

Community Newsletter & Program Guide



- Full Youth, Adult & Senior Program Guide Inside
- Members Enjoy New Fitness Equipment
- Dakota Performance Programs For Fitness

2019 Convocations in the
Dakota Fieldhouse

www.dakotacc.com

FALL/WINTER 2019



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Dakota Community Centre Inc.
1188 Dakota Street, Winnipeg, MB R2N 3H4
Tel: (204) 254-1010 Web: www.dakotacc.com
For more information visit www.dakotacc.com
*This publication has been produced
by Jae Media. Project Manager: Lori Kemp*



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Board of Directors

- Mark Antunes**
Chair
- Chantal Sturk-Nadeau**
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- Darren Neufeld**
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- Christopher Chapman**
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- Elliot Cameron**
- Victoria Cornick**
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- Christian Kennedy**
- Tim Smith**
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Our Vision

An Engaged, healthy, vibrant community.

Our Mission

A gathering place providing excellence in recreation and sport for everyone.

Our Values

- Inclusiveness**
- Teamwork**
- Fairness**
- Opportunity**
- Excellence**

FOR 2019/20 YOUTH SPORT REGISTRATION INFORMATION PLEASE FLIP TO PAGE 6 OF THE PROGRAM GUIDE SECTION OF THIS NEWSLETTER.

Dakota CC Hours of Operation

- DCC Reception Desk** (located in Dakota Fieldhouse) Monday – Sunday (Daily) 6am – 10 pm
 - Fieldhouse Track & Fitness Centre** **
Daily - 6am – 10 pm
 - Weight room** * (Sportsplex Basement)
Daily 6 am – 10 pm
 - Robin's***
One or both locations open daily 8 am – 8 p.m.
 - Lazers Edge Skate & Pro Shop***
Monday-Friday 5pm-10pm, Saturday & Sunday 10am-10pm
 - Jumpstart Community Rink** (seasonal – weather permitting) Daily - 8 am – 10 pm
 - Administration/Facility Rentals /Seniors Office** (2nd Floor Jonathan Toews Sportsplex)
Monday – Friday 8:30 am – 4:30 pm (Closed Statutory Holidays)
- *hours of operation are reduced during summer months - please check dakotacc.com*
***occasional closures may occur for special events*

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Email: contact@turnbullwhitaker.com

Website: www.turnbullwhitaker.com • Ph: 204-255-8194

Monday to Friday 8:00 am to 6:30 pm Saturday 10:00 am to 3:00 pm

Visit our new website at turnbullwhitaker.com for all your insurance questions

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**River Park Automotive Wishes each Dakota
CC Team a Fun and Successful Season!**

A Special Thank You To All Our Advertisers

The Dakota Community Centre wishes to thank the many businesses who purchased an advertisement to make this publication possible. Your ad helped us to defer all costs relating to this newsletter. We value your support and gratefully acknowledge your participation.



Message from the Board Chair & CEO

We're pleased to provide information on sport and recreation programs available in your community for the upcoming season through this newsletter and our **Fall/Winter Program Guide (inside)**, as well as to share with you several highlights from the past few months at Dakota CC.

Our Spring/summer at Dakota CC was a busy one, with many new things happening at our Centre!

Dakota day camps called **Kids Summer Camps** were introduced at DCC this year, with more than 100 campers participating in day camps throughout July & August. Camp themes were focused around recreational Basketball, Volleyball, Active Explorer and Hockey, with many additional fun activities and games for the kids during their day. Also this summer, **4 X 4 Youth Hockey League** was launched, with more than 80 participants playing some FUN hockey and making new friends over the off-season!

Spring/Summer youth sports (Soccer, Mini Soccer, Basketball, Softball & Baseball) saw more than 1200 children from our community participate this season. Thank you to all the volunteer coaches and convenors who continue to ensure

an awesome sport experience for our youth!

This spring, our new **Jumpstart Community Rink** (behind the Fieldhouse) transformed into a 4-court premier **beach volleyball facility!** Dakota's inaugural Beach Volleyball League season got under way in June with 14 adult teams playing co-ed 4's on Tuesdays and Wednesday evenings throughout the summer!

On the fundraising front, our 2nd annual **Ice & Slice Golf Tournament** on July 11 at Kingswood Golf Club was a tremendous success, raising over \$12K for our Centre! More than 100 golfers participated in a beautiful day full of community camaraderie and fun! Our sincere thanks to our many sponsors (listed on page?) for their support of this fun-filled fundraising event for our Centre.

