



# Clarington SPORTS HALL OF FAME!

**Congratulations to the 2010 Inductees  
into the**

**Clarington Sports Hall of Fame!**

Joanna Braun - Athlete

John James - Builder

Michael Patrick - Athlete

Dave Wright - Builder

St. Marys Cement Redmen Hockey Team 1967/68



The ninth annual Clarington Sports Hall of Fame will be Saturday, October 22nd. Mark your calendar now and plan on joining us for an evening of fun and celebration as we honour the 2011 Inductees!

Tickets will be available **September 12th**.

For more information please call 905-623-5728.



## *“Eat Smart”* in the Clarington Facilities

The Garnet B. Rickard Recreation Complex is one of the first in Durham Region to be awarded and recognized in the “Eat Smart Recreation Program”. This is a new program launched by Durham Region Health Department in 2010. Criteria to achieve this award require specific ingredient standards and guidelines for Nutritional Choices within Canada’s Food Guide, an excellent Safe Food Handling Practices track record and comply with the Smoke Free Ontario Act.



We are pleased to do our part to contribute to the goals of the “Eat Smart Recreation Program” in our community to reduce chronic diseases and foodborne illness in Ontario.

**The next time you snack at the arenas choose from our “Healthier Choices in Arena Menu”.**



# LOOKING FOR A PART-TIME JOB?



Join our Staff Team for...  
• great experiences  
• special memories  
• personal achievement and satisfaction

## General Staff Requirements

- ✓ minimum age for employment is 16 years (please see specific requirements for variances)
- ✓ applicants must be mature, responsible, enthusiastic and have an interest in working with a variety of people
- ✓ all staff must submit a criminal information/vulnerable sector check

### Recreation Programs

- ✓ all staff must have a current Standard First Aid Certificate and CPR 'C' certificate
- ✓ High Five Principles of Healthy Child Development Certificate (for children's programs only) see page 23 for info.

### Fitness

- ✓ all staff must have current qualifications for positions being applied for (Certified Fitness Consultant, Personal Training Certification, Standard First Aid, CPR 'A', Fitness Instructor Certification)

### Aquatics

- ✓ all staff must have current qualifications (qualifications vary based on position)

### Concession/Facility Maintenance

- ✓ minimum age for employment is 15 years

### General Information

Standard First Aid and CPR course information, St. John Ambulance, 905-434-7800; Red Cross, 905-723-2933. Aquatic Leadership Courses, see page 36.

Criminal information/vulnerable sector check (takes up to 8 weeks) can be obtained from the Durham Regional Police.

### How To Apply

Applications available at the Municipal Administrative Office or online at [www.clarington.net](http://www.clarington.net). Complete application and return it to: Municipality of Clarington, 40 Temperance Street, Bowmanville, ON L1C 3A6  
Fax: 905-623-0608 or email: [corporateservices@clarington.net](mailto:corporateservices@clarington.net)

## Sport & Leisure Fair

Thursday, September 22

6:00 - 9:00 PM

Family Skate

6:00 - 7:00 PM

Garnet B. Rickard  
Recreation Complex

Do you want to become more active, learn new skills meet new friends?

Clarington has a wealth of sport and leisure opportunities available to you and your family!

Come out, enjoy a FREE FAMILY SKATE AND SOME PIZZA courtesy of Boston Pizza and browse the displays of community organizations offering everything from volleyball, figure skating and synchronized swimming to painting, music and baton!

Are you looking to get more involved in the community and help others?

Talk to representatives of our many Service Clubs!

The Sport and Leisure Fair will be your opportunity to see what Clarington has to offer for you and your family!

If you would like your organization to be part of this exciting event please call 905-623-5728 or email [scrosby@clarington.net](mailto:scrosby@clarington.net). Display space is available to Clarington Community Groups and Service Clubs on a first call basis. Come on out and promote your programs and services or set up your registration on site!

All you have to do is call!



Here to make  
you happy.™



The Courtice Kids Multisport Series Committee is proud to announce the **5TH ANNUAL COURTICE KIDS OF STEEL TRIATHLON**, to be hosted at the Courtice Community Complex on **Sunday, August 21st!**

This exciting event is open for youth 3 -19 years of age and includes a team division for ages 6-19. Teams must have 6 members of any age and sex and all members must complete the entire triathlon.

This is a great cross training opportunity for your sports team, club, family or friends to challenge other teams and sports to prove who is the fittest!

This is the only multisport event of its kind in all of Durham Region. Registration will be limited to 225 participants (teams included), so register early!! Registration filled 2 weeks before cut off date last year (2010.)

