

2019

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# Recreation Guide Guide de loisirs

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# Iqaluit

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# Contact Us

## Aquatic Centre Guest Services

aquaticcentre@city.igaluit.nu.ca or 867 975-8545

Head Lifeguard/Swim Instructor: Josh Cavan.....J.Cavan@city.igaluit.nu.ca  
 Guest Services Supervisor: Rubina Hoque .....R.Hoque@city.igaluit.nu.ca  
 Fitness Coordinator: Nicolas Chu .....N.Chu@city.igaluit.nu.ca  
 Aquatics Program Supervisor: Noah Beauregard .....N.Beauregard@city.igaluit.nu.ca  
 Aquatics Program Manager: Kaitlin Coleman .....K.Coleman@city.igaluit.nu.ca  
 Recreation Program Services Manager: Stephanie Clark .....S.Clark@city.igaluit.nu.ca

## Recreation Reception Office AWG Complex

recreation@city.igaluit.nu.ca 867 979-5611

Recreation Guest Services (AWG): Sope Owaje .....recreation@city.igaluit.nu.ca  
 Recreation Programmer: Kevan Nelson.....K.Nelson@city.igaluit.nu.ca  
 Special Programs Coordinator: John McCracken.....J.Mccracken@city.igaluit.nu.ca  
 Youth Programmer: .....Vacant  
 Youth Coordinator: Conor Goddard.....C.Goddard@city.igaluit.nu.ca  
 Facilities Coordinator: Todd Gardner .....T.Gardner@city.igaluit.nu.ca  
 Director of Recreation: Amy Elgersma .....A.Elgersma@city.igaluit.nu.ca

## Other Recreation Facility Contact Numbers

Recreation Reception Office AWG Complex .....979-5611  
 Aquatic Centre Guest Services .....975-8544  
 Abe Okpik Hall .....979-5625  
 Arnaitok Arena .....979-5621  
 Curling Rink .....979-5622  
 Elder's Qammak .....979-5626  
 Youth Centre .....979-5658  
 City Hall .....979-5600



# All Ages Aquatics

The Iqaluit Aquatic Centre offers a 25m lap pool, leisure pool with spray features and a waterslide, as well as a hot tub and full service fitness centre and studio. The Northwestel Multipurpose Room is available for meetings, birthday parties, and workshops. Fresh food is available at Big Racks Pita Shack.

Children under the age of 8 must be accompanied by an adult in the pool. There is a maximum ratio of 1 adult to 3 children. Participants age 8+ must pass a swim test to swim in the deep end without a lifejacket.

## Swimming Attire and Swim Diapers

Bathing/swimming attire is defined as clothing that is clean and is used specifically for the purpose of swimming. Bathing suits are preferred. Jeans, cut-off shorts and underwear are not permitted to be worn in the pool. Bathers may wear clean lycra or cotton shorts/t-shirt if they do not have a bathing suit. All individuals that are reliant on diapers are required to wear a swim diaper.

## Aquatics Special Events

Sweetheart Swim - Thursday, February 14th

Water Polo - Sunday, May 12th

Monster Splash - Thursday, October 31st

Winter Waterland - Saturday, December 14th

## Drop-in Swimming

Find current pool schedules online, on the City of Iqaluit Recreation Facebook page ([www.facebook.com/cityofiqaluitrecreation](https://www.facebook.com/cityofiqaluitrecreation)), or online at <https://www.city.iqaluit.nu.ca/residents/recreation/facilities/aquatic-centre>

**Public Swim:** Take the plunge! Public swims are available for all ages (note admission policy). Water features are available\*, hot tub and saunas are also available for our adult crowd.

**Family Swim:** A great activity for the whole family! Must include at least one caregiver, with a ratio of 1 caregiver per 3 children under the ages of 8. Some water features may be available\*. Hot tub and saunas available for adults.

**Teen Swim:** A fun-filled night for teens ages 13 - 18! Teenagers can socialize with friends, listen to music while swimming and participate in water sports. Hot tub and water features are available. Sign in is required at the entrance.

**Adult Open Swim:** Feel like a kid again! Adult ages 19+ have access lane swimming, water games, waterslide\*, hot tub and sauna. Some water features available.

**Adult Lane Swim:** Lane swimming is a great way to get in shape with a low impact workout. Lanes are available for all skill levels.

**Parent and Tot Swim:** This swim is great way to help young children get comfortable in the water. It is also a fun playtime for children under 6 years old and their caregivers. Our leisure pool provides a safe environment with many different water features.

**Elder Swim:** An awesome time to get some lengths in or to socialize with others, this swim is available for those 60+.

**Lunch Hour Swim:** Lanes will be available for those hoping to swim a few laps as well as a designated area for swimmers who have just wish to grab a soak in the pool. This swim is open to all ages.

**Female Only Swim:** This swim is for females only (the hot tub and sauna will not be available to gym goers at this time).

**Gentle Ability Swim:** A slow paced, quiet swim time at the pool for those who wish to enjoy the pool in a relaxing atmosphere. Ideal for those with sound-sensory issues, individuals working on rehabilitation or for those who need assistance or support in the pool. Lanes are available.

**Aqua Jogging:** A fun cardio-based workout in both shallow and deep water. Participants work on muscle strength and endurance. Participants are encouraged to work at their own pace. Float belts can be provided.

**AQX Aqua Fitness:** This high quality vertical aquatic exercise class uses the philosophies of Aqua Fitness Leadership Training AQX. Using water as resistance to create a fun, full body, cardio and muscular endurance workout using core strength and balance. Great for all levels of fitness. Classes take place in both shallow (chest deep) and deep end (with a floatation device) of the lap pool.





# Registered Swim Programs

## What you need to know about swimming lessons

### Choosing the Correct Level

Participation in the right level is an important part of your swimmer's development, both socially and physically. If you are unsure about which level your child should be placed in, our swim instructors can assist you. A swim test will help us determine the appropriate level for your child. Swim tests can be made by appointment, through Guest Services at [aquaticcentre@city.iqaluit.nu.ca](mailto:aquaticcentre@city.iqaluit.nu.ca) or by calling 975-8544.

### Make-up lessons

Swimming programs may be cancelled due to unforeseen challenges (i.e. adverse weather.) The City of Iqaluit will do everything possible to try to compensate for the loss of programming time. Make-up classes will not be granted for participant absence from class programming.

### Session Updates – Parent Week

Before the end of the session, parents will have an opportunity during Parent Week to speak with the instructor regarding their child's progress. Classes will end a few minutes early to accommodate any questions that a parent may have. Parent Week dates will be provided by the instructor during the session.

### Registration after the third lesson

To ensure that programs remain consistent and of the highest quality for all participants, registration in swimming lessons will not be permitted following the start of the third lesson.

### Programs:

**Iqaluit Breakers Swim Club:** For swimmers 8-18 years old, the swim club is designed for athletes who want to refine their competitive swimming abilities. Led by NCCP Certified volunteer coaches, the Breakers swim up to three times each week. Registration is required.

**Adult Swim Fit:** Adults who are looking for a more challenging lane swim are invited to join Adult Swim Fit! Instruction is provided by a trained swim instructor twice weekly. An optional third workout is offered without an instructor, but with a workout provided. Registration is required.

**Swim for Success:** The Department of Recreation is so excited to partner with schools across Iqaluit and Apex to offer specialized swimming lessons for school children. Swim for Success includes swimmers from grades 3, 4, 7 and 9.

# Swim for Life

## Learn to Swim Lessons

The Canadian Lifesaving Society's Swim for Life learn-to-swim program helps swimmers of all ages become more comfortable in and around the water, with both technical stroke instruction and lifesaving skills for all ages.

Lesson registration occurs through our online registration portal at <http://cityofiqaluitrecreation.maxgalaxycanada.net/Home.aspx>. An account will be required to register. If you require assistance in accessing a computer, setting up your online account, or require alternative forms of payment (cash or cheque) please contact Guest Services at 975-8544 or email [guestservices@city.iqaluit.nu.ca](mailto:guestservices@city.iqaluit.nu.ca).