Recognition of donors to the **Dakota Futures Capital Campaign** have officially made their way onto the walls of our facility! Please take a moment to check out the names of those who have contributed to making a difference at our Centre – and thank them if you know who they are! Also, it's not too late to support our campaign and have your name included! Updates to the donor wall listings will take place as more donations arrive! (See page # 11 for more on how you can support our Campaign!)

We're also pleased to share with you a number of recent upgrades/improvements to our Centre:

- **New Skate-resistant flooring** has been installed on the main floor of the Jonathan Toews Sportsplex. This \$90,000 upgrade was assisted by a \$50,000 Renovation grant received from the City of Winnipeg. The main entrance was 'spruced up' as well, receiving some new colours through a fresh coat of paint!
- **LED lighting** has been installed in **both arenas**, replacing the former induction technology. This \$38K upgrade has greatly improved the light quality and hydro efficiency in our rinks. Thanks to Councillor Chambers for his support of \$19K through a Community Incentive Grant to support this much needed upgrade.

- A **major envelope repair** was undertaken in the **Great Hall**, addressing long standing condensation issues between the rinks and the heated space above the hall.
- With the new Fieldhouse expansion and outdoor rink projects complete, DCC is working with the City of Winnipeg to **update our 2015 Site Master Plan** to determine what comes next to our campus. A traffic study is also being conducted as part of this exercise to assess the impact and flow on the campus as a result of expanded facilities and programming.

As we prepare for another busy season, we are very pleased that **Robins** and **Lasers Edge Skate & Pro Shop** will be back to provide food and skate sharpening services in our facilities starting with regular hours in September.

Please check our **Fall/Winter Program guide (inside)** to see what's happening at your community centre this fall/winter! Also our website and enews continues to provide the latest information on new programs and opportunities at the Centre. Please visit us at dakotacc.com to sign up and stay informed!

Sincerely,

Mark Antunes, Dakota CC Board Chair
Michele Auger, Dakota CC CEO



2019/20 Fall/Winter Program Guide

YOUTH SPORT REGISTRATION

YOUTH

YOUTH HOCKEY

Register NOW! Until Sept. 4 through St. Vital Minor Hockey Association at www.stvitalhockey.ca

YOUTH INDOOR SOCCER

Online registration is Aug. 26- Sept. 9 through Dakota Community Centre. Check www.dakotacc.com for details.

YOUTH BASKETBALL

Online Registration starts Aug 19 through the Winnipeg Minor Basketball Association (WMBA) at www.wmba.ca

RINGETTE

Register NOW! Until Aug. 18 through the Bonivital Ringette Association at www.bvringette.ca

CANSKATE AT DAKOTA CC

CanSkate (Learn to Skate Programs) is a nationally recognized program for all ages and stages, taught by certified coaches. Coaches focus on the fundamentals of skating for all ice sports, as well as goal setting self-discipline and teamwork. Fall/Winter registration is open August 20. For more details or to register visit www.skatewinnipeg.ca



FALL YOUTH HOCKEY CAMPS

Get ready for tryouts and prepare for your upcoming season! DCC's JP Vigier and his staff will get you ready by working on speed, agility, passing and shooting in a safe and fun environment. Participants will also work on individual puck skills enabling players to have more success in game situations. All sessions are **1 hour** in length on the Jonathan Toews Sportsplex Ice.

SQUIRTS/NOVICE (AGES 6-8)

Cost: \$275 8 Ice Times
Sept 5, 11, 17, 19, 25, Oct 1, 3 at 4:50pm & Oct. 5 at 7:50am

ATOMS CAMP (AGES 9-10)

Cost: \$275 8 Ice Times
Sept 4, 10, 12, 18, 24, 26, Oct 2, at 4:50pm & Oct. 5 at 10:10am

PEEWEE CAMP (AGES 11-12)

Cost: \$275 8 Ice Times
Sept 4, 10, 12, 18, 24, 26, Oct 2, at 6pm & Oct. 5 at 10:10am

BANTAM/MIDGET CAMP (AGES 13-17)

Cost: \$275 8 Ice Times
Sept 4, 10, 12, 18, 24, 26, Oct 2, at 7:10pm & Oct. 5 at 11:20am

GIRLS 12 & UNDER CAMP

Cost: \$275 8 Ice Times
Sept 5, 11, 17, 19, 25, Oct 1, 3 at 6pm & Oct. 5 at 9:00am
Register online today! All camps require full hockey equipment. For more information visit www.dakotacc.com or call 204-254-1010.