The Courtice Kids of Steel Triathlon is sanctioned by the Ontario Association of Triathletes (OAT).

Interested in volunteering on race day? **Volunteers are always welcome!**

For further information and highlights of last year's event, check out the website [www.courticetriathlon.ca](http://www.courticetriathlon.ca) or call Derrick MacKay at 905-434-8004.



## CLARINGTON IS A TRUE SPORT COMMUNITY!



True Sport is a national movement of communities and groups across Canada working to ensure a positive, meaningful and enriching experience for all who participate in sport. The True Sport Movement is based on the belief that good sport can help build lasting strengths in individuals, as well as healthy vibrant communities and a more socially connected Canada.

True Sport is founded on four core values: **fairness, excellence, inclusion and fun**. It is a movement powered by people like you ... athletes, coaches, officials, organizers, parents, teachers and community leaders.

People who know that sport can transform lives and communities.

### True Sport Community Reflection



**Go for It**

**Digging deep, giving your best effort, realizing full potential, never quitting, rising to the challenge**

**Play Fair**

**Playing honestly, honouring the rules and spirit of the game**

**Respect Others**

**Respecting ALL involved, acting with integrity, winning with dignity and losing with grace**

**Keep it Fun**

**Having a good time, keeping a positive attitude, working to ensure this view is shared amongst all involved**

**Stay Healthy**

**Respecting your body, avoiding unsafe activities, maintaining a healthy and balanced lifestyle**

**Give Back**

**Meaningfully contributing to your community, showing thanks, helping out**



Good sport can make a great difference when it is values-based and principles driven. Think of a person, organization, team, league, group, school, facility, business, or event in your community that you believe exemplifies one or more of the True Sport Principles. The Council of the Municipality of Clarington has declared Clarington to be a True Sport Community and has endorsed the True Sport Principles for Communities!

At the heart of True Sport is a simple idea: **good sport can make a great difference** – a great difference in the lives of those who participate in it, and a great difference in the communities that support it.

**What difference will you make?**

For more information please visit [www.truesport.ca](http://www.truesport.ca)





# JUNE 2011

## RECREATION & PARKS MONTH



**1-30 - Race Across Canada!** Track your physical activity for the month of June for a chance to draw for a new bike! Tracking sheets are available at all recreation facilities. Participants may enter more than one tracking sheet! Cost: FREE! See page 11 for details.

**1 - Ontario Early Years Shake, Rattle & Roll** every Wednesday until June 15. At the Newcastle Public Library, 1:30 - 2:30 PM (For a complete list of Ontario Early Years Programs, including their Outreach Locations Calendar, call 905 697-3171 x 302)

**1 - Ontario Early Years Play to Learn** every Wednesday until June 22. At Hampton Public School, 9 AM - 12 PM

**1 - Ontario Early Years Play to Learn** every Wednesday until June 29. At Waverly Public School, 8:30 - 11:30 AM

**1 - Smile Theatre - 'Joyful Noise'** at the Clarington Beech Centre. 1:30 PM, Cost: \$5.00. Call COAA 905-697-2856 for details.

**2 - Ontario Early Years Play to Learn** every Thursday until June 23. At Holy Family Catholic School (Bowmanville), 9:30 - 11:30 AM

**2 - Ontario Early Years Indoor Playground** every Thursday until June 9. At the Newcastle & District Recreation Complex, 9:30 AM - 12 PM

**3 - Free Fitness Fridays** at the Courtice Community Complex every Friday in June!

**3 - Ontario Early Years Shake, Rattle & Roll Infants** every Friday until June 24. At the Bowmanville Library, 1 - 2 PM

**3 - Ontario Early Years Shake, Rattle & Roll Toddlers** every Friday until June 24. At the Bowmanville Library, 10:30 - 11:30 AM

**3 - Ontario Early Years Play to Learn** every Friday until June 24. At Hampton Public School, 9 AM - 12 PM

**4-5 - The Art of Country Living Family Adventure Tour in Clarington!** A two day event showcasing Clarington Tourism locations and events. 10 AM - 5 PM, Cost: FREE! [www.claringtontourism.net](http://www.claringtontourism.net)

**4 - 30+ Dance in Tyrone** at Tyrone Community Centre for singles and couples. Price includes late night snack. 8 PM - 1 AM, Cost: \$8.00. [www.tyroneontario.com](http://www.tyroneontario.com)

**5 - Clarington Farmers' Market** at the Newcastle Arena every Sunday from June to Thanksgiving. 10 AM - 2 PM. [www.newcastle.on.ca](http://www.newcastle.on.ca)

**7 - Ontario Early Years Indoor Playground** at the Newcastle & District Recreation Complex, 9:30 AM - 12 PM

**7 - Taoist Tai Chi Program** every Tuesday in June at the Rickard Recreation Complex, 9:30 - 11:30 AM & 7 - 9 PM

**7 - Toonie Tuesday!** Drop-in to Fitness at the Courtice Community Complex, Squash (Clarington Fitness Centre) or Aerobics (Courtice Community Complex/Newcastle & District Recreation Complex) for a toonie every Tuesday! Call 905-404-1525 for details.