### Winter Lesson Session Dates:

Mondays: January 21st, 2019 - March 11th, 2019  
Wednesdays: January 23rd, 2019 - March 13th, 2019  
Thursdays: January 24th, 2019 - March 14th, 2019  
Saturdays: January 26th, 2019 - March 16th, 2019

**Winter Registration begins January 8th, 2019**

### Spring Lesson Session Dates:

Mondays: April 29th, 2019 - June 17th, 2019  
Wednesdays: May 1st, 2019 - June 19th, 2019  
Thursdays: May 2nd, 2019 - June 20th, 2019  
Saturdays: May 4th, 2019 - June 22nd, 2019

**Spring Registration begins March 19th, 2019**

### Summer Lesson Session Dates:

Summer Session 1: July 15th, 2019 - July 26th, 2019  
Summer Session 2: August 12th, 2019 - August 23rd, 2019

**Summer Registration begins June 11th, 2019**

### Fall Lesson Session Dates:

Mondays: September 9th, 2019 - November 4th, 2019  
(No lesson on October 14th)  
Wednesdays: September 11th, 2019 - October 30th, 2019  
Thursdays: September 12th, 2019 - October 31st, 2019  
Saturdays: September 14th, 2019 - November 2nd, 2019

**Fall Registration begins August 13th, 2019**



## Youth Swimming Lesson Fee Schedule

### \*8 session block

30 minute lessons: \$65.00 (Includes GST)

45 minute lessons: \$70.00 (Includes GST)

60 minute lesson: \$77.00 (Includes GST)

Aquatic Leadership Courses (youth): \$150.00 (Includes GST)

Swim Camps: \$50.00/week + \$10/Day for lunch (Includes GST)

## Lifesaving Society Swim for Life Swimming Lessons

Swim for Life is a complete learn-to-swim program that leads seamlessly into the Lifesaving Society's lifesaving training awards. You're never too young to start, and never too old to learn. Swim for Life offers different folks – of all ages and abilities – and makes sure kids are Water Smart before they get in too deep.

### Parent & Tot (4 months – 3 years of age)

The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age.

#### Parent & Tot 1 (4 - 12 months)

In this program parents and children learn about developing confidence for submersion, holds used to develop the ability to relax and be comfortable in the water for (assisted) floats, movement of the arms and legs as well as Water Smart® tips and tricks for parents about how to keep your child safe in an aquatic environment. Class time: 30 minutes

#### Parent & Tot 2 (12 – 24 months)

This program allows parents to assist their children in exploring how to enter and exit the pool safely, develop breath control as well as develop comfort while face is in the water. They also start the development of skills needed for submersion and the confidence and ability to perform both back and front floats assisted. Added on to this is the introduction of a propulsive flutter kick and Water Smart® tips and tricks for swimming. Class time: 30 minutes



### **Parent & Tot 3 (2 – 3 years)**

In this program children learn to enter the pool confidently with the assistance of their parent as well as submerge themselves and exit the water unassisted. Underwater skills developed include holding breath, opening eyes, and recovering objects from the bottom. A range of front and back floats are taught as well as kicking skills are developed. Underwater passes and Water Smart® messages are also taught. Class time: 30 minutes

### **Preschool (3 – 5 years of age)**

The Lifesaving Society Preschool program gives children a head start on learning to swim. Preschool programs develop an appreciation and healthy respect for the water before these kids get in too deep. They work to ensure 3 to 5 year olds become comfortable in the water and have fun developing a foundation of water skills.

#### **Preschool 1 3 - 5 years**

Children in this program learn assisted entries and exits in shallow water as well as develop their confidence with putting their face in the water and blowing bubbles. Floats and glides (assisted) on their front and back are explored as well as safe movement wearing PFDs. Water Smart® messages are also taught. Class time: 30 minutes

#### **Preschool 2 3 - 5 years**

This program teaches children how to safely enter and exit shallow water wearing a PFD, jump into chest-deep water and submerge themselves (unassisted). Flutter kick on back is taught as well as glides on both the back and the front. Water Smart® messages are also taught. Class time: 30 minutes

#### **Preschool 3 3 - 5 years**

Different types of entries; jumps, rolls, and slip-ins are explored in the program as well as developing the confidence to submerge and recover objects from the bottom of the water unassisted. Floats, both back and front, are performed by themselves and flutter kick is done on back and front for 5 metres. Water Smart® messages are also taught. Class time: 30 minutes

#### **Preschool 4 3 - 5 years**

In this program children learn to safely enter and exit deep water multiple different ways as well as begin learning to tread water with use of a PFD. Underwater skills include opening eyes underwater and well as recovering objects from the bottom in chest-deep water. Children explore switching between front and back glides and floats as well as starting frontcrawl. Water Smart® messages are also taught. Class time: 30 minutes





## **Preschool 5    3 - 5 years**

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Children in this program learn forward roll entries and move to treading water without the use of a PFD. Along with continuing to learn the basics of frontcrawl they also learn backcrawl and work on whip kick. This program also brings interval training to build strength and stamina for a strong swimming base. Water Smart® messages are also taught. Class time: 30 minutes

## **Swimmer (5 – 12 years of age)**

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills.

### **Swimmer 1    5 - 12 years**

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In Swimmer 1 youth learn entries and exits to shallow water as well as starting the basics of treading water with a PFD. Holding their breath underwater as well as opening their eyes underwater give them confidence to move into skills like floating, rolling, and glides without assistance. Flutter kick is also taught and frontcrawl is introduced with a PFD. Water Smart® messages are also taught. Class time: 30 minutes

### **Swimmer 2    5 - 12 years**

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In Swimmer 2 youth work on deep water entries and exits as well as developing skills to tread water more efficiently without a PFD. Kicks, such as flutter kick and vertical whip kick are introduced and improved upon, to help with strokes such as front crawl and back crawl. Interval training is started to build the endurance and strength needed for swimming. Water Smart® messages are also taught. Class time: 30 minutes

### **Swimmer 3    5 - 12 years**

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In Swimmer 3 youth work on kneeling dive and roll entries into deep water as well as treading for longer periods of time with more focus on technique. Flutter kick technique is improved upon and whip kick on back is introduced. Frontcrawl and backcrawl techniques are developed and pushed to further distances. Interval training is continued to build the endurance and strength needed for swimming. Water Smart® messages are also taught. Class time: 45 minutes

**Swimmer 4 5 - 12 years**

In Swimmer 4 youth work on standing dive entries into deep water as well as treading techniques. Whipkick on front is introduced and breast-stroke arms are taught. Techniques for frontcrawl and backcrawl continue to be developed as more distance and sprints are added in this level. Water Smart® messages are also taught. Class time: 45 minutes

**Swimmer 5 5 - 12 years**

In Swimmer 5 youth work on shallow dive entries into deep water as well as eggbeater kick is introduced. Breaststroke arms and whipkick are combined for the basics of breaststroke and distances and techniques are improved upon for frontcrawl and backcrawl. Interval training is continued for strength and endurance to be able to swim for longer periods of time. Sprints are added to practice increased pace of swimming strokes. Water Smart® messages are also taught. Class time: 45 minutes

**Swimmer 6 5 - 12 years**

In Swimmer 6 youth work on stride entries and compact jumps into deep water and legs-only surface support is introduced. Lifesaving kicks such as eggbeater and scissor kick are improved upon as well as a head-up swim is added. Breaststroke, frontcrawl, and backcrawl continue to be improved upon both in technique as well as endurance. A 300 metre workout is a part of this level to introduce the basic principles of a training workout. Water Smart® messages are also taught. Class time: 45 minutes

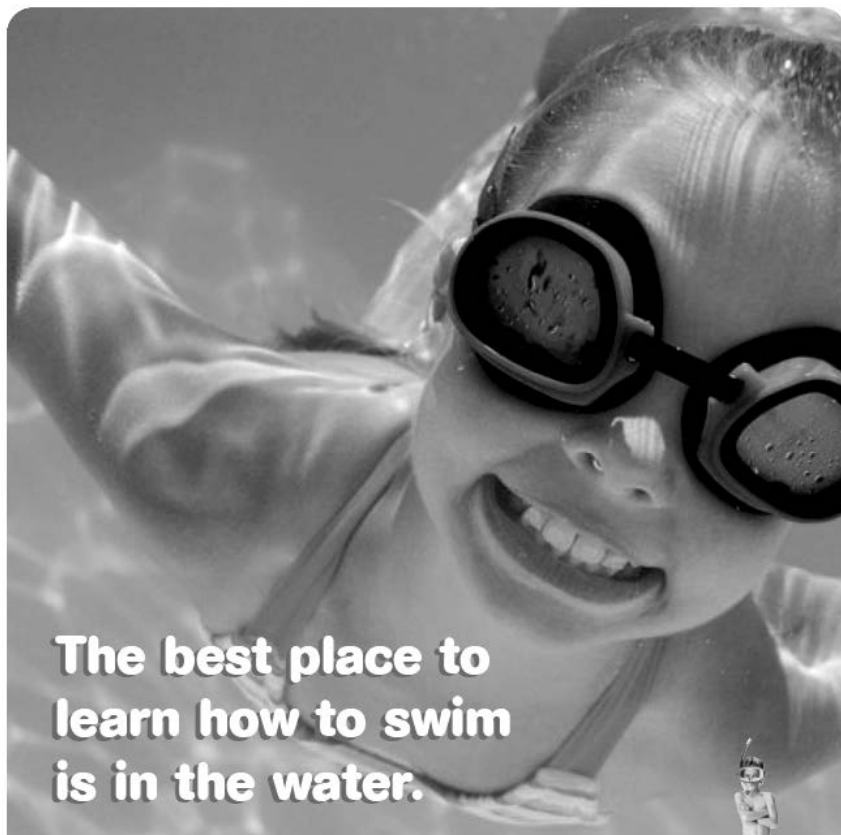


## Swim Patrol (9 – 13 years of age)

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Bronze levels.