Register online at www.dakotacc.com

2019/20 Fall/Winter Program Guide

YOUTH

YOUTH FITNESS

ACTIVE START

From ages 2-7 years, boys and girls need to be engaged in daily active play. Through play and movement, they develop the fundamental movement skills and learn how to link them together. At this stage developmentally appropriate activities will help participants feel competent and comfortable participating in a variety of fun and challenging activities and games.

Cost: \$85 8 Weeks

Active Start Stage 1 (Ages 2-4)

Tues Sept 24-Nov 12 4:30pm-5:30pm

Active Start Stage 2 (Ages 5-7)

Thurs Sept 26-Nov 14 4:30pm-5:30pm

WINTER SESSION

Active Start Stage 1 (Ages 2-4)

Tues Jan 21-Mar 10 4:30pm-5:30pm

Active Start Stage 2 (Ages 5-7)

Thurs Jan 23-Mar 12 4:30pm-5:30pm



TEAM TRAINING AT DAKOTA CC

STRIVE's Team Athletic Development programs enhance sports performance and reduce the chance of potential injury. Our coach-led in season instruction always focus on flexibility, movement preparation, speed, power, strength and conditioning. STRIVE certified and university educated trainers design a complete program for your team to assist your athletes' to peak at the right time. Team training will enhance the overall athletic ability of every player on your team and they will compete in a fun but challenging environment.

Cost: \$165+GST/hour per team

Sessions available Mon to Thurs 6pm and 7:30pm

Book your teams first session now!

For more info contact andrew@unitedtherapies.ca



PUBLIC SKATING, OPEN GYM & JUMPSTART COMMUNITY RINK

Looking for somewhere to skate or have fun with friends on one of our multi-use courts in the Fieldhouse? Dakota CC offers up various times on the indoor and outdoor rinks, as well as in the Fieldhouse for public skating and open gym. These time vary based on availability.

Up-to-date schedules for the Indoor Rinks, Jumpstart Community Rink and Fieldhouse are available online at www.dakotacc.maxgalaxycanada.net (click on the 'Schedules' tab for the drop down box – click on requested facility - schedules will provide dates, times and fees, if applicable.)

Come on out and enjoy your community centre this fall/winter!



Register online at www.dakotacc.com

2019/20 Fall/Winter Program Guide

ADULT FITNESS

ADULT HOCKEY LEAGUE

PICKLEBALL

FALL/WINTER LEAGUE

Online registration is open!

Regular Season Runs September 9 - Mid April

Divisions: Choose from 1 (highest) - 15 (lowest).

Game Days: Games are 7 days a week. (Schedule requests taken in to account where possible).

Times: Games are early evening to 11pm start times with some weekend afternoons.

*Late games are scheduled as evenly between teams as possible.

Costs per team: \$6850 (\$6523.81+GST)

Payments are due as follows:

- \$500 (at time of registration)
- \$4000 (Sept. 1)
- \$2350 (Nov. 15)

Questions?

Email: anthony@dakotacc.com



Photo: The Crossbees Hockey Team - Dakota Adult Hockey League

WEEKDAY PICKLEBALL

Pickleball runs year round Monday to Friday 8am-12pm* in the Dakota Fieldhouse! All levels of play are welcome.

Pickleball Rates (Includes unlimited play)

3 Months: \$89+GST

1 Month: \$35+GST

Daily Drop-In: \$6.65+GST

*Schedule subject to change



LEARN TO PLAY PICKLEBALL

Learn how to play pickleball from experienced instructors! Choose your session and learn rules of the game, proper techniques and skill development. Sessions available for those who are new to pickleball as well as for experienced players who want to develop skills.

Cost: \$80+GST	4 Weeks	
Beginner: Tues	Oct 15-Nov 5	1pm-2:30pm
Intermediate: Thurs	Oct. 17-Nov. 7	1pm-2:30pm
Beginner: Tues	Nov 19-Dec 10	1pm-2:30pm
Intermediate: Thurs	Nov 21-Dec 12	1pm-2:30pm

FITNESS

ULTIMATE YOU - ADULT STRENGTH TRAINING

You may not be a professional athlete, but you still need strength! Staying strong is the foundation of enjoying a long, healthy and vigorous life. Increased strength is the key to weight loss, improving mobility, balance, and coordination. STRIVE's small group adult training experience is unique, FUN, safe, and effective for attaining all your health goals. Every session is coached by a STRIVE certified and university educated trainer!