**9 - Concerts in the Park** at Rotary Park in Bowmanville every Thursday at 7 PM. Refreshments will be served. Rain or shine; bring your own lawnchair. This week's band: 'The Don MacArthur Band'

**10-12 - Bowmanville Rockin' Rotary Ribfest** at the Rickard Recreation Complex! [www.bowmanvilleribfest.com](http://www.bowmanvilleribfest.com)

**11 - Courtice Kids of Steel Triathlon Information Day** at the Courtice Community Complex, 10 AM - 2 PM. See page 8

**11 - Doors Open Clarington!** 10 AM - 4 PM. [www.doorsopenclarington.wordpress.com](http://www.doorsopenclarington.wordpress.com)

**11 - Summer Aquatic Registration** begins at 12:01 AM

**15-19 - Dad works out** at the Courtice Community Complex and enters to win a \$50 gift card!

**15 - Clarington Fiddle Club** at the Newcastle Town Hall. 6 PM, Cost: \$3.00

**16 - Yoga in Rotary Park (Bowmanville)** Please bring a towel or blanket. 1:30 - 2:30 PM, Cost: FREE! See page 11 for details.

**16 - Concerts in the Park** at Rotary Park in Bowmanville. This week's band: 'Whitby Brass Band'

**17 - Pre-Teen Dance** at the Courtice Community Complex (Grades 5 - 8), 7 - 9 PM

**17 - Social Dance with the Clarington Beech Nuts** at the Beech Centre, 1 - 4 PM. COAA Members: \$3.50 / Non Members: \$4.60. Call COAA 905-697-2856

**19 - Father's Day!** Dad swims for FREE at the Courtice Community Complex, the Clarington Fitness Centre and the Newcastle & District Recreation Complex all day!

**20 - Get into the swim of things at the Clarington Public Library!** Registration begins at all locations for this summer's TD Reading Club - called Splash! All aquatic explorers can attend one hour drop-in programs every week at all branches of the Clarington Public Library; every child who registers will receive a Splash Adventure Kit. [www.clarington-library.on.ca](http://www.clarington-library.on.ca)

**23 - Colouring Contest entries due!**

**23 - Concerts in the Park** at Rotary Park in Bowmanville. This week's band: 'Rainstone'

**23 - Orono Horticultural Society - 90 Years and Still Blooming!** Flower Show/Wedding Floral Designs Orono United Church 7:00 PM

**25 - Orono Outdoor Pool Open! On reduced schedule until June 30.**

**25 - Squash Clinic!** Learn to play squash! Pre registration required at the Clarington Fitness Centre. 1 - 4 PM, Cost: FREE! See page 11 for details.

**25 - Lions Club of Bowmanville 16th Annual 'Rubber Duck Derby.'** Duck races are 3:00 PM & 3:45 PM at the Bowmanville Creek. Tickets are \$5/each. 1st Prize - \$3,000, 2nd Prize - \$1,500, 3rd Prize - \$500! For more information contact Lion Linda Duffie at 905-623-8780.

**26 - Thai Yoga Massage** at the Courtice Community Complex. 1 - 3 PM, Cost: FREE! See page 11 for details.

**29 - Orono Celebrates Canada** Library Lawn, Orono 5:30 PM. BBQ, Music by Hard Tymes and Games

**30 - Concerts in the Park** - Rotary Park, Bowmanville This week's band: 'Little Peter and the Elegants'

FOR A FULL LISTING OF EVENTS PLEASE VISIT: [www.clarington.net](http://www.clarington.net)



# Clarington

COLOUR AND ENTER

## JUNIE THE JUNE BUG

FOR SOME FABULOUS  
FAMILY PRIZES!



Live it   
everyday!

