S HOCKEY

For players 40 years and older. Have fun, play fair and play hard!

**Location:** Michipicoten Memorial Community Centre

**Duration:** September - April
Mondays, Fridays & Sundays

**COST:** $225/season (2011-12)

**CONTACT:** Chris Buckell
705-856-1067

## WOMEN'S HOCKEY

Open to women ages 16 years and older. All skill levels are welcome. No previous experience necessary, however, a good level of skating skill is an asset. This is a women only pick up hockey program.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** October-March
Friday @ 6:00 pm
Sundays @ 5:00 pm

**COST:** $120/season

**CONTACT:**
Anne Lawson
705-856-1152
boomerdog20@hotmail.com

Lori Johnson
705-856-1626
johnsoncatfishcabin@gmail.com

## PICK-UP / RECREATIONAL HOCKEY

Open to ages 18 years and older. Full hockey gear is required including face mask.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN/COST:** September - April

Mondays, Tuesdays, Thursdays & Fridays, 12:00 – 12:50 pm
$6.35/player

Players must register and sign in at the Reception desk. Call 705-856-2244 ext. 240 for more information.

# Sports & Fitness

## ARCHERY

This is a target shooting club open to youth and adults. Learn about the sport of Archery through participation at all levels including fun shoots, club championships and provincial events. Compete in and out-of-town.

Equipment available for archers of all levels. A summer shooting range is available at the Rod & Gun Club for experienced archers.

**WHERE:** Sir James Dunn Public School

**WHEN:** Nov. 1st – Mar. 31st – Tuesdays, Wednesdays & Saturdays

**COST:** $131.00 – Equipment rental from Club is $50.00 per program.

**CONTACT:**

Gord Bonitzke: 705-856-7304 bowmiester2001@yahoo.com

Lori Johnson: 705-856-1626 johnsoncatfishcabin@gmail.com

## MICHIPICOTEN WADO KAI KARATE

Lessons include traditional karate forms, self-defense, fitness, self-discipline.

**WHERE:** Sir James Dunn Gymnasium

**WHEN:** Mondays & Thursdays:

Pee-Wee ages 7-10yrs
6:30 - 7:30 pm

Adults & Juniors 11yrs & over
7:30 - 9:00 pm

**COST:**
Adults (18 yrs. & over) / Non-Students: $200 (includes all annual dues & fees)

Children/Students (under age 18): $150 (includes all annual dues & fees)

Family Rate (3 or more family members): $250 annual club fee plus $60.20 annual federation and regional dues per student.

**CONTACT:**
Duane Wenmann 705-856-2876
wenmann@bell.net

## WAWA WADO KAI KARATE CLUB

The Wawa Karate Club has developed proven teaching methods that will not only help you learn the art of self defense quickly and easily but also provide a wide range of benefits for students of all ages.

**WHERE:**
Ecole St. Joseph's Gym # 126

**WHEN:** September to June
Tuesdays & Thursdays

Junior Classes 6:00 - 7:00 pm

Advanced Students 7:00 - 8:00 pm

**COST:**
$60.20 Annual Registration Fee
Adult $20/month
Junior $15/month

**CONTACT:** Larry Laforge
705-856-2495

## MICHIPICOTEN ROD & GUN CLUB

Features an indoor handgun range with calibres up to 44 magnum, an outdoor.100 metre & 200 metre rifle range, an outdoor 25 yard & 50 yard handgun range, an automatic trap range, and an outdoor archery range.

Competitions and events are scheduled throughout the year. Annual shoots include the Blackfly Shoot, the 2500 Indoor Rifle Shoot, and an indoor handgun competition from November to March.

Trap shooting is held every Tuesday evening at 7:00 pm and Sunday afternoon at 1:00 pm from May until the snow arrives. This event is open to the public at a cost of $5.00 for members and $6.00 for non-members.

Anyone interested in becoming a member can contact any MRGC member.

**WHERE**: Clubhouse is located on Highway 17 North approx. 2 miles north of Wawa

**WHEN**: Meetings are at 7:30 pm on the first Wednesday of each month

**CONTACT**: Ron Ouellette, President
705-856-2768
rjo@vianet.ca

# Sports & Fitness

## CROSS COUNTRY SKIING

15-20 km groomed trails maintained by volunteers. Voluntary trail fee can be paid at the Michipicoten Memorial Community Centre Pro-Shop. Maps are also available on request.