### Rookie Patrol 9 - 13 years

Rookie Patrol features development of front crawl, back crawl and breast stroke over 50 metres each, timed 100 metre swims, and 350 metre workouts. A work-hard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour.



That's just one of the many reasons we're running the Lifesaving Society's Swim for Life® Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And, it incorporates valuable Water Smart® education that will last a lifetime.



Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. Well over half a million Canadians participate in Lifesaving Society swimming, lifesaving and lifeguard training programs every year. We're Canada's lifeguarding experts.



Ranger Patrol features development of front crawl, back crawl and breaststroke over 75 metres each, a 100 metre lifesaving medley and time 200 metre swims. Lifesaving skills such as the ability to recognize the different types of swimmers and how to perform non-contact rescues are also addressed.

Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke over 100 metres each; and complete 600 metre workouts and 300 metre timed swims. The learning to recognize different injuries or distress reactions is also included.

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Instructors adapt to accommodate the needs of adult learners and provide flexibility for them to select skills they want to achieve towards their personal swimming goals.

Flexible to what participants set their goals at, Adult Swimmer 1 provides the opportunity to grow comfortable in the water. Entering and exiting the water, the holding of breath, as well as putting face in and opening eyes underwater are all different starting points in growing one's confidence. Floats and glides are introduced once participant is ready to progress.

Flexible to what participants set their goals at, Adult Swimmer 2 provides those with a stronger comfort level in the water the next step to building confidence. Reviewing how to move through the water, strokes are introduced and endurance is improved as well as comfort level in deeper water is improved upon.

Flexible to what participants set their goals at, Adult Swimmer 3 provides those with knowledge of strokes a chance to improve on techniques as well as endurance. Other skills included consist of dives, legs-only surface support, and other water movements.

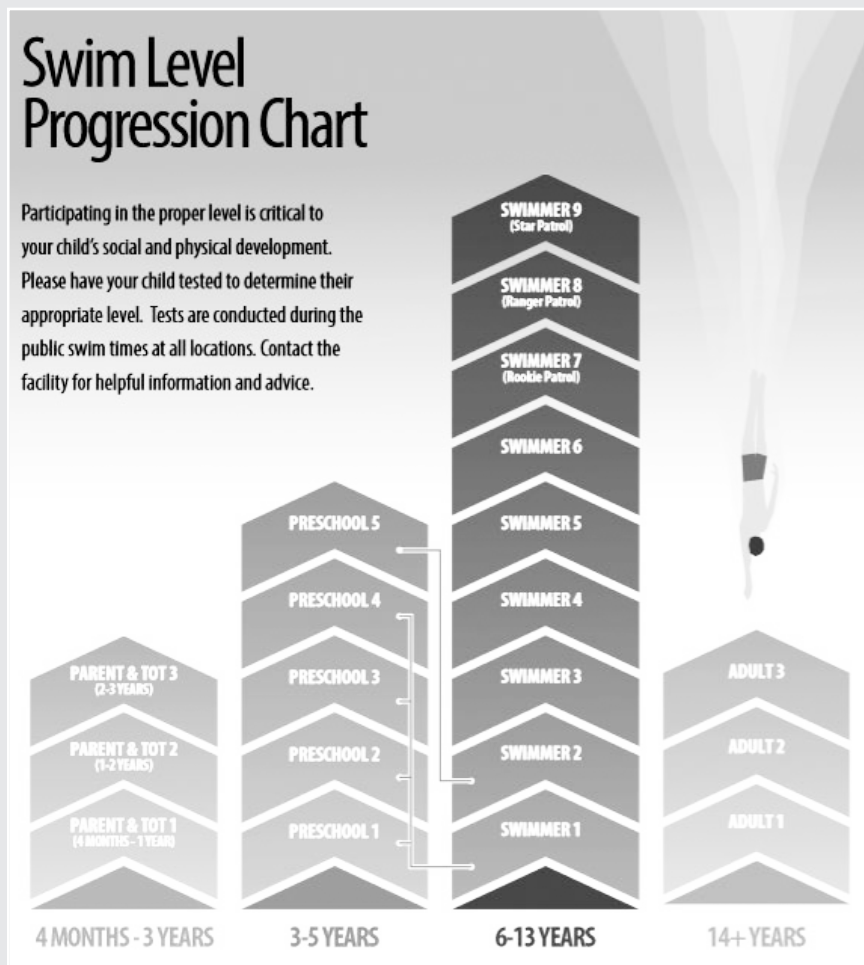


# Fitness Swimmer

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water and be active for life. Fitness Swimmer provides a structured approach to improve physical fitness and allows participants to set their own goals for everyday active living.

## Want to become a lifeguard?

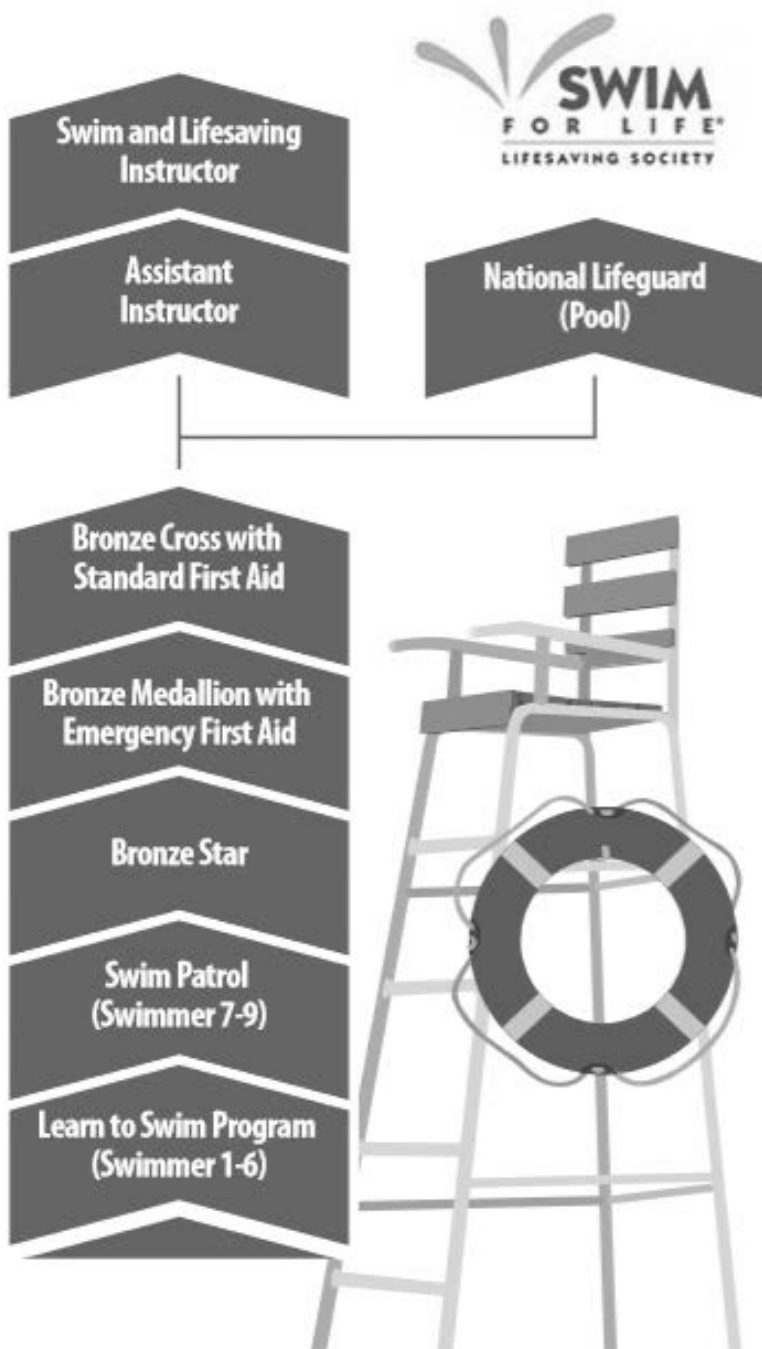
Do you like helping people? Do you want a rewarding position with an awesome team? Maybe becoming a Lifeguard is for you! We are always hiring Lifeguards and Swim Instructors, and we would love to have you join us. Check out the chart on page 56 for more information on the steps you need to take in order to become a Certified Lifeguard with the National Lifesaving Society. To find out more, contact Guest Services at 975-8544 or email [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca)





# Leadership Progression Chart

For prerequisites and age requirements please refer to course descriptions.