June is Recreation and Parks Month

Winners will be randomly drawn from all entries received. Winners will be contacted by phone. Deadline date for contest entries is **Thursday, June 23 at 6:00 PM.**

Drop your entry off to any Clarington Recreation Facility.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



Age: (please check one)

- 5 & under
- 6 - 8 years
- 9 - 11 years

# RECREATION & PARKS MONTH

## ACTIVITIES



EVENT	DESCRIPTION	DATE	TIME	BARCODE/FEE
<b>Race Across Canada</b>	Each participant will track their physical activity for the month of June for a chance to draw for a new bike! Tracking sheets available at all recreation facilities. Participants may enter more than one tracking sheet!	June 1 - 30	All Month!	#107027 FREE
<b>Big Bike For Heart &amp; Stoke</b> (from Kelsey's Bowmanville)	Ride on a bicycle built for 30!!! A fun 2 km route! Raise money for a great cause! Each rider should raise or donate \$50 so start early!	Monday June 13	1:00 PM	#107026 FREE Fundraising & pre-registration required
<b>Squash Clinic</b> 	Come out for squash - a fun afternoon! Learn how to hit the ball (forehand, backhand), learn to serve, and basic rules and scoring. Participants must supply raquet and wear non-marking indoor shoes. Eye protection is required for youth under 17 and strongly recommended for all others.	Saturday June 25	1 - 4:00 PM	#107029 FREE Pre-registration required Clarington Fitness Centre
<b>Thai Yoga Massage</b> 	An ancient healing art that is said to date back to the time of the Buddha. Thai massage can feel like a nurturing, effortless yoga practice in which your partner moves your body in and out of postures, enticing your muscles into gentle stretches and your mind into deep relaxation.	Sunday June 26	1 - 3:00 PM	#107028 FREE for everyone. Please register in pairs. Courtice Community Complex
<b>Yoga in Rotary Park</b> Bowmanville	Participate in a yoga class in the park. See class description on page 15. Please bring blanket or towel.	Thursday June 16	1:30 - 2:30	#107030 FREE for everyone!

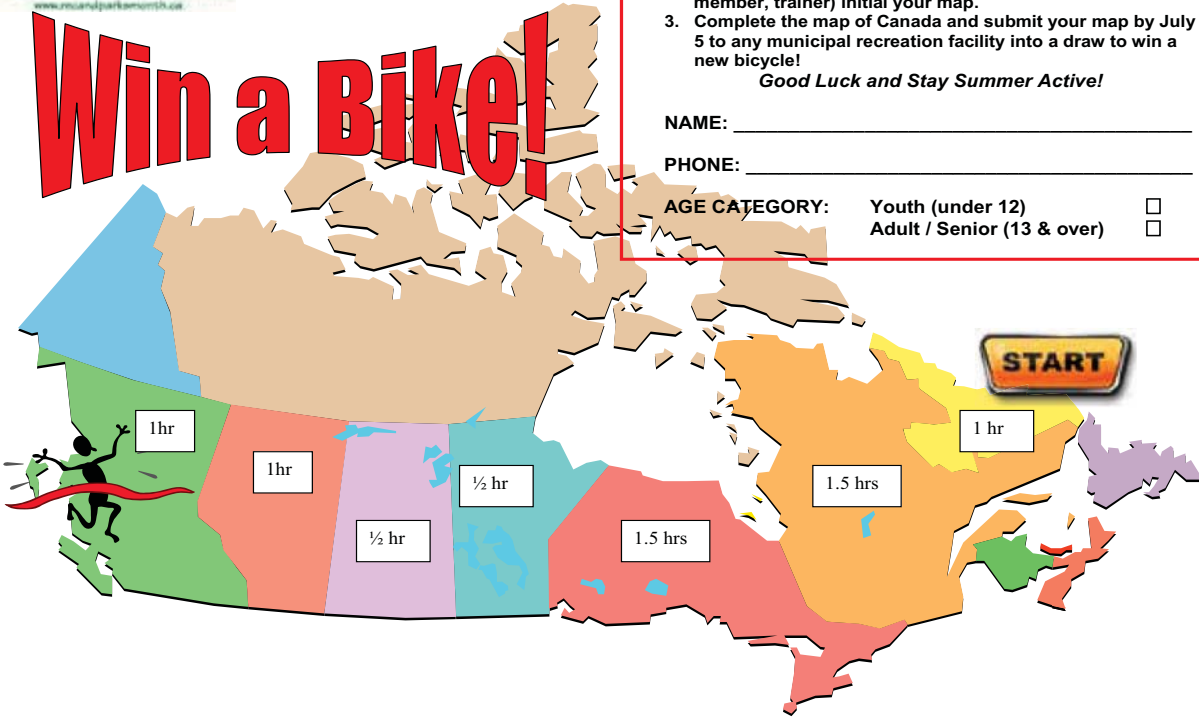


**Select Activities that** you enjoy, find satisfying and give you a feeling of accomplishment. Success leads to increased motivation to be physically active.