**COST:**
Family $50.00
Individual $25.00

**CONTACT:** Ron Hale
705-856-2048

## SNOWMOBILING

More than 300 km of groomed trails maintained by volunteers. Trail permits are required on all Ontario Federation of Snowmobile Club trails (OFSC).

**PERMIT COSTS:**
Before Dec. 1st ..... $210.00
After Dec. 1st ..... $260.00
Classic (sleds 15+yrs old) ..... $130.00
7 Day..... $140.00
3 Day..... $100.00

Permits can be purchased at the Michipicoten Memorial Community Centre, Bristol Motel, Jones Power Sports, and Wawa Motor Inn. Trail maps are also available at same locations.

## GOLF

Michipicoten Golf Club has a challenging 9 hole public golf course, driving range, licensed clubhouse, pro-shop for reservations and rentals of clubs, pull carts and power carts. The club also has a full service snack and beverage cart which is available throughout the course.

During the week, the golf club is reserved as follows:

Seniors - Tuesdays Afternoons
Ladies - Wednesdays
Mens - Thursdays

**WHEN:** May 15 - October 15,
8:00 am - 8:00 pm

**COST (Green Fees):**

9 Holes: $19.00 weekdays
$21.00 weekends

18 Holes: $25.00 weekdays
$30.00 weekends

*Rates Subject to Change.*

**CONTACT:** Clubhouse / Pro-Shop 705-856-7409

## CURLING

The curling rink has 4 sheets of curling ice which is used by local schools and various curling leagues. Wawa also hosts an annual Men's, Ladies and Mixed Bonspiel.

**WHERE:** Michipicoten Memorial Community Centre

**WHEN:** October - April

Men's League – Monday Nights
**Contact:** Jim Hoffmann 705-856-7562

Ladies League – Tuesday Nights
**Contact:** Amanda Huff 705-856-1384

Mixed League – Thursday Nights
**Contact:** Reg & Diane Spencer 705-856-4408

Senior Curling –Tuesdays & Thursdays 1:00 p.m. to 3:00 p.m.
**Contact:** Community Centre Reception 705-856-2244 ext. 240

## MIXED ADULT SLO-PITCH LEAGUE

**WHERE:** Community Centre Sportsfield

**WHEN:** May to August

**CONTACT:** Marcel Lewis
705-856-0086

# Sports & Fitness

## BODY ALIVE FITNESS

Bridget Apnar offers the following:

- Mondays — 5:45 p.m. to 6:15 p.m.
  Abs, legs & booty
- Mondays & Wednesdays — 6:30 p.m. to 7:30 p.m.
  The complete package for beginners
- Wednesdays — 5:45 p.m. to 6:15 p.m.
  Tabata — high intensity interval training
- Tuesdays — 6:30 p.m. to 7:30 p.m.
  Total Fit classes taught in partnership with Chris Rask
- Fitness classes for seniors
- Personal Training
- Women's Fitness Bootcamp

**WHERE:** Michipicoten Memorial Community Centre

**COST:** Prices vary according to sessions.
Drop-ins welcome.

**CONTACT:** Bridget Apnar
705-856-0219
bridgetapnar@hotmail.com

## FREE INDOOR WALKING PROGRAM

Bring your indoor walking shoes and come along to walk in a safe, warm and social environment. Thanks to the Best Start Hub, strollers are available so families can stay fit together.

The walking program exists due to the collaboration of community services such as the Algoma District School Board, the Nurse Practitioner program, the Lady Dunn Health Centre, the Wawa Family Health Team and especially our dedicated volunteers.

**WHERE:** Michipicoten High School

**WHEN:** Begins October 22nd — Mondays, Tuesdays, Wednesdays & Thursdays, 4:30 p.m. to 7:30 p.m.

**CONTACT:** Shirley or Shelley at 705-856-1313

## WAWA FITNESS, DANCE & YOGA

Christine Rask offers the following:

- Senior Fitness Classes
- Cardio, Groove
- Muscle Conditioning
- Circuit Training
- Fitness Boot Camp
- Cardio Groove
- Social Dancing
- Gentle, All Levels & Intermediate Yoga
- Workshops, Special Programs Private Lessons

**WHEN:** September - June

**COST:** Prices vary

**CONTACT:** Christine Rask
705-856-9867
wawafdy@shaw.ca
www.wawafdy.ca

## BODYBUILDING / WEIGHTLIFTING

Wawa Men's Health Club has a wide selection of exercise equipment for those interested in doing body-building and weightlifting. Members have access to the gym 24 hours a day, 7 days a week.