Cost: 30 Day Trial on now for \$99+GST!

\$99+GST/month on a 12 Month Contract

\$111+GST/month on a 6 Month Contract

\$129+GST/month on a Month-to-Month basis

Sessions are Mondays, Wednesdays & Fridays

6am-7am | 7am-8am | 8am-9am | 9am-10am

For more information contact us at

204-474-1320 | james@unitedtherapies.ca



Register online at www.dakotacc.com



2019/20 Fall/Winter Program Guide

FITNESS

FITNESS & YOGA

Our fitness & yoga classes will help keep you active, provide a social connection and add consistency to your fitness regime! For yoga and block therapy classes we recommend bringing your own mats, straps and blocks. Block therapy block rentals are available at the Fieldhouse reception desk for \$5.00. For complete class descriptions and online sign up please visit our website at www.dakotacc.com! Class passes & memberships are available for purchase online or you can visit us at the Dakota Fieldhouse reception desk.

NEW EVENING CLASSES!

DAILY SCHEDULE

Monday

9:00am - Yoga Flow
10:15am - Total Body Strength
10:15am - Yoga Flow
11:30am - Beginner Yoga
6:45pm - Total Body Strength
8:00pm - Yoga Flow

Tuesday

8:45am - Hi-Lo Strength
10:00am - Restorative Yoga
6:30pm - Zumba

Wednesday

6:30am - Yoga Flow
9:00am - Mixed Level Yoga
10:15am - Restorative Yoga
10:15am - Zumba
11:30am - Restorative Yoga
NEW 6:30pm - Block Therapy

Thursday

9:00am - Zumba Toning
11:30am - Beginner Yoga
6:15pm - Zumba Toning
7:30pm - Total Body Strength

Friday

9:00am - Dance Fitness
9:00am - Yoga Flow
10:15am - Total Body Strength
10:15am - Yoga Flow

Saturday

10:00am - Restorative Yoga



RATES

16 - 59 years of age

Drop In: \$10.48+GST

5 Class Pass: \$50+GST

10 Class Pass: \$95+GST

20 Class Pass: \$160+GST

NEW Get monthly passes to enjoy unlimited Fitness & Yoga plus Track & Fitness Centre Membership!

1 Month Pass: \$68+GST

3 Month Pass: \$199+GST

6 Month Pass: \$369+GST

12 Month Pass: \$599+GST

60+ years of age (proof of age required)

Drop In: \$9+GST

5 Class Pass: \$40+GST

10 Class Pass: \$75+GST

20 Class Pass: \$130+GST

NEW Get monthly passes to enjoy unlimited Fitness & Yoga plus Track & Fitness Centre Membership!

1 Month Pass: \$63+GST

3 Month Pass: \$179+GST

6 Month Pass: \$339+GST

12 Month Pass: \$559+GST

TRACK & WEIGHTROOM MEMBERSHIPS

TRACK & FITNESS CENTRE MEMBERSHIP

Child (Ages 4 - 11)

Under 16 must be supervised by an adult member. *3 & under free.

1 - month \$25+GST

3 - month \$55+GST

6 - month \$89+GST

12 - month \$120+GST

Adult (Ages 19 - 59)

1 - month \$38+GST

3 - month \$89+GST

6 - month \$139+GST

12 - month \$199+GST

Senior (Ages 60+) & Youth (Ages 12-18)

1 - month \$33+GST

3 - month \$75+GST

6 - month \$119+GST

12 - month \$169+GST

WEIGHTROOM MEMBERSHIP

Drop-In: \$7.62+GST

1 - month \$38.10+GST

3 - month \$95.24+GST

6 - month \$152.38+GST

12 - month \$238.10+GST

Track Drop-In: \$7.62+GST

Weight Room Drop-In: \$7.62+GST

There is a one-time initial \$10 fee for your access key fob.

Track & Weight Room combined rate available upon request.

To purchase your membership, register online at www.dakotacc.com or come see us in the Dakota Fieldhouse!



Register online at www.dakotacc.com



2019/20 Fall/Winter Program Guide

SENIORS

SENIOR ACTIVITIES

55+ Annual Membership: \$15
(required for all 55+ fitness, computer & activity registration. Valid Sept 2019 - August 2020)

CARDS

Keep your mind sharp, have fun and satisfy your need for a little friendly competition by joining us for cards! Each week the coffee is served hot so drop in and try your hand at crib or whist!