# Aquatic Leadership Programs

Aquatic Leadership programs include awards like the Lifesaving Society's Bronze Star, Bronze Medallion, Bronze Cross and the National Lifeguard Certification. These courses are geared towards those swimmers that are interested in working as a lifeguard, or taking more advanced swim-lifesaving skills training. Contact Guest Services at 975-8544 or by email at [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca) for more information. Registration is available online through our online registration portal at <http://cityofigaluitrecreation.maxgalaxycanada.net/Home.aspx>

## Bronze Level Course Dates:

Bronze Courses (Star, Medallion and Cross) will be offered with each swim session. Consult the lesson maps available for updated course offerings through our online registration portal at <http://cityofigaluitrecreation.maxgalaxycanada.net/Home.aspx>

**Winter Registration begins January 8th, 2019**

**Spring Registration begins March 19th, 2019**

**Summer Registration begins June 11th, 2019**

**Fall Registration begins August 13th, 2019**

## National Lifesaving Award Session Dates:

**January 7th, 2019 - January 18th, 2019**

**Registration opens December 15th, 2018**

**September 9th, 2019 - September 20th, 2019**

**Registration opens August 13th, 2019**



# Swim Camps

Swimmers ages 8-12 are welcome to join us for our awesome full-day camps. This fun camp is a great opportunity for kids to play and learn in a supported environment. Participants must be able to pass the facility swim test in order to participate as some activities take place in the deep end. Games, swimming and lifesaving skills instruction are combined with workshops on self-esteem, healthy living and mindfulness. Contact Guest Services at 975-8544 or by email at [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca) for more information. Registration is available online through our online registration portal at <http://cityofigaluitrecreation.maxgalaxycanada.net/Home.aspx>

## Swim Camp Dates

### Winter Break Swim Camp:

February 18th, 2019 - February 22nd, 2019

**Winter Registration begins January 16th, 2019**

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### Spring Break Swim Camp:

April 8th, 2019 - April 18th, 2019

**Spring Registration begins March 19th, 2019**

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**Summer Swim Camp 1:** July 2nd, 2019 - July 5th, 2019

**Summer Swim Camp 2:** July 8th, 2019 - July 13th, 2019 (No camp on July 9th)

**Summer Swim Camp 3:** August 26th, 2019 - August 30th, 2019

**Summer Registration begins June 11th, 2019**

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# Active Living and Adult Fitness

The Fitness Centre and Fitness Studio are available to guests 14 year of age and older. Enquire at Guest Services for more information about program registration, admission and passholder options.

## Drop-in Classes

The Aquatic Centre is excited to offer high quality, GroupRX group fitness programming. Drop-in fitness classes are included in the price of facility admission. All are welcome to attend our group fitness classes; no previous fitness experience is required. Our instructors provide a variety of modifications to best suit your fitness level and experience. Pre-registration is not required for drop-in classes, but guests require a class pass, which can be obtained starting 30 minutes in advance of the class from Guest Services. Refer to posted schedules for the latest class offerings.

## Group Fitness Class Offerings

**AXIS** AXIS is a 30-minute focus on your foundation - the core. Create stability from the AXIS, the middle of your body, the basis of all movement, then layer on mobility, strength and power. Move like never before, beginning from the core, and reach farther than you thought possible. Equipment needed a mat.

**POWER STEP** POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. Equipment needed bench/step and a mat.

**RIP** RIP is a barbell workout that incorporates functional orthopedic strength training. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere. Equipment needed body bar (light, medium and heavy), dumbbells (one set of lightweight), bench/step and a mat.

**WAR** WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts just like the pros. The only equipment you need is a mat.

**HIIT Circuit** The HIIT Circuit is a high intensity interval training circuit led by our certified personal trainers and group fitness instructors. The circuit is fast-paced, and cardio intensive. Instructors will provide modifications so participants of all fitness levels are able to join. You will be encouraged to push your limits and get a great workout!

**Yoga** The Aquatic Centre is continuing to expand the Yoga offerings on the schedule, with a variety of different styles, we have something for everyone.

# Pre-Registered Programs

Our pre-registered programs are specialized or progressive, and are designed to make you sweat! Register through our online registration portal at <http://cityofiqaluitrecreation.maxgalaxycanada.net/Home.aspx> or contact Guest Services for more information.

## Transformation Challenge Level 1

New to fitness? Been a while since you've dusted off your sneakers? Want to make fitness a regular part of your routine, but you're not quite sure where to start? Then Transformation Challenge Level 1 is the class for you. Join us for this awesome 12 week fitness journey. Participants meet three times for one hour each week, and are progressed through cardio, muscle strength and muscle conditioning exercises. Led by certified personal trainers, and group fitness instructors, you will learn the proper execution of exercises, and be challenged to push yourself while building a community of support and motivation. Not sure the class is right for you? Call our Fitness Coordinator at 975-8529 to learn more, or contact Guest Services at 975-8544 or [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca). Register through our online portal at <http://cityofiqaluitrecreation.maxgalaxycanada.net/Home.aspx>

### **Tuesdays, Thursdays 6:45 - 7:45pm, Saturdays 1:15 - 2:15pm**

Wave 1: January 15th to April 6th *Registration opens now*

Wave 2: April 9th to June 29th *Registration opens March 9th, 2019*

Wave 3: September 17th to December 10th *Registration opens August 17th, 2019*

**Fees: \$360.00 + tax**

## Transformation Challenge Level 2

Are you ready for more? Transformation Challenge Level 2 takes it up a notch. Participants meet three times each week for an hour, and build on the fitness foundation from Transformation Level 1. Led by our certified personal trainers and group fitness instructors, you'll experience more intense workouts, and push yourself even further. Contact Guest Services at 975-8544 or [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca). Register through our online portal at <http://cityofiqaluitrecreation.maxgalaxycanada.net/Home.aspx>

**Note:** Transformation 1 is not a pre-requisite. Please speak to our Fitness Coordinator for more details or to see if this class is right for you. 975-8529.

### **Tuesdays, Thursdays 5:30 - 6:30pm, Saturdays 12:00 - 1:00pm**

Wave 1: January 15th to April 6th *Registration opens December 15th, 2018*

Wave 2: April 9th to June 29th *Registration opens March 9th, 2019*

Wave 3: September 17th to December 10th *Registration opens August 17th, 2019*

**Fees: \$360.00 + tax**



# Personal Training

We are so excited to roll out our Personal Training program! Want to maximize your time in the gym? Want more effective, efficient workouts, but need some guidance to get there? Need that extra one-on-one motivation and accountability? Personal training is for you! Guests will meet with the Fitness Coordinator to complete a fitness assessment, discuss their goals and be matched with a Trainer. Speak to Guest Services at 975-8544 to book an appointment. Individual or small group personal training can be arranged.

## Personal Training Costs

1 Session:	\$50.00
5 Sessions:	\$237.50
10 Sessions:	\$450.00
20 Sessions:	\$850.00

# Small Group Boot Camp

Join us for a personalized fitness experience. With a maximum of 8 participants in each class, this 5 week program has classes twice per week for an hour each. Work with our instructors to set your goals and then watch yourself make them happen. Contact Guest Services at 975-8544 or [aquaticcentre@city.igluitt.nu.ca](mailto:aquaticcentre@city.igluitt.nu.ca). Register through our online portal at <http://cityofigluittrecreation.maxgalaxyCanada.net/Home.aspx>



## Tuesdays and Thursdays 6:45 - 7:45am

Wave 1: January 15th to February 14th *Registration opens now*  
 Wave 2: February 26th to March 28th *Registration opens January 26th, 2019*  
 Wave 3: April 9th to May 9th *Registration opens March 9th, 2019*  
 Wave 4: May 21st to June 20th *Registration opens April 21st, 2019*  
 Wave 5: August 13th to September 12th *Registration opens July 13th, 2019*  
 Wave 6: September 24th to October 24th *Registration opens August 17th, 2019*  
 Wave 7: November 5th to December 5th *Registration opens October 5th, 2019*

**Fees: \$175.00 + tax**

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## Small Group Strength

A 5-week program with classes running twice each week for an hour. With a maximum of 8 participants in each class, you will receive personalized attention from our certified personal trainers. Whether you need an introduction to weight lifting, or you're looking for an opportunity to mix up your strength-training workouts, in the class, this **weight training** intensive program will help you set your goals into action! Contact Guest Services at 975-8544 or [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca). Register through our online portal at <http://cityofigaluitrecreation.maxgalaxycanada.net/Home.aspx>

## Wednesdays and Friday 6:45 - 7:30pm

Wave 1: January 16th to February 16th *Registration open now*  
 Wave 2: February 27th to March 30th *Registration opens January 26th, 2019*  
 Wave 3: April 10th to May 11th *Registration opens March 9th, 2019*  
 Wave 4: May 22nd to June 22nd *Registration opens April 21st, 2019*  
 Wave 5: August 14th to September 14th *Registration opens July 13th, 2019*  
 Wave 6: September 25th to October 26th *Registration opens August 17th, 2019*  
 Wave 7: November 6th to December 7th *Registration opens October 5th, 2019*