**WHERE:** 3 Chris Simon Drive

**COST:**
1 Month $40.00
3 Month $90.00
6 month $160.00
1 Year $320.00

**CONTACT:** Bob Amos 705-856-7197

# Community Clubs/Organizations/Services

Algoma Public Health
(705) 856-7208

Alzheimer Society
Contact: Christie Reid
(705) 856-0000
info@alzheimeralgoma.org

Best Start Hub
Contact: Katrina Beerkens
(705) 856-7354
kbeerkens@superiorchildrenscentre.org

Business Improvement Area (B.I.A.)
Contact: Linda Ouellette
(705) 856-4924

Canada Post
Contact: Erin Andrews
(705) 856-2885

Community Food Bank
Contact: Kaireen Morrison
(705) 856-2118

Contact North
Contact: Stephanie Scheuermann
(705) 856-7451
wawa@contactnorth.ca

Cross-Country Ski Club
Contact: Ron Hale
(705) 856-2048

Curling Club (Mixed League)
Contact: Reg & Diane Spencer
(705) 856-4408

Curling Club (Ladies League)
Contact: Amanda Huff
(705) 856-1384

Curling Club (Mens League)
Contact: Jim Hoffmann
(705) 856-7562

Economic Development Corporation
Contact: Maury O'Neill
(705) 856-4419
info@edcwawa.ca

Employment Help Centre
Contact: Russell Reid
(705) 856-1648
rehc@onlink.net

Figure Skating Club
Contact: Angela Schumacher, President
(705) 856-0698
robbfs@hotmail.com

Goose Club (Seniors Drop-In)
Contact: Bud Smith, President
(705) 856-7394

Government Information Centre
Service Ontario
(705) 856-2354

Hospital
(705) 856-2335

Iris Place
Contact: Debbie Lessard
(705) 856-1894
irisplace@hotmail.com

Legion Ladies Auxiliary
Contact: Legion Hall
(705) 856-7203

Lion's Club
Contact: Linda Ouellette, President
(705) 856-4924
lindaouellette@shawbiz.ca

Medical Centre
(705) 856-1313

Men's Mercantile Hockey
Contact: Zach White
(705) 856-9544

Michipicoten Heritage Committee
Contact: Johanna Rowe
(705) 856-1944

Michipicoten Museum Society
Contact: Nancy Donald
(705) 856-2781

Michipicoten Rod & Gun Club
Contact: Ron Ouellette
(705) 856-2768
rjo@vianet.ca

Michipicoten Wado Kai Karate Club
Contact: Duane Wenmann
(705) 856-2876
wenmann@bell.net

Minor Hockey Association
Contact: Peter Moore, President
(705) 856-1312

North Algoma Literacy Coalition
Adult Learning Centre
Contact: Lisa Houston
(705) 856-4394

Oldtimers Hockey
Contact: Chris Buckell
(705) 856-1067

Red Cross
Contact: Darlene Trovarello
(705) 856-1964
darlene.trovarello@redcross.ca

Rotary Club of Wawa
Contact: Liz Talian-Clarke, President
(705) 856-4309

Royal Canadian Legion
Contact: Eric Mitrikas, President
(705) 856-7203

Sno-Riders Club
Contact: Doug Johnson, President
(705) 856-1626

Superior Children's Centre
Contact: James Rastel
(705) 856-2178

Superior East Community Futures
Contact: Dan Friyia
(705) 856-1105

Wawa & Area Victim Services
Contact: Danette Mathias
(705) 856-7852
wavs@shawbiz.ca

Wawa Extra Curricular Club
Contact: Tracey Toffner
wawarec705@gmail.com

Wawa Family Health Team
Contact: Silvana Dereski
(705) 856-1313 x4461
sdereski@wawafht.com

Wawa Humane Society
Contact: Linda Nowicki
(705) 856-2085

Wawa Karate Club
Contact: Larry Laforge
(705) 856-2495

Wawa Public Library
Contact: Jayne Griffith
(705) 856-2062
jgriffith@wawa.cc

Wawa Transit
(705) 856-2244 ext. 240

Wawa Women's Hockey
Contact: Lori Johnson
(705) 856-2244 ext. 241
ljohnson@wawa.cc

# DO YOU KNOW SOMEONE WHO DESERVES RECOGNITION?

Each year hundreds of local volunteers give their time, expertise and talent freely to provide programs and services to the residents of Wawa. Without local community volunteers, Wawa residents would not enjoy the quality of life present in the community today. The municipality recognizes the efforts of outstanding volunteers annually through the following awards programs. **If you know of someone deserving of an award, please take the time to nominate them for 2012/2013 VOLUNTEER OF THE YEAR.**

## Medal of Merit

Awarded to individuals who have made an outstanding contribution to the community. We are looking for people who have given their time, skill and knowledge selflessly, throughout the years to local service organizations or in any way which improves life for the residents of Wawa.