CRIBBAGE

Cost: \$3/week
Mon Sept 9-Jun 15 12:30pm-3:30pm

WHIST

Cost: \$3/week
Wed Sept 11-Jun 17 12:30pm-3:30pm

LINE DANCING

Learn the basic steps and easy country line dances for exercise and fun! We use any music with a good dance beat. Wear comfortable shoes with a low or flat heel.

Cost: \$4/week
Tues Sept 10-Jun 16 10am-11:30am

FLOOR CURLING

Floor Curling is fun and beneficial. It helps promote flexibility, increased range of motion, and circulation. Forget heavy rocks and slippery ice. The game is played in the Great Hall and the equipment is light weight and easy to handle.

Cost: \$4/week
Tues Oct 1-Apr 14 9:30am & 11:30am starts

FLOOR SHUFFLE

Floor shuffle is a game in which players use cues to push weighted discs, sending them gliding down a narrow court to rest within a marked scoring area. Floor shuffle is a great activity for all mobility types and is a great team activity!

Cost: \$4/week
Thurs Oct 3-Apr 16 9:30am & 11:30am starts

Activity Cards

Just \$30 for 10 sessions of Floor Curling, Floor Shuffle & Line Dancing!

TABLET COURSES

IPAD & IPHONE LEARNING

Learn how to use your device! This course covers everything from initial set-up to using apps & more. Have all your questions answered in this course!

Cost: \$75+GST 8 Weeks
Wed Sept 11-Oct 30 10am-12pm

WINTER SESSION

Wed Jan 8-Feb 26 10am-12pm

FITNESS

GROWING STRONGER

A circuit class for older adults to build their functional strength and increase flexibility. Resistance exercises include the use of free weights and body weight. Variations for each exercise are provided to everyone to choose the intensity at which they wish to work.

Cost: \$94+GST 15 Weeks
Beginner: Tues Sept 10-Dec 17 1pm-2pm
Advance: Tues Sept 10-Dec 17 2pm-3pm
Advance: Thurs Sept 12-Dec 19 1pm-2pm

WINTER SESSION

Cost: \$75+GST 12 Weeks
Beginner: Tues Jan 7-Mar 24 1pm-2pm
Advance: Tues Jan 7-Mar 24 2pm-3pm
Advance: Thurs Jan 9-Mar 26 1pm-2pm

CHAIR YOGA

Erase pain and tension in your hands, feet, neck and lower back brought on by everyday stress, overuse and age. Yoga will focus on breathing, improving balance, flexibility and range of motion.

Once per week
Cost: \$75+GST 12 Weeks

Twice per week
Cost: \$125+GST 12 Weeks
Tues Sept 10-Nov 26 11:30am-12:30pm
Thurs Sept 12-Nov 28 11:30am-12:30pm

WINTER SESSION

Tues Jan 7-Mar 24 11:30am-12:30pm
Thurs Jan 9-Mar 26 11:30am-12:30pm

COMPUTER COURSES

COMPUTER BASICS

Learn how to use your device! This course covers everything from Internet to Microsoft Documents.

Cost: \$75+GST 8 Weeks
Wed Sept 11-Oct. 30 12:30pm-2:30pm

INTRO TO EMAIL

Navigate email on any device! Featuring Gmail & the Google Suite.

Cost: \$75+GST 8 Weeks
Tues Sept 10-Oct 29 10am-12pm

WINTER SESSION

Tues Jan 7-Feb 25 10am-12pm

INTERNET & STORAGE DEVICES

Learn how to use flash drives, folders and navigate the internet.

Cost: \$75+GST 8 Weeks
Tues Sept 10-Oct. 29 12:30pm-2:30pm

Register online at www.dakotacc.com



BUILDING POSSIBILITIES
TRANSFORMING LIVES

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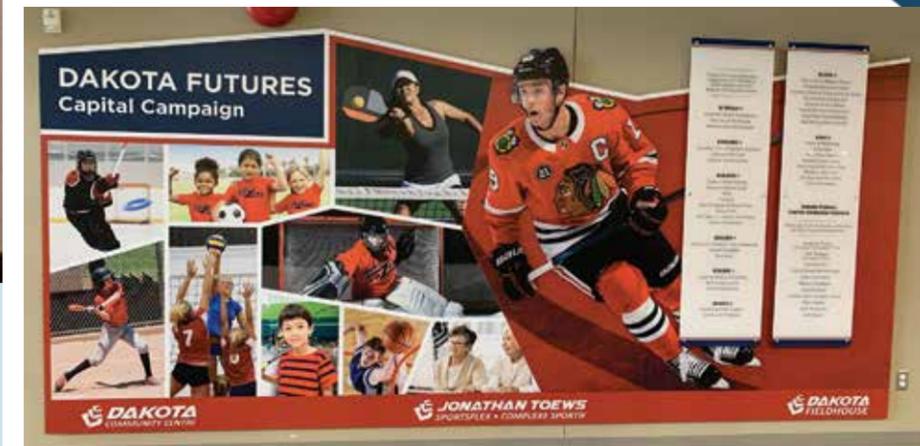
Fundraising Efforts Building A Bright Future For Our Community!