**Fees: \$100.00 + tax**

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# Spin

One of our most popular pre-registered classes, Spin is an awesome cardio-intense workout. We offer a variety of spin options in 30 minute, 45 minute and 60 minute sessions. Sessions last four weeks. Bikes are provided, and regular gym shoes can be worn. Never tried Spin before? That's okay! Led by our certified group fitness instructors, Spin is a great way to sneak in some low-impact cardio. Check the current posted schedule for class offerings and fees. Contact Guest Services at 975-8544 or [aquaticcentre@city.igaluit.nu.ca](mailto:aquaticcentre@city.igaluit.nu.ca). Register through our online portal at <http://cityofigaluitrecreation.maxgalaxycanada.net/Home.aspx>

Week of January 13 – February 3  
Week of February 17 – March 10  
Week of March 24 – April 21  
Week of May 5 – May 26

Week of June 2 – June 23  
Week of September 15 – October 1  
Week of October 14 – November 4  
Week of November 18 – December 9

## Fees (for the 4 week session)

30 minutes: \$50.00 + tax  
45 minutes: \$75.00 + tax  
60 minutes: \$100.00 + tax





# Iqaluit Aquatic Centre Fees

## POOL ACCESS

Drop In		Monthly Pass	
Under 2 years	Free	Under 2 years	Free
Child (2 – 12 years)	\$ 4.00	Child (2 – 12 years)	\$ 42.00
Youth (13 – 18 years)	\$ 6.00	Youth (13 – 18 years)	\$ 63.00
Senior (60+)	\$ 6.00	Senior (60+)	\$ 63.00
Adult (19+)	\$ 8.00	Adult (19+)	\$ 84.00
Family (maximum of 5 people)	\$ 16.00	Family (maximum of 5 people)	\$ 168.00

Day Pass		Annual Pass	
Under 2 years	Free	Under 2 years	Free
Child (2 – 12 years)	\$ 7.00	Child (2 – 12 years)	\$ 420.00
Youth (13 – 18 years)	\$ 10.50	Youth (13 – 18 years)	\$ 630.00
Senior (60+)	\$ 10.50	Senior (60+)	\$ 630.00
Adult (19+)	\$ 14.00	Adult (19+)	\$ 840.00
Family (maximum of 5 people)	\$ 28.00	Family (maximum of 5 people)	\$ 1680.00

\*\*Family: Maximum of 5 people (up to 2 adults) residing in same household, with 50% off each additional child

# Iqaluit Aquatic Centre Fees

## FITNESS (with Pool Access)

Drop In		Monthly Pass	
Youth (14 – 18 years)	\$ 9.00	Youth (14 – 18 years)	\$ 78.75
Senior (60+)	\$ 9.00	Senior (60+)	\$ 78.75
Adult (19+)	\$ 12.00	Adult (19+)	\$ 105.00
Family (maximum of 5 people)	\$ 24.00	Family (maximum of 5 people)	\$ 210.00

Day Pass		Annual Pass	
Youth (14 – 18 years)	\$ 13.13	Youth (14 – 18 years)	\$ 787.50
Senior (60+)	\$ 13.13	Senior (60+)	\$ 787.50
Adult (19+)	\$ 17.50	Adult (19+)	\$ 1050.00
Family (maximum of 5 people)	\$ 35.00	Family (maximum of 5 people)	\$ 2100.00

\*\*Family: Maximum of 5 people (up to 2 adults) residing in same household, with 50% off each additional child

# Iqaluit Aquatic Centre Corporate Wellness Program

Annual passes for employees of businesses, government departments, registered not for profit groups.

5 - 9 employees	10% discount
10 - 19 employees	15% discount
20 + employees	20% discount

- Choose from employee pay or employer pay options.
- Select a person from your company to fill out the Aquatic Centre Corporate Wellness Program application [www.city.iqaluit.nu.ca](http://www.city.iqaluit.nu.ca). Or drop by the Guest Services Desk.
- This plan cannot be combined with any other promotion. Fees are applied to an annual pass only; no other monthly or multi-use plans will be considered.



## Recreation Facilities and Amenities

The Department of Recreation has a number of rental spaces for your meeting, birthday party, workshop, or function.

## The Northwestel Multipurpose Room (MPR)

The MPR at the Iqaluit Aquatic Centre boasts direct pool access, can accommodate up to 30 people and has a variety of amenities including: movable tables and chairs for customizable seating, dishwasher, sink, refrigerator, microwave, television and DVD player. For rental information or to book, contact Guest Services at 975-8544 or email [aquaticcentre@city.iqaluit.nu.ca](mailto:aquaticcentre@city.iqaluit.nu.ca)

## Elder's Qammaq

The Elder's Qammaq is the perfect space for smaller meetings, intimate community events & celebrations, training sessions and workshops. This cozy space has full kitchen amenities and features a screen and projector available for use. For rental information or to book, contact 979-5611 or [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca)

## Abe Okpik Hall

Abe Okpik Hall, located in Apex, has a large space that can accommodate up to 100 people, and a full commercial kitchen. It is a great space for birthday parties, weddings & anniversaries, meetings and community events. For rental information or to book, contact 979-5611 or email [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca)

## AWG Arena Complex

The Arctic Winter Games Complex is an awesome space for your sporting or entertainment event. The multi-purpose facility includes an indoor sports field that is available for group rental and use from May to September, and an NHL sized ice surface available from October to April. In addition to the turf and ice, the AWG lobby is available for rent. During the turf season, Bouncers are available during Birthday Party rentals. For more information, contact 979-5611 or [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca)

## Arnaitok Arena (seasonal)

The Arnaiatok Arena is located in the downtown in the Arnaitok Complex. It is a popular facility for hockey, figure skating, broomball and public skate. The Arnaitok Arena ice surface is available from August to April. In 2018, upgrades to the arena including replace the dasher boards was started. For morning information contact [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca)

## Curling Rink (Seasonal)

Iqaluit Recreation operates a seasonal curling rink. While the curling ice is in (October-May) interested parties can rent both the ice and the lobby. This space is great for team building, office parties or fundraising events.

During the summer months (May to September), the building is available for community events, birthday parties, community and private rentals. Some sports equipment may be available for various activities including mini-putt, basketball and ball hockey. For more information on renting the curling rink, contact 979-5611 or email [recreation@city.iqaluit.nu.ca](mailto:recreation@city.iqaluit.nu.ca)

## Canteen Spaces Available

Looking for a great fundraiser for your team or organization? Call us to talk about renting the AWG or Arnaitok Canteen at 979-5611 or email [recreation@city.iqaluit.nu.ca](mailto:recreation@city.iqaluit.nu.ca)

## Equipment Rentals

Did you know that Recreation also rents out equipment? We can supply a stage, tables, chairs, portable washrooms, traffic barricades, and trash cans to help make your next event a hit. Contact us for pricing and more information at 979-5611, or by email at [recreation@city.iqaluit.nu.ca](mailto:recreation@city.iqaluit.nu.ca)



# Arenas and Indoor Sports Field Rates

## Hourly Ice Rental Prices

	Adult	Youth/Under 18
<b>Primetime Hours</b> (Mon-Fri: 6 - 9pm & Sat-Sun: 10 - 9pm)	\$125.00/hr.*	\$70.00/hr.
<b>Discount Rate</b> (all other hours) *plus GST	\$90.00/hr.*	\$54.00/hr.

## Hourly Turf Rental Prices

	Adult (19+)	Youth/Under 18
<b>Primetime Hours</b> (Mon-Fri: 6 - 9pm & Sat-Sun: 10 - 9pm)	\$94.00/hr.*	\$56.40/hr.
<b>Discount Rate</b> (all other hours) *plus GST	\$70.00/hr.*	\$42.00/hr.

## Turf Birthday Rentals

Birthday Party Rental	1 Bouncer Birthday Party Rental	2 Bouncer Birthday Party Rental
Sun 11am - 1:00pm or 1:30pm - 3:30pm	Sun 11am - 1:00pm or 1:30pm - 3:30pm	Sun 11am - 1:00pm or 1:30pm - 3:30pm
\$253.00* (Two hours)	\$350.00* (Two hours)	\$510.00* (Two hours)

\*plus GST

## Drop in Turf/ Skating Fees

Adult	\$6.00
Youth (13-18)	\$4.50
Child (2-12)	\$3.00
Under 2	Free
Family	\$12.00

# Outdoor Spaces

## Apex Trail

Head out on one of the most breathtaking trails around and hike the trail to Apex. With the trailhead starting at the base of the old Cemetery, the first 1/2km is a groomed trail. Sturdy shoes or hiking boots are recommended as there is uneven terrain throughout. To report a problem on the trail, please contact 979-5611 or email [recreation@city.iqaluit.nu.ca](mailto:recreation@city.iqaluit.nu.ca)

## Parks and Playgrounds

The Recreation Department maintains 9 playgrounds across Iqaluit. Playgrounds are unsupervised, and individuals play at their own risk. The City of Iqaluit playgrounds include playgrounds in Apex, Happy Valley, Tundra Valley, Lower Base, Lower Iqaluit, Plateau and the Road to Nowhere. Please help us keep our playgrounds clean by using the garbage cans provided. To report any playground maintenance issues contact the Recreation Department, [recreation@city.iqaluit.nu.ca](mailto:recreation@city.iqaluit.nu.ca) or call 979-5611.