## Youth Medal of Merit

Awarded to youth (16-21 yrs.) who have demonstrated outstanding cultural, academic citizenship or leadership achievements within the community. Their services should be outside of their school involvement.

## Recreational Medal of Merit

Awarded to an individual or group whose efforts have improved recreation programs within the community. Their service could have improved the level of competition or sport, allowing local residents an opportunity to further their recreational or athletic pursuits to a higher level. The recipient's contribution may be based on past years, even if they no longer participate in the recreational sector of the community.

## Sports Wall of Fame

Located inside the Banquet Room at Michipicoten Memorial Community Centre, this wall recognizes local athletes who have achieved gold medal status at a Provincial level of their sport, or who have participated at a National level.

**Nomination Forms For All Awards Available At:**
Municipal Offices (40 Broadway Avenue), Community Centre (3 Chris Simon Drive)
**or** On-Line Documents at www.wawa.cc

**Nomination Deadline** for all Medal of Merits is
4:00 pm on Friday, November 23rd, 2012

Nominations for the **Sports Wawa of Fame** are **ALWAYS OPEN**

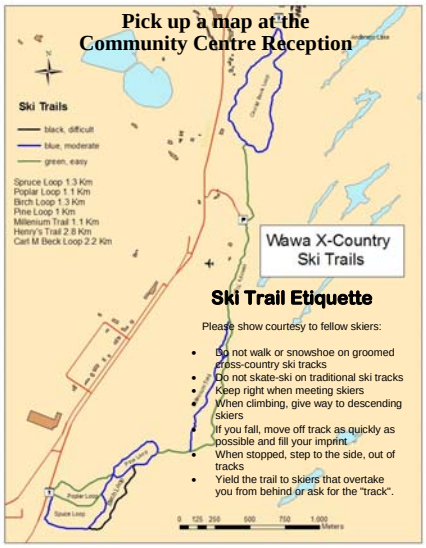
### More Information

Lori Johnson, Director Community Services & Tourism
705.856.2244 ext. 241 or e-mail: ljohnson@wawa.cc

# Cross Country Ski / Snowshoe Trails

## Winter Accessible Trails

*Winter Hiking, Snowshoeing, Cross Country Skiing, Nature Viewing, Photography.*




**Support the Wawa Cross-Country Ski Club. Purchase your trail pass at the Community Centre Reception Desk. Individual $25.00 Family $50.00**

**Magpie Voyageur Trail (hike / snowshoe)**
The Magpie Trail begins from adjacent the Pinewood Motel on Hwy. 17 across from the famous Wawa Goose and the Wawa Tourist Information Centre. Marked with 5cm * 15 cm white rectangular blazes, the trail crosses private land and hikers and snowshoers are encouraged to respect the trail user's code posted near the start. The trail follows the Magpie River to Scenic High Falls (2 hours) then continues on to Silver Falls in the Mission. The trail is relatively easy although there are some difficult climbs. www.voyageurtrail.ca/michipicoten.html

**Michipicoten Post Provincial Park / Driftwood Beach (hike / snowshoe)**
Approximately 10 km south of Wawa lies a Provincial Park which was once an Ojibway Native encampment and a fur trading post. Now an outdoor recreation site the Michipicoten Post Provincial Park is located at the union of the Michipicoten River and Michipicoten Harbour. There are no services provided in the park and no camping is allowed. This trail is suitable for cross-country skiing but is not track set.