Jonathan Toews – Honorary Chair,
Dakota Futures Capital Campaign

"Since my earliest days playing hockey, Dakota Community Centre has played a pivotal role in my upbringing and my career. I believe that in supporting Dakota Community Centre there are endless possibilities for the future, including the transformation of the lives of our community members as we continue to work together.

I want to say a special thank you to all of you who are donors, supporters and cabinet members for joining me in the Dakota Futures Campaign. This campaign will provide for more enhanced recreation, social and sport facilities for people of all ages and stages of their lives. Because of you, the legacy of Dakota Community Centre will continue."



Dakota Community Centre recently installed two new donor walls in the Centre, one inside the Dakota Fieldhouse and the other inside the Jonathan Toews Sportsplex.

The donor walls recognize the incredible contributions our key donors have made to the Dakota Futures Campaign.

It's not too late to support our campaign and have your name included!

Updates to the donor wall listings will take place as more donations arrive!

Thank you Valerie MacKenzie for your generous \$50,000 gift to purchase new fitness equipment for our Track & Fitness Centre! (see Story Page 13)

Our Campaign Cabinet

Jonathan Toews
Honorary Campaign Chair
Tom Thiessen
Campaign Chair

Sue Barkman
Rico & Deneen Bertschinger
Judith Chambers
Andree Gilbert & Bryan Toews
Rob Hobday
Blair MacAulay
Jeff Shypit

Yes! I want to support the Dakota Futures Campaign

I would like to make a one-time gift of :

\$25 \$50 \$100 \$500 Other

Name: _____

Address: _____

City: _____

Prov: _____

Postal Code: _____

Email: _____

Phone: _____

Credit Card donations can also be accepted. Please call Colleen Mahon @ 204-254-1010 ext 214 or email colleen@dakotacc.com for assistance or for any questions you have regarding our campaign.

A charitable donation receipt will be issued to you by the City of Winnipeg



Fieldhouse Plays Host to Community's Graduates

Local schools and families thrilled to celebrate important milestone close to home!

Hundreds of new graduates, along with their family and friends, celebrated their achievements at the Dakota Fieldhouse this past June as we played host to convocation ceremonies for Collège Jeanne-Sauvé and Windsor Park Collegiate.

The new 60,000 sq. ft. Dakota Fieldhouse which opened in the fall of 2017, has played host to countless sporting events and leagues, not to mention the over 1,500 members who regularly use the track throughout the year. However, this was the first major community event held within the space and was a huge success!

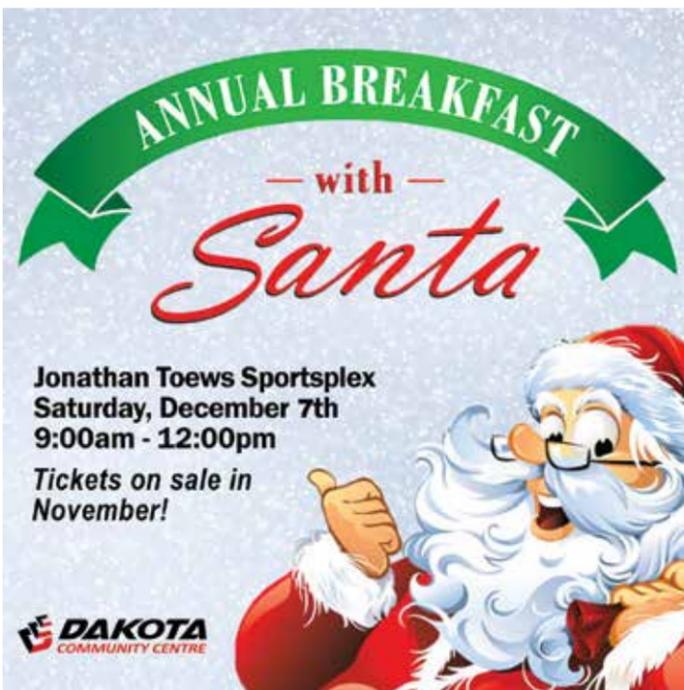
"Our Fieldhouse is primarily a sporting venue, but it's these types of events that truly adds to the role this centre plays in our community," said Michele Augert, Dakota's CEO. "This is exactly what the Fieldhouse was built for – to bring people together in a positive way to celebrate achievements of all kinds."