# Youth Programming

## TEENS

### Makkuttukkuvik Youth Centre

The Makkuttukkuvik Youth Centre, located in the AWG Complex offers drop-in programming for teens ages 13 to 18 years old. Youth are welcomed to drop in for pool, table tennis and fooseball, or to participate in one of the many programs. Our awesome staff are dedicated to providing a safe space for Iqaluit youth. We always have lots of activities and special events on the go so drop by during opening hours, or give our Youth Coordinator a call at 979-5620. Want to speak to someone on the floor of the YC? Call us during opening hours directly at 979-5658.

### Youth Centre Regular Hours

Monday- Thursday: 3:00 - 9:00pm

Friday: 3:00pm - 10:00pm

Saturday: 5:00pm - 11:00pm

### Youth Centre Summer Hours (July 8 - August 25th, 2019)

Mondays: 3:00 - 7:00pm

The Makkuttukkuvik Youth Centre will be closed for annual maintenance June 29th to July 7th, 2019.


## Makkuttukkuvik Youth Centre - Special Events

**Teen Valentine's Dance, February 16th, 2019** Hosted at the Youth Centre with a live DJ, canteen and the chance to win some awesome prizes, this is an exciting mid-winter event for teens ages 13 to 18. There is no cost, but advance tickets are required. Tickets will be available starting February 1st from the Youth Centre. Tickets will also be available at the high school for a limited time. Stay tuned to the Recreation Facebook page for more information on tickets.

**Expression through Art - March 16th, 2019** Makkuttukkuvik Youth Centre staff will host an evening of expression through painting for teens ages 13 - 18. All youth are welcome to attend, no matter your artistic skill level, and even if you're not a Youth Centre regular. Come show us your creative side, and leave with an awesome piece of art. All materials and some tasty snacks will be supplied. No registration is required.

**Toonik Tyme Teen Bonfire - April 13th, 2019** Open to youth aged 13-18, the teen bonfire takes place behind the Youth Centre/AWG Arena complex. Supervised by Makkuttukkuvik staff, youth are encouraged to bring sticks so they can get in on the hot dogs and marshmallows (s'mores!) provided. For those who are interested in sharing their talent, we will have guitars and other instruments available - or bring your own!





**Makkuttukkuvik Easter Ham Dinner - April 23rd, 2019** Makkuttukkuvik Staff invite youth ages 13 to 18 to share a meal with them! Enjoy an Easter Ham dinner with all the fixings. Come hungry, leave happy! Want to help us prepare? That's even better. Give us a call at 979-5620, or stop by the Youth Centre during regular drop-in hours to speak to our staff.

**YC Soccer Tournament, May 13th, 2019** Celebrate the return of the turf with us, and join us at our teen soccer tournament. Youth aged 13-18 are invited to participate in a YC staff-led soccer tournament from 5:30-8:30pm. Registration is required, and will start when the YC opens at 3:00pm that day. There is no cost to participate.

**YC Summer Kick-Off Bonfire, June 28th, 2019** Open to youth aged 13-18, the teen bonfire takes place behind the Youth Centre/AWG arena. Supervised by YC staff, youth are encouraged to bring sticks to roast wieners and share their musical talent. A limited amount of guitars and other instruments will be provided.

**Makkuttukkuvik Back-to-School Supply Drive, August 28th - September 7th, 2019** Help make back to school a little easier for those who need assistance. Donations of new or gently used binders, pens, art supplies and loose leaf are greatly appreciated. Donation bins are set up at all City Recreation facilities and will be available during Mass Registration.

**Makkuttukkuvik Skate** returns Fridays (5:30-7:00pm) and Saturdays (9:00 - 11:00pm) when the AWG arena ice reopens. Makkuttukkuvik Skate is free of charge as a part of the Youth Centre's programming offering for teens ages 13-18 years old. Helmets are required when hockey sticks are in use.

**Spook-O-Rama, October 31st, 2019** This year will mark the 30th annual Spook-O-Rama Halloween dance. Very popular with Iqaluit Youth ages 13-18, there are costume prizes, door prizes, a sweet canteen and more! As usual, Spook-o-Rama is held at a super spooky, secret location. Buses are arranged to pick up and drop off youth around the community. Tickets are \$10 each, and will be on sale at the Youth Centre, and the High School in the week leading up the event. Stay tuned to our Recreation Facebook page for more details on ticket sales.

**Christmas Dinner - December 20th, 2019** YC staff will prepare a Christmas dinner of Ham, Turkey, veggies and gravy. The YC will be open from 3-8pm only this evening. Have a dish you want to prepare and share? Let YC staff know and we make sure your dish gets on the menu! Come and celebrate the holidays with us. Open to all youth in Iqaluit 13-18 years old; regular attendance at the Youth Centre is not required.



# Children and Family Programming

**Toonik Tyme Family Sliding Day - April 12th, 2019** This event takes place at the AWG hill behind the AWG arena. Running from 1-4pm, warm drinks and caribou stew will be served out of a canvas tent. Helmets and a limited amount of inner tubes are provided. All are welcome to come join us in spending an afternoon sliding and socializing over warm comfort food in this celebration of spring.

## **Junior Chef Program, September 10th, 2019 - December 4th, 2019**

Introducing our awesome new program for kids 8-12 years old. Running Tuesdays, out of Abe Okpik Hall! Bring your favourite chef's hat! Starting September 10th, this program is offered from 4-6:30pm each week. Led by our phenomenal youth leader team, the program is focused on developing healthy meals and snacks while teaching kids that nutrition can be tasty and fun at the same time. All ingredients and a supper meal are provided. The drop-in fee for this program is \$3. For more information contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.

**Saturday Socials for Kids!** The third Saturday of each month. Starting January 19th, 2019 and running until the end of April. This program is for children aged 6-12, and will be held at the Youth Centre in the AWG Complex from 2-4pm. Activities will include arts and crafts, games, and a light snack. The drop-in fee for this program is \$3. For more information contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.





**Children's Winter Break Camp - February 18 - 22, 2019** This week long day camp for children aged 6-12 will include activities such as swimming, skating, arts and crafts, baking, and games. Camp will be staffed by local students, and lunchtime supervision will be provided. Registration will open January 18th (email) and January 22nd (in-person). For more information, please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.

**Children's Spring Break Camp - April 9 - 18, 2019** This two week long day camp for children aged 6-12 will include activities such as swimming, skating, arts and crafts, baking, and games. Camp will be staffed by local students, and lunchtime supervision will be provided. Registration will open March 12th (email) and March 14th (in-person). For more information, please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.

**Turf Programs (Soccer, Multisport, Dodgeball) May and June, 2019** The Recreation Department offers a number of youth programs on the AWG indoor sports field every spring. The 2019 youth program offerings will include soccer, multisport and dodgeball. Soccer will be offered for ages 4-12, and multisport and dodgeball programs are offered for children ages 6-12. The programs will run one evening a week for a 6 week period. Registration forms will be available starting April 10th online and at Recreation Reception at the AWG. For more information, please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.

**Summer Day Camp - July 2nd - August 23rd, 2019** This eight week summer day camp is for children ages 6-12. Lunch supervision is available. Activities include swimming, turf games, outdoor play, hiking, arts and games, baking and visits from special guests. Registration for camp will be available by email (May 13th) and in person (May 15th). Please contact us at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611 for more information.

## Elder's Opportunities

**Elder's Qammaq Drop-in, Daily - Year Round** Join us weekdays between 12:30 and 4:30pm, for conversation, puzzles, games, Bingo, special guests, country food, and more! Supported by our Elder's Recreation Assistant, elders are encouraged to come and be social and active with us! Daily drop-ins are welcomed. For more information, contact us at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611. The Qammaq is closed on all Statutory Holidays.

**Elders Saturday Socials - Every Second Saturday of the Month** A free drop in program for elders and adults held once a month at the Elder's Qammaq from 2-4pm. Activities will include knitting, sewing, board games and other casual recreational activities. For more information contact us at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.

**Elders Gathering In Igloodik - August 26th-30th, 2019** A multi-day event for local elders to enjoy. A small group of elders will travel to the gathering for a week to enjoy games, feasts, and quality time with other. Transportation and accommodation will be provided, and a staff member will accompany the elders to assist with logistics. Elders interested in attending can contact the Recreation department at [recreation@city.igloodik.nu.ca](mailto:recreation@city.igloodik.nu.ca) or 979-5611 for more information. Please note that spaces are limited and selections will be made by random draw in July.