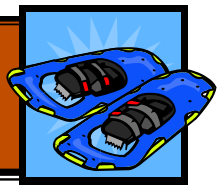
This park is home to one of the largest accessible beaches on the Lake Superior shore, and provides a number of summer and winter hiking, snowshoeing and cross country ski trails that are maintained by local users. http://www.ontarioparks.com/english/michp.html

**Mr. Vallée Park (hike / snowshoe)**
From near the centre of town you can find the very scenic trail leading up to Mr. Vallée Park. This easy trail begins at Wawa Creek near the Municipal garage and meanders upwards towards the quiet, beautiful Anderson Lake. There you will find a large picnic table and a small dock. The trail is accessible for summer and winter hiking and snowshoeing. Contact Carol Chalykoff (705) 856-4514 for more info.

**Lake Superior Provincial Park**
Lake Superior Provincial Park located 20 km south of Wawa is home to a number of moderately easy to very difficult trails that vary in length. The park is gated during the winter but accessible for winter hiking, skiing, snowshoeing and ice fishing.
http://www.ontarioparks.com/english.com/english/lakes.html

# Local Hiking Trails

**Modern snowshoes are available to use at no charge at Community Centre. Book at Reception desk Monday to Friday, 11:00 a.m. – 7:00 p.m. & Saturday 10:00 a.m. – 1:00 p.m.**



## Silver Falls Trail

**Length:** 500 m (linear)
**Hiking Time:** 30 min.
**Difficulty:** Easy (family suited)

Walk across the Magpie River Bridge to the North-West side. An easy 500 metre trail takes you to the edge of the falls.

## Heritage Walk on Wawa's Scenic Waterfront

At the North end of Wawa's shopping district on Broadway Ave. is a gorgeous view of Wawa Lake. It's also the start of the Heritage Walk along the lake. Interpretive plaques relate the fascinating stories of Wawa's history as you enjoy a leisurely walk at the water's edge.

## Mr. Vallée Park Trail

**Length:** 2.8 km (linear)
**Hiking Time:** 45 min.—1 hour
**Difficulty:** Moderate

From near the centre of town you can find the very scenic trail leading up to Mr. Vallée Park and a beautiful Anderson Lake. This trail begins at Wawa Creek near the Township municipal garage and meanders upwards towards the quiet, beautiful Anderson Lake. There you will find a large picnic table and a small dock. This is a great place for kids to cast a line! Other than the stairs climbing the hill at the start of the trail, it is a fairly easy walk. There are quite a number of stairs, but the top affords a great view of the town!

## Michipicoten Memorial Community Centre

Wawa has one of the nicest Community Centres in Northern Ontario for a town of 2,975. Residents and visitors can take advantage of a membership area which features a cardio fitness centre, dance & fitness studios and sauna/change room area. A new keyless entry system allows members access daily from 6:00 a.m.

Hockey, figure skating and curling are a big part of the excitement during the fall and winter months. Both the arena and curling rink host league play in addition to many tournaments and bonspiels which draw in visitors from other communities.

The Community Centre also boasts many special function rooms with full kitchen facilities and a licensed bar.

**JOIN OUR E-MAIL LIST** and receive monthly updates about events and activities at the Community Centre. Send email to Theresa Stewart-Williams twilliams@wawa.cc or June Hardy jhardy@wawa.cc.

## Fitness Memberships

All members will be required to purchase a keyless entry fob to access the member area. Membership includes use of the fitness room and access to the sauna, change room and lockers. The lockers are complimentary and available on a first come basis and the Community Centre is not responsible for any lost or stolen items.

| | Adult | Student/ Senior |
|---|---|---|
| **Monthly** | $50.00 | $44.00 |
| **10 Visit Pass** | $42.00 | $35.00 |
| **Drop In** | $8.00 | $7.00 |
| **Key Fob** | $11.30 | $11.30 |

## Community Centre Hours of Operation

| Mid-September to Mid-April (Ice In) | |
|---|---|
| **Reception** | Monday to Friday<br>11:00 am to 7:00 pm<br><br>Saturday<br>10:00 a.m. to 1:00 p.m. |
| **Member Area** | Daily<br>6:00 a.m. to 10:00 p.m. |

| Mid-April to Mid-September (Ice Out) | |
|---|---|
| **Reception** | Monday to Friday<br>9:00 a.m. to 4:00 p.m. |
| **Member Area** | Daily<br>6:00 a.m. to 3:30 p.m. |

***Note: The Centre is closed on all Statutory Holidays.***

## Special Events & Meeting Rooms

Several special event rooms are available for meetings and/or events. The Centre can accommodate small meetings and large corporate, community or family events and offers fully licensed bar and complete kitchen and catering facilities. In addition, audio visual equipment is available with a room rental and staff can also arrange refreshments for meeting breaks. Let us do the work for you! The chart below highlights room rates (includes taxes and set-up) and capacities.

