



UNIVERSITY
OF MANITOBA

UNIVERSITY OF MANITOBA
BISON

Children's Programs

Fall/Winter
2011/12



HockeyCamps

Pre-Season Hockey Skills (Ages 8-11)

(code 11111)

To get ready for the upcoming hockey season, this camp focuses on skating and individual skills using the NEW power chute. Instructors keep participants moving through challenging drills with many opportunities to participate in game-like situations. Goalies will receive individualized attention on preparing for the season (3 goalies spots per session-please indicate on application if goalie).

Hockey Shots Camp (Ages 8-13)

(code 11112)

Athletes get instruction in wrist shots, backhands, snap shots and an introduction to slap shots. Time will also be spent on creating offensive opportunities, rushing the net and deking. Fifteen minutes of each ice time will be spent on skating drills to improve conditioning.

Goalie Camp (Ages 8-13)

(code 11113)

This camp features specialized goaltending instruction by Bison Hockey Team goaltenders, alumni and staff. Great instruction to participant ratio allows for enhanced skill development and execution of all goaltending styles. Participants also learn how to mentally prepare for competitive situations.

Checking Camps (Ages 10-13)

(code 11114)

A real must for those hockey players with minimal experience with body contact. This camp focuses on the introduction and development of different checking skills such as stick checking, angling and body checking. Drills keep athletes moving through both offensive and defensive game-like situations.

Powerskating for Hockey Players (Ages 10-13)

(code 11110)

Designed for hockey players, drills and lessons will focus on technique refinement, increasing power & speed, and building cardio endurance for the upcoming season. Full equipment is required.



Learn to Skate- Parent and Tot (Ages 3-8)

(code 11115 & 11119)

This program is ideal for those beginner skaters. Lessons will focus on the fundamentals of skating (forward skating, stopping, starting, turning) combining movement oriented activities and games to encourage fun through learning. The parent/adult accompanying the child should be a confident skater. Proper ice skating helmets are required. Full face masks are recommended.

Learn to Skate- Beginner/Intermediate(Ages 5-8)

(code 11116, 11118, 11120 & 11122)

With instruction provided by U of M Bison athletes & Mini-U staff, this program is ideal for those beginner hockey players, ringette players and recreational skaters. Lessons will focus on the fundamentals of skating (forward skating, stopping, starting, turning) combining movement oriented activities and games to encourage fun through learning. Children must be able to move around independently on the ice without assistance. Proper ice skating helmets are required. Full face masks are recommended.

Learn to Skate- Intermediate/Advanced (Ages 7-9)

(code 11117 & 11121)

Please see above for full class description.



Register online at www.miniu.ca
Questions? Phone 474-6100

LOCATION: Max Bell Centre

| Code | Day | Date | Time | # of Classes | Price |
|-------|-----------|-------------------------------|-------------|--------------|-------|
| 11110 | Mon | Sept19-Oct24 | 6:30-7:15pm | 5 | \$60 |
| 11111 | Tues-Fri | Sept 6-9 | 6:30-7:15pm | 4 | \$70 |
| 11112 | Sat & Sun | Sept 10 & 11 | 9-10:15am | 2 | \$40 |
| 11113 | Sat & Sun | Sept 10 & 11 | 9-10:15 am | 2 | \$40 |
| 11114 | Sat & Sun | Sept 17 & 18 | 9-10:15am | 2 | \$40 |
| 11115 | Wed | Sept 21-Nov23 | 7-7:45pm | 10 | \$80 |
| 11116 | Wed | Sept21-Nov23 | 7-7:45pm | 10 | \$100 |
| 11117 | Wed | Sept21-Nov23 | 7:45-8:30pm | 10 | \$100 |
| 11118 | Wed | Sept21-Nov23 | 7:45-8:30pm | 10 | \$100 |
| 11119 | Wed | Jan11-Mar21 No class Feb22 | 7-7:45pm | 10 | \$80 |
| 11120 | Wed | Jan11-Mar21 No class Feb22 | 7-7:45pm | 10 | \$100 |
| 11121 | Wed | Jan11-Mar21 No class Feb22 | 7:45-8:30pm | 10 | \$100 |
| 11122 | Wed | Jan11-Mar21 No class Feb22 | 7-7:45pm | 10 | \$100 |

Sports Programs

Super Soccer Skills (Ages 4-6) (code 11269 & 11370)

Come and learn to play like a pro. You will learn about the fundamentals of soccer and participate in organized games. Soccer development is the goal of this 10 week program where you will learn how to dribble, pass and shoot to score, all while learning the rules of the game.

Racquetballers 1 (Ages 7-10)

Racquetballers 1 (Ages 7-10) (code 11369 & 11372)

This program is offered in cooperation with Racquetball Manitoba. Qualified instructors will cover the basic grip, stroke, court positioning and rules. Time will also be spent preparing for tournament play. Price includes \$10 Racquetball Manitoba Membership.

Racquetballers 2 (Ages 11-15) (code 11368 & 11372)

Please see above for program description.

Rock Climbing- Intro (Ages 7-9) (code 11271 & 11373)

This course is designed to give children the chance to experience climbing for the first time. They will learn the basic requirements for climbing such as safety, communication and technique. The majority of the time will be spent allowing children to get more comfortable with the wall.