## Special Community Events and Festivals

**Toonik Tyme, April 11th - 31st, 2019** Don't miss out on this awesome annual festival celebrating the return to spring! The Recreation Department is hosting many events across town for all ages, including mini golf, an elders craft fair, and a sliding party on the AWG hill. The complete Toonik Tyme schedule will be posted in early April. For more information about Toonik Tyme 2019, please contact 123 Go! at [tooniktyme@gmail.com](mailto:tooniktyme@gmail.com)

**Alianait Arts Festival - June 28th - July 1, 2019** The spotlight is on Inuit and other Canadian and International Artists as they come together on the world's circumpolar stage in Iqaluit. World-class musicians join circus acrobats, dancers, storytellers, actors, filmmakers and visual artists in a unique summer festival. Alianait holds additional events throughout the year. Visit [alianait.ca](http://alianait.ca) for more information.

**National Indigenous Peoples Day - June 21st, 2019** To celebrate National Indigenous Peoples Day, we are hosting some fantastic community events. Starting with a free BBQ for everyone in Iqaluit Square there will also be a craft fair at the Elders Qammaq with all kinds of wonderful items handmade by our Elders available for sale. Elders who are not regularly attending drop-in programming at the Qammaq are also welcome to participate in the craft sale. Please contact the Recreation department at [recreation@city.igloodik.nu.ca](mailto:recreation@city.igloodik.nu.ca) or 979-5611 for more information.

**St. Jean Baptiste Day - June 24th, 2019** Free turf time with bouncers, snacks, and children's activities will be offered at the AWG indoor sports field to celebrate St. Jean Baptiste Day. Please contact the Recreation department at [recreation@city.igloodik.nu.ca](mailto:recreation@city.igloodik.nu.ca) or 979-5611 for more information.

**Canada Day Celebrations and Parade - July 1st, 2019** To celebrate another awesome Canada Day. The Recreation Department will host a pancake breakfast and free turf time at the AWG Complex from 9am-11am. Following breakfast, there will be a Canada Day parade which travels from the AWG Complex to Nakasuk School beginning at 12pm. The Civic Ceremony will take place following the parade, under the big top tent



in front of Nakasuk School. A free concert will follow the ceremony. Please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611 for more information.

**Mass Registration - September 7th, 2019 11:00am-1:00pm** Held at the Curling Rink, Mass Registration is an opportunity for community groups, clubs and teams to attract new members and advertise for the coming year. A free event which is open to the public which provides an excellent opportunity to discover exciting ways to get involved in our community! Forms for groups interested in reserving a table will be available in early August. For more information, please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611.

**Volunteer Appreciation Awards - November 20th, 2019** Members of the community are invited to nominate individuals and organizations that have had a positive impact on our community. Award recipients are invited to attend a ceremony to receive their awards and thanks from the community. Please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611 for more information.

**Santa Claus Parade - December 7th, 2019** Santa Claus is coming to town! A fun filled holiday parade starting at Nakasuk School ending at the AWG Complex. Following the parade, hot chocolate will be served and Santa Claus will visit! Parade registrations will be available starting November 8th, 2019. Please contact the Recreation department at [recreation@city.igaluit.nu.ca](mailto:recreation@city.igaluit.nu.ca) or 979-5611 for more information.

**December 20 - January 1: Christmas Games** The annual Christmas Games event is the most-anticipated event of the year, and a great way to spend the Christmas season! A multiday event for the whole family filled with games, music, feasts and fun! There are many great prizes to be won at these family friendly events. More information on scheduling, or how to be involved will be released in early December, by the committee organizing the Games.



# General Recreation Information

## Rental and Program Registration Information

All programs including camps, lessons and classes that require registration must be paid in full prior to the start of the program in order to confirm enrollment. Facility and equipment rentals must be paid in full on date of booking to confirm your rental. Payment may be made for the Iqaluit Aquatic Centre's The Northwestel Multipurpose Room, at the Guest Services Desk on site at the Aquatic Centre. Payment for all other facility or equipment rentals must be made at the Recreation Reception desk, located at the AWG Arena.

## Age Requirements

Age requirements are program specific, and are indicated throughout the guide. Participants must be the minimum age required on the start date of the program.

## Missed Classes

In the event that a participant is unable to attend a class(es), make up classes, refunds or credits will not be offered.

## Non-Sufficient Funds (NSF)

A \$40 fee applies to all NSF payments. Payment for outstanding balances will be accepted by cash, credit or debit card only.

## Adverse Weather Conditions-Closures

The Recreation Department adheres to the City of Iqaluit weather protocols, and reserves the right to cancel programs or close facilities in the event of extreme or adverse weather conditions that may impact the safety of the staff and the public. For information and updates during extreme weather events be sure to follow the Recreation Facebook page for the latest news on closures, or call the Blizzard Information line at 979-5300.

## Support Attendants

The Department of Recreation encourages and welcomes participants with accessibility issues and special needs. Admission fees are waived for support persons/attendants accompanying a person with a disability. For more information about opportunities for inclusion, please contact us at 979-5611 (Recreation Reception) or 975-8544 (Aquatic Centre).

## Photography and Filming

Please note that to ensure the privacy of others, filming or photography is not permitted during registered programs and/or drop-in programming. City Recreation staff may take photos for marketing purposes, and will provide an optional photo release form at the start of the program.





## Use of Electronic Devices not Permitted in Dressing Rooms

To ensure the safety, comfort, and privacy of all patrons using our facilities, the use of electronic devices (e.g. cell phones, cameras, digital music players, portable video game consoles etc) is not permitted in dressing or change rooms.

## Refund Policy

The full refund policy is available online at: <https://www.city.iqaluit.nu.ca/sites/default/files/attachments/recreationdepartmentrefundpolicy2018.pdf>

Should you be required to withdraw from the program for any reason, refunds will be charged a \$25.00 processing fee, as per the Consolidated Fees and Charges By-law # 831.

Refund requests made less than five (5) business days before the start of the program will be penalized 50% of the total class fee in addition to the \$25 refund processing fee.

Refunds will not be provided after the start of a program. A credit may be issued provided a valid medical certificate indicating the registrant is unable to attend the program is produced, for programs longer than one week (5 business days).

Registrant's failure to advance through program/class activities does not warrant a refund.

All refunds/credits are subject to a \$25 processing fee. Exceptions may apply in the event that the City of Iqaluit is responsible for the cancellation.

Refunds take approximately 3-4 weeks for processing. Approved refunds will be issued via cheque and mailed to you.

## Annual Shutdown - Aquatic Centre

Each year, the pool is closed for a 2 week period so that staff may perform annual maintenance and inspections. The fitness centre remains open during this time. The 2019 shutdown is scheduled for July 29th to August 11th inclusive.

## Facility Holiday Hours

The Aquatic Centre observes the following Holiday Hours where indicated in the chart below: Fitness Centre - 12:00-4:00pm, Public Swim 1:00-3:00pm

All other Recreation Facilities include: AWG & Arnaitok Arenas, Curling Rink, Elder's Qammaq, Makkuttukkuvik Youth Centre, Abe Okpiik Hall and Recreation Reception.

Holiday	Date	Facility	Hours
New Year's Day	January 1st	Aquatic Centre All other facilities	Closed Closed
Good Friday	April 19th	Aquatic Centre All other facilities	Holiday Hours Open
Easter Monday	April 22nd	Aquatic Centre All other facilities	Holiday Hours Closed
Canada Day	July 1st	Aquatic Centre All other facilities	Holiday Hours Closed
Nunavut Day	July 9th	Aquatic Centre All other facilities	Holiday Hours Open
Civic Holiday	August 5th	Aquatic Centre All other facilities	Holiday Hours Closed
Labour Day	September 2nd	Aquatic Centre All other facilities	Holiday Hours Closed
Remembrance Day	November 11th	Aquatic Centre All other facilities	Holiday Hours Open
Christmas Eve	December 24th	Aquatic Centre All other facilities	Holiday Hours Closed at Noon
Christmas Day	December 25th	Aquatic Centre All other facilities	Closed Closed
New Year's Eve	December 31st	Aquatic Centre All other facilities	Holiday Hours Closed at Noon