Arena & Curling Hourly Ice Rentals also available. Contact Reception for details!!!

| | | Rates | | | |
|---|---|---|---|---|---|
| **ROOM** | **Capacity** | **Youth** | **Adult Non-Profit** | **Private** | **Commercial** |
| **Banquet Room** | 237 | $145.10 PT*<br>$72.85 NP** | $291.39 PT*<br>$72.85 NP** | $291.39 PT*<br>$72.85 NP** | $308.20 PT*<br>$72.85 NP** |
| **Lounge** | 128 | $84.05 PT*<br>$72.85 NP** | $168.11 PT*<br>$72.85 NP** | $168.11 PT*<br>$72.85 NP** | $184.92 PT*<br>$72.85 NP** |
| **Meeting Room** | 28 | N/C | N/C | $42.58 | $42.58 |
| **Kitchen** | n/a | $89.66 Full Day<br>$29.39 Warming | | | |

***PT — Prime Time is Friday from 5:00 p.m. and all day Saturday**
****NP — Non-Prime Time is Monday through Thursday, Friday up to 5:00 p.m. and all day Sunday**
**Prices are resident rates and include all taxes. They are for a one (1) day rental unless stated otherwise.**

**Special Event Packages** are available for weddings, anniversaries and family reunions for **$197.25**. The price does not include facility set-up. The renter is responsible to set-up and take down tables, chairs and other props. The price includes use of banquet room and lounge. **To book a room** or inquire about your event by calling June Hardy or Theresa Stewart-Williams at 705-856-2244 ext. 240.

# WANTED!!!

- **Do you have a hobby, skill or special interest that you could share with others in the Community?**
- **Are you interested in hosting a course or Workshop for local residents?**
- **Would you like to PARTICIPATE in a course or workshop to learn a new hobby, skill or special interest activity.**

The Community Development Committee (CDC) can assist individuals who are interested in either **participating** or **facilitating** recreational, educational or sporting activities. We're open to **ALL** ideas or suggestions! Funding may also be available through the Project Fund Application.

**Contact:** Megan Gamble, Chair
(705) 856-8960

## Outdoor Sportsfield Facilities

- 3 Soccer Pitches, 3 Baseball Diamonds — Call the Reception Desk at 705-856-2244 ext. 240 to book.
- Running Track, Two (2) Tennis Courts — Open for public use June to October.

## Wawa Beach & Lion's Beach

Two beach house facilities are located on the north and south end of Wawa Lake Beach. Municipal washrooms are opened to the public during the months of June – August. During the month of June, washrooms are open, weather permitting, from 11:00 a.m. – 6:00 p.m. daily. Hours are somewhat dependent on the weather and staff capacity during the month of June. During the months of July and August the washrooms are opened daily.

Both beaches are **NOT** supervised by lifeguards.

## Hosting your Event at other Municipal Facilities

The Municipality of Wawa offers other facilities like Lion's Beach, Scenic High Falls, and the marina picnic shelter to use for special events, weddings and family gatherings. Most facilities are available at no cost, but do require a deposit for a clean up fee. Call the Community Centre Reception Desk at 705-856-2244 ext. 240 to book the facility.

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Yoga ..... 13

# GO SNOWMOBILING ONTARIO!

Wawa Sno-Riders

The WAWA SNO-RIDERS invite you to ride more than 300 kilometers of trails this winter! Your community volunteers invest more than 400 hours each season grooming trails to Hawk Junction, Dubreuilville and Anjigami. Make sure you purchase your season permit before December 1st at the Community Centre Reception and support your local club!

**JOIN US AT SNO-BASH 2012**
**SATURDAY, November 17th**
**at the Community Centre**
**FREE FOOD & PRIZES!!!**

OFSC

## 2012-2013 TRAIL PERMIT PRICES:

Season Pass

$210 (On or before December 1st)
$260 (After December 1st)

Classic Sled (15+yrs.) — $130

7 Day — $140

3 Day — $100

Available at: Bristol Motel
Community Centre
Jones Power Sports
Wawa Motor Inn

WAWA WOW!

**Wawa Recreation Guide**
**P.O. Box 500**
**Wawa, ON P0S 1K0**
**705.856.2244 ext. 240 or**
**1.800.367.9292 ext. 240**
**www.wawa.cc**
**www.wawawow.ca**