The convocations were held over two days during the last week in June and saw over 2,000 people attend what proved to be the perfect venue for these types of events, with lots of additional rooms for set-up, plenty of free parking and a wide open space that can be tailored to fit gatherings of all sizes.

"What a great venue for our grad class of 2019," said Cam Johnson, Vice-Principal at Collège Jeanne-Sauvé. "Being the very first convocation to use the Fieldhouse we were excited, and a bit nervous, but we couldn't have asked for a better environment."

After this year's successful events, we're happy to say our convocation program at Dakota Community Centre will be even bigger next year, with five southeast high schools already looking to book their spot for 2020.

For anyone interested in more information about the convocation program at Dakota Community Centre, please contact Rae Vincent at 204.254.1010 ext. 210 or via email at rvincent@dakotacc.com



Generous Donation Adds More Fitness Equipment to Fieldhouse Track

The Dakota Fieldhouse – one of Winnipeg's newest and premier sport and fitness facilities – is getting an unexpected upgrade through a generous donation.

Since the Fieldhouse opened in October, 2017, it has seen constant activity playing host to various sports leagues, events, provincial tournaments and much more. In addition to the busy court level, membership on the track level has been incredibly strong right from the beginning with its 200 metre indoor track and various pieces of fitness equipment offered at truly accessible prices.

It's on the track level that Mrs. Valerie MacKenzie has spent a great number of mornings getting her daily exercise as a member of the facility. An avid walker, she visits the track several times a week and has always found it to be a great workout that suits her ability as an active senior.

Mrs. MacKenzie did however come to find that she was wanting an upper body workout that the existing fitness equipment wasn't able to provide. So she decided to donate an incredibly generous \$50,000 to our Centre for the purchase of additional equipment for the Fieldhouse track level.

With Mrs. MacKenzie's donation, we were able to purchase ten new fitness machines that target all muscle groups, as well as three adjustable benches to use for body resistance and free weight exercises. The equipment will arrive at the end of August and will transform the track level into a more complete fitness facility that offers even greater exercise options and value to our members!

We can't thank Mrs. Mackenzie enough for her incredible donation and all it will mean for our 1,500+ members. For full membership and drop in information including rates, please visit the Centre website at www.dakotacc.com or stop by the Fieldhouse reception desk for an information sheet and a tour.

2019 Ice & Slice Charity Golf Tournament

This summer featured Dakota Community Center's second annual Ice & Slice Charity Golf Tournament on July 11th at Kingswood Golf & Country Club. The day was packed with fun and laughter and the support DCC received from our community was astounding, raising nearly \$12,000. Thank you to all participants and to our very generous sponsors.

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Mark your calendars for next year's Ice & Slice Charity Golf Tournament in support of DCC - Thursday July 9, 2020 at Kingswood Golf & Country Club! Contact Colleen at colleen@dakotacc.com or 204-254-1010 ext 214 to reserve your spot!!

2019 DCC Youth Scholarship Award Winners

We're very pleased to announce the 2019 DCC Youth Scholarship Award Winners in recognition of their commitment to Dakota community Centre through volunteerism and activities, as well as sport, leadership and academics. The 2019 recipients of \$500 each are: Ryan Clapham, Tessa Marcon, Risa Shatford, and Kayla Barnabe.

Dakota Youth Sports Report 2018/19

Another highly successful season of Youth Sports has been completed at Dakota Community Centre. The time and effort put in by countless volunteer convenors, coaches, managers and parent representatives has once again resulted in a positive sport experience for the participants and their families.

During the 2018-2019 season 1,980 athletes registered or transferred to Dakota and were placed on age and/or ability appropriate teams at Dakota or other clubs throughout the area. Following the various sport specific tryout and team formation processes Dakota CC hosted approximately 1,570 athletes on 34 fall-winter and 105 spring-summer teams.