# Community Program Opportunities

Alianait Arts Festival	Nunavut's premier performing arts festival, an annual concert series.	victoria@alianait.ca www.alianait.ca 979-6000
Iqaluit Old Timers Hockey League	Hockey league for ages 35+	Jeff Nadeau: jenadeau14@bell.net
Iqaluit Skating Club	Figure skating club for youth.	iqaluitskatingclubpresident@gmail.com
Iqaluit Recreational Hockey League	Adult hockey league	Marc Rose: marcetiennrose@gmail.com
Broomball Club	Season runs from October to March. Ages 14+. No experience necessary.	Iqaluit.broomball2016@gmail.com Facebook: Iqaluit Broomball
Iqaluit Curling Club	Season runs from October to March. League and competition play are encouraged. No experience necessary. All ages.	president@iqaluitcurling.club
Iqaluit Tundra Tumblers Gymnastics Club	Ages 1+. The gymnastics club offers programs for all ages and abilities. Our goals are to have fun while increasing self-confidence and fitness levels.	iqaluitgymnastics@gmail.com  <a href="https://www.facebook.com/iqaluitgymnastics">https://www.facebook.com/iqaluitgymnastics</a>
Nunavut Speed Skating Association	Ages 4-18 (must be able to skate without assistance). Most equipment provided.	speedskatingnu@gmail.com Facebook: Nunavut Speed Skating Association Website: <a href="http://www.nuspeedskatingassoc.ca">www.nuspeedskatingassoc.ca</a>
Iqaluit Hockey League (Sr. Men's)	Ages 16+. The season runs from October to April.	iqaluihockeyleague@gmail.com
Rotary Club Of Iqaluit	Non-profit humanitarian club dedicated to improving the social and community fabric of Iqaluit. Programs and events include the Fall Fair, an Elder's Dinner, a Toonik Tyme Brunch, bursaries and scholarships for students and Christmas Hampers.	Website: <a href="http://www.iqaluitrotary.ca">www.iqaluitrotary.ca</a>
Royal Purple Of Canada Iqaluit Lodge #353	Club fees: \$80/year Age: 19+. A not for profit charity community service organization.	iqaluitroyalpurple353@hotmail.com
Uquutaq Shelter	Ages: 19+. Times: Winter open nightly 5:00 pm to close 8:30 a.m. Summer open nightly 6:00 pm to close 8:30 am We provide a safe place to sleep for men who are looking for a place to call home.	Phone: 867-979-8836 Clients 867-979-8837 Email: <a href="mailto:operationsdirector@uquutaq.org">operationsdirector@uquutaq.org</a>



Kamatsiaqtut Help Line	Kamatsiaqtut offers a telephone listening/counselling service for Nunavummiut. Trained volunteers are on the line from 7:00 pm - midnight 365 days a year.	979-3333 or 1-800-265-3333.
Embrace Life Council	Nunavut wide suicide prevention activities, resources, training and support. Support communities and groups that encourage initiatives that address the Nunavut Suicide Prevention Strategy Action Plan and deliver training.	867-975-3233 or 1-866-804-2782 Fax: 867-975-3234 Email: <a href="mailto:embraceclife@inuusiq.com">embraceclife@inuusiq.com</a> <a href="http://www.inuusiq.com">www.inuusiq.com</a>
Iqaluit Table Tennis Club	\$5 drop in or \$30 for the season. Held at Inuksuk High School.	Facebook: Iqaluit Table Tennis Club
Jr. Fire Fighter Program	Ages are 14-17. Junior Firefighters are a huge asset to the fire department. We train our juniors to the same standards as our professional firefighters, with the goal of becoming full volunteers at age 18.	Email: <a href="mailto:J.Peters@city.iqaluit.nu.ca">J.Peters@city.iqaluit.nu.ca</a>
Iqaluit Amateur Hockey Association	Youth hockey association	<a href="http://www.iaha.ca">www.iaha.ca</a> , <a href="mailto:info@iaha.ca">info@iaha.ca</a> Facebook: Iqaluit Amateur Hockey Association <a href="https://www.facebook.com/iqaluihockey/">https://www.facebook.com/iqaluihockey/</a>
YWCA Agvik, Nunavut Women Shelter	Qimaavik Transition House: Emergency shelter for Women and children fleeing violence. Sivummut House: Homeless shelter for women and children in Iqaluit.	
Iqaluit Action Lab	The Iqaluit Action Lab is a grassroots non-profit organization that matches citizen groups with opportunities, leverages local strengths, responds to local needs through targeted actions, and is grounded in strong Inuit culture while embracing our diverse cultural communities.	<a href="mailto:iqaluitactionlab@gmail.com">iqaluitactionlab@gmail.com</a> <a href="https://iqaluitactionlab.com">https://iqaluitactionlab.com</a>
Pinnguaq Iqaluit Maker Space	The Pinnguaq Iqaluit Makerspace provides a central hub for creativity, innovation and knowledge-sharing in Nunavut. House 754 in Lower Base.	<a href="https://pinnguaq.com/makerspace/">https://pinnguaq.com/makerspace/</a>
Iqaluit Community Greenhouse Society	Not-for-profit organization established in 2001 by residents who wished to build and operate a community greenhouse. Volunteers welcome!	<a href="mailto:iqaluitgreenhouse@yahoo.ca">iqaluitgreenhouse@yahoo.ca</a> <a href="https://iqaluitgreenhouse.com">https://iqaluitgreenhouse.com</a>

Iqaluit Centennial Library	Loans of books, DVDs and magazines; interlibrary loans within Nunavut and throughout Canada; free community Internet access; programs for kids and adults.	Contact: Dan Galway, Head Librarian Phone: 979-5400 Email: <a href="mailto:Iqaluit@publiclibraries.nu.ca">Iqaluit@publiclibraries.nu.ca</a> Website: <a href="http://www.publiclibraries.nu.ca">www.publiclibraries.nu.ca</a>
Friends of the Iqaluit Centennial Library	Friends volunteers work with library staff to help promote and support library services for Iqaluit residents by; providing community input regarding library services, planning and presenting programs, raising community awareness and fundraising.	<a href="mailto:hoyt.catherine@gmail.com">hoyt.catherine@gmail.com</a>
Iqaluit Community Theatre	A community driven production company. Local volunteers produce a live theatre show to entertain the whole community! Ages 16+	Facebook: Iqaluit Community Theatre <a href="mailto:Iqaluittheatregroup@gmail.com">Iqaluittheatregroup@gmail.com</a>
Iqaluit Peacemakers	Join us for crafts, activities and community service. We integrate the IQ principles into all activities to make good things happen in the community! Ages 7-10.	<a href="mailto:MainGrace@gmail.com">MainGrace@gmail.com</a>
795 Iqaluit Squadron, Royal Canadian Air Cadets	For youth ages 12-18. There is no cost to this program.	<a href="mailto:ltnhclark@hotmail.com">ltnhclark@hotmail.com</a>
Iqaluit Parents & Tots Association	Free drop-in playgroup. We are providing a safe environment for young children (under 5) and a series of activities.	
Angutiit Iqajuqatigiit (Men's Support Group)	Age: Adult. A men's healing group, where there's an opportunity for men to use the group's regular get-togethers to vent out. The aim of the group is to help father figures in the homes of those participating to become healthier mentally, emotionally and spiritually.	Contact: Lucassie Ikkiulak Phone: 975-2630
Association des Francophones du Nunavut	Fee: \$50 membership (annual) The AFN offers various social and cultural activities that are open to everybody. Volunteers are always welcome.	Email: <a href="mailto:information.afn@gmail.com">information.afn@gmail.com</a> Website: <a href="http://www.afnunavut.ca">www.afnunavut.ca</a>
Iqaluit Fire Fighters Association	Age: 18+ and physically fit. Members assist in responding to emergencies, training, community fund raisers and fire prevention awareness campaigns.	Phone: 979-5660 Email: <a href="mailto:info@city.iqaluit.nu.ca">info@city.iqaluit.nu.ca</a> Email: <a href="mailto:N.Johnson@city.iqaluit.nu.ca">N.Johnson@city.iqaluit.nu.ca</a>
Habitat For Humanity Iqaluit	Sponsorships and donations welcome Age: 18+. Engage and organize volunteers, sponsors and partners to build homes, providing an affordable home ownership option for eligible families.	Email: <a href="mailto:admin@habitatiquait.ca">admin@habitatiquait.ca</a>

Iqaluit Music Society	Ages: 6+. Supporting and promoting music education in Iqaluit!	Darlene Nuqingaq, 975-2623 Email: dnuqingaq@hotmail.com
B.P.O Elks Lodge #570	The main charitable focus is to raise funds in aid of the national children's fund and the hearing impaired. Members meet once a month at the Elks Lodge.	Contact: Eric Rochon 979-5791
Royal Canadian Legion Branch 4	An association for those who are serving or have served in Her Majesty's armed forces or any auxiliary force, and their descendants. Age 19+	Contact: 979-6215 Email: legion@northwestel.net
Niqinik Nuatsivik Nunavut Food Bank	In operation since 2001. Contact for information on how to donate, volunteer or access service.	Email: nunavutfoodbank@gmail.com Building 655
Nunatta Sunakkutaangit Museum Society	A non-profit organization for the purpose of collecting, exhibiting, and preserving items and information which represent the natural and cultural history of the community of Iqaluit, Apex, and the Baffin Region. Volunteer opportunities are available.	Museum, Building 212 gyu@nsmuseum.ca 979-5537
Nunavummi Disabilities Makinnasuaqtiit Society	Support and connections for all ages.	Phone: 979-2228 Email: connect@nuability.ca
Qayuqtuvik Food Centre	We provide one free meal daily (lunch on weekdays, dinner on weekends). We provide cooking classes, and host events such as film and speaker nights.	Fee: free Email: qayuqtuvik@gmail.com
Piviniit Society	Non-profit Nunavut registered society. We run the Piviniit Thrift store.	867-979-2120 Facebook: Piviniit Thrift Store Building 655
123Go!	Iqaluit based non-profit that believes in traditional Inuit values and instilling these in future generations through language, games and community service.	tooniktyme@gmail.com