# Clarington

# Win a Bike!



**Instructions:**

1. Complete the allotted number of physical activity minutes to race your way through each province! Start in Newfoundland and race to the finish in British Columbia!
2. Throughout the month of June, record your physical activity minutes and have a witness (friend, coach, family member, trainer) initial your map.
3. Complete the map of Canada and submit your map by July 5 to any municipal recreation facility into a draw to win a new bicycle!

*Good Luck and Stay Summer Active!*

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

AGE CATEGORY: Youth (under 12)   
 Adult / Senior (13 & over)

# Courtice Fitness Training Facility

2950 Courtice Road North, Courtice 905-404-1525

Fitness Co-ordinator: Erica Mittag - [emittag@clarington.net](mailto:emittag@clarington.net)

## Membership Benefits

Join the Courtice Fitness Facility as a Full Fitness Member\* and enjoy these privileges:

- Access to Group Fitness Classes (schedule listed on page 15)
- Friendly professional staff
- Membership Incentives
- Squash at Clarington Fitness Centre
- Monthly payment option
- Membership Freeze option
- Youth Programs
- Swimming at the Courtice Community Complex, Clarington Fitness Centre and Newcastle & District Recreation Complex (during designated recreational swim times).
- Lockers available to rent - contents & locks on day use lockers removed daily

HOURS OF OPERATION Courtice Community Complex - Fitness Centre	
SUNDAY	8:00 AM - 9:00 PM
MONDAY	6:00 AM - 10:00 PM
TUESDAY	6:00 AM - 10:00 PM
WEDNESDAY	6:00 AM - 10:00 PM
THURSDAY	6:00 AM - 10:00 PM
FRIDAY	6:00 AM - 10:00 PM
SATURDAY	8:00 AM - 9:00 PM
<b>NOTE:</b> The Whirlpool & Sauna close 15 minutes before the facility (Monday - Sunday).	

*Come in Today for your FREE tour!*

## Full Fitness Memberships \*Non-residents are subject to a 10% surcharge on all memberships.

**PLUS TAXES WHERE APPLICABLE**

Rates effective to August 31, 2011

### COURTICE FITNESS FACILITY - membership fees

Adult (18 - 64 yrs)	Post-Secondary Student (ID required)	Youth/Seniors (15 - 17 yrs, ID required and 65 yrs +)	Group Membership (minimum 10 employees/ group members)
Annual \$451.49	4 month \$167.92	Annual \$334.90	Annual \$339.62
1 month \$80.19		1 month \$70.75	
3 months \$171.30		3 months \$149.06	
Family (additional) \$339.62		Family (additional) \$221.70	

As low as

**\$25.26\***

Per Month

\*Based on Youth/Senior Annual Membership

Family Additional rate is applied as follows: when a person in your household purchases an Annual Membership, each additional membership for anyone who resides at the same address will be charged the discounted rate. This only applies to an annual term.

## PAY AS YOU GO

*Courtice Community Complex - Fitness Facility - Day Pass*

Fitness Facility Visit - \$8.57	Adult \$4.52	Youth/Senior
10 Ticket Pass - \$71.70	Adult \$35.85	Youth/Senior

*Courtice Community Complex & Newcastle & District Recreation Complex - Aerobics*

Non-Member Aerobic Drop In \$6.19	Adult \$3.10	Youth/Senior
10 Ticket Pass - \$49.06	Adult \$24.53	Youth/Senior

### NEWCASTLE GROUP FITNESS - membership fees

As low as

**\$11.05\***

Per Month

\*Based on Youth/Senior Annual Membership



#### Aerobics Only

Adult (18 - 64 yrs)	Youth/Seniors (15 - 17 yrs, ID required and 65 yrs +)
Annual \$265.20	Annual \$132.60
3 months \$122.40	3 months \$66.30

**PLEASE NOTE:** Applicable taxes are NOT included in above prices. All Memberships are non-transferable and non-refundable. GIFT CERTIFICATES are non-refundable. A pre-authorized payment (P.A.P.) plan is available on all Annual Memberships.



## MEMBER REFERRAL PROGRAM!

### 3 Easy Steps

1. Refer the Courtice Fitness Facility to your friends/family members.
2. Fill out your referral card (available at Courtice Fitness Facility NOW!)
3. Pick your prize!