Dakota Community Centre's contribution as host club includes the provision of coaching expertise, equipment and access to the appropriate gymnasium or field space required by each sport. Specifically in each sport, there were 509 Hockey players, 170 Baseball players, 196 Softball players, 254 Basketball players, 421 Soccer (indoor and outdoor) and 347 Mini Soccer & 82 Ringette players participating from our community this year!



Thank you to the following volunteer sport convenors for their tireless efforts in creating opportunities for Dakota area children to participate in organized sport.

Brent Amos – Basketball
 Pram Tappia – Soccer
 Moe Berard – Softball
 Brad Peters – Hockey
 Christine Kieloch – Baseball
 Amanda Daurie – Ringette

Thank you to all the volunteers that make the Youth Sport program possible at Dakota Community Centre and for creating lasting memories for all the athletes and family members.

We look forward to another exciting year of Youth Sports at Dakota CC as the 2019-2020 fall-winter season quickly approaches.

Strive Partnership Providing Exceptional Fitness Training At DCC

At Dakota CC, we pride ourselves on being the primary sport hub for southeast Winnipeg, with hundreds of thousands of visits to the Centre each year. But the core mandate of Dakota goes beyond sport – with a focus on health and wellness for all age groups and abilities. It's that purpose that led to Dakota's partnership with United Therapies Strive.

Through this partnership, our vision is to create a one-stop shop for sport and wellness through a new offering – **Dakota Performance Programs, powered by Strive.**

Strive is an experienced multidisciplinary training provider that caters to individuals looking to reach a higher quality of life. With Strive's leadership, the programs are designed to help participants achieve goals of weight loss, muscle gain, performance enhancement and more through functional strength, conditioning, and movement training.

"Dakota has always played a big part in the sporting lives of families in our community," said Michele Augert, DCC's CEO. "The introduction of **Dakota Performance Programs** will take our Centre to a whole new level, working with Strive to provide individual and group training for everyone from beginners to elite athletes."

The full line of Dakota Performance Programs will evolve over time, and has started with two primary offerings: **Ultimate You!** and **Team Training.**

"We thought individualized group and team training were the perfect places to start," said Dave Pineau, Rehab Director, United Therapies Strive. "From there, the opportunities and program possibilities are endless depending on what services the community finds the most valuable."

Ultimate YOU! is the ultimate fitness experience. The individual adult training is unique, effective and fun while remaining safe for everyone. If your goals include weight loss/control, improved mobility, increased strength or more flexibility, then our 'always coached' philosophy is for you! Our coaches and exercise protocol will keep you focused, motivated and accountable, as each session focuses on the individual while run in a group setting.

Feedback from those who've already been part of the **Ultimate You** experience has been overwhelmingly positive, since classes started being offered Monday, Wednesday & Friday mornings earlier this year. Participants have the option of attending their hour-long training sessions at 6am, 7am, 8am or 9am each of those days.

"As a recently retired senior, I started with the 30-day trial and have continued ever since", said Sharon Amort, an avid participant. "The trainers evaluated my ability and provided me with a personalized training program. I've found the sessions have benefited me greatly and improved my balance, strength and energy in everyday activities."

Team Training is designed for entire sports teams and focuses heavily on building a wide movement foundation to improve all aspects of athletic abilities. Programs are tailored to the team's needs, with sessions consisting of a coach-led dynamic warm up, followed by balance and coordination skills then transitioning to speed and agility, all designed to produce better athletes who can perform better in their respective sports.

Recent improvements to DCC's weight room, including the installation of high performance synthetic turf, to enhance the workout experience for both these new offerings.

These are just the start of what **Dakota Performance Programs, powered by Strive** will add to the Dakota landscape, helping to build a Centre dedicated to the health and wellness of the community it serves.

To learn more or register see the ad below or www.dakotacc.com

SUMMER FUN AT DCC!

Adult Beach Volleyball League



The inaugural year for Dakota Beach Volleyball League was a success! 14 team of coed 4's played throughout the summer on the brand new Jumpstart Community Rink's courts. Sign up your team for next season in March!

Kids Summer Camps



Over 100 kids came to DCC for camp this summer! This year's day camps included Basketball, Volleyball, Hockey & Active Explorer. Look for more Dakota Kids Camps in the Spring & Summer Guide coming in February!

4x4 Youth Hockey League



Dakota's 4X4 Youth Hockey League was back in action this summer! Start getting your team ready for next season! Registration for Dakota Fall Hockey Camps is now open, sign up online today!

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For availability contact Loraine Purdey (204) 256-4748
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