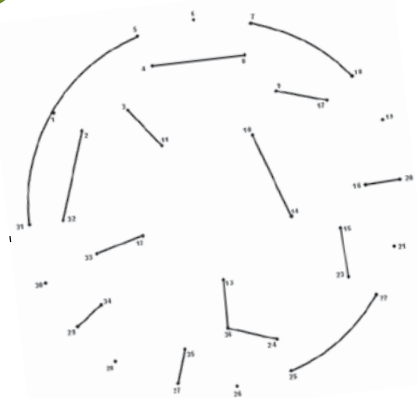
Rock Climbing- Fundamentals/Skills Advancement (Ages 10-15) (code 11272 & 11374)

Children will learn about the fundamentals of wall climbing such as safety, rope work, communication skills and belaying. Come out and have fun learning as certified instructors teach you to climb to new heights.

Junior Bison Track and Field (Ages 8-12) (code 11135)

Step into the blocks and sprint to register for Junior Bison Track & Field. Athletes will learn new skills such as running, jumping and throwing in an active and games oriented environment. A mock track and field meet will be held at the end of the 10 weeks for children to put their skills to the test. Bison Track & Field athletes will lead the way during the program, designed to develop skills and explore the events of Track & Field.

Dot-to-dot



LOCATION: Frank Kennedy Centre

| Code | Day | Date | Time | # of Classes | Price |
|-------|-----|------------------------------|------------|--------------|-------|
| 11269 | Sat | Sept24-Dec3 | 10-10:50am | 10 | \$119 |
| 11370 | Sat | Jan7-Mar17 | 10-10:50am | 10 | \$119 |
| 11369 | Wed | Sept21-Nov23 | 6-7pm | 10 | \$65 |
| 11372 | Wed | Jan11-Mar21 | 6-7pm | 10 | \$65 |
| 11368 | Wed | Sept 21-Nov23 | 7-8pm | 10 | \$65 |
| 11372 | Wed | Jan11-Mar21 | 7-8pm | 10 | \$65 |
| 11271 | Wed | Sept21-Nov23 | 6-7pm | 10 | \$157 |
| 11373 | Wed | Jan11-Mar21 | 6-7pm | 10 | \$157 |
| 11272 | Sat | Sept24-Dec3 | 9:30-11am | 10 | \$210 |
| 11374 | Sat | Jan7-Mar17 | 7-7:45pm | 10 | \$100 |
| 11135 | Mon | Jan9-Mar19 No class Feb20 | 6:45-8pm | 10 | \$100 |



Register online at www.miniu.ca
 Questions? Phone 474-6100



Martial Arts

Tots Tae Kwon Do (Ages 5-6) (code 11131 & 11134)

Students learn the basic movements and techniques of taekwondo, in a fun and safe environment. The nature of the class introduces young children to structured activity and helps them develop their listening skills, as well as respectful behaviour. This is a fun introduction to the martial arts, and to working and cooperating in a larger group setting.

Tae Kwon Do- Children's (Ages 7-15) (code 11130 & 11133)

This progressive martial arts program introduces students to an effective form of self defense as well as a dynamic sport. Students develop confidence in their abilities through challenging drills and techniques, all the while improving their fitness. While we focus a great deal on the physical, we always return to the 5 Tae kwon do tenets of: courtesy, integrity, perseverance, indomitable spirit, and self-control.

Equipment: Students are expected to purchase their own Tae Kwon Do uniform after two or three lessons. Instructors will inform students of size; cost is about \$65. A mouth guard and sport cup are mandatory.

Returning students will be asked to purchase additional protective sparring gear.

Note: Belt levels will be determined at the discretion of the Instructor based on age, experience, strength, size and maturity.

Tae Kwon Do- Junior & Adult (Ages 15 & Up)

(code 11129 & 11132)

This progressive and contemporary martial arts program focuses on the practical. We work the many ranges of defense from kicking, hand strikes, trapping and grappling. Physical conditioning and technique development help students to increase their self-confidence as well as their fitness levels.

Equipment: Students are expected to purchase their own Tae Kwon Do uniform after two or three lessons. Instructors will inform students of size; cost is about \$65. A mouthguard and sport cup are mandatory.

Returning students will be informed as to what additional safety equipment they should purchase.

Note: Belt levels will be determined at the discretion of the Instructor based on age, experience, strength, size and maturity.

Tots Karate (Ages 4-6) (code 11126 & 11128)

The philosophy of the Karate program entails respect for each participant, as well as others, while the training emphasizes proper manners, respectable behaviour and physical fitness. In cooperation with the Bushido-Kai School of martial Arts, the program offers Karate instruction (including the fundamentals of kicking, striking, blocking and self-defense movements to develop fitness and self-discipline) throughout the fall and winter.

Course price includes a \$25 Karate Manitoba annual membership fee to be paid once in fall. New participants in the winter session will be required to pay the membership fee at that time.

Karate (Ages 7-16) (code 11125 & 11127)

Traditional Shito Ryu Karate-Do is the classical art of weaponless self-defense; it literally translates as "The method of the empty hands". Traditional Karate-Do uses mental focus and discipline to develop physical skills such as speed, strength, and ability. Some of the many benefits of Karate include an increase in your level of fitness, stress reduction, increased self confidence and self defense skills. This program is instructed by Shihan Angelo Mendoza, 5th Dan, from Bushido-Kai Canada.

Course price includes a \$25 Karate Manitoba annual membership fee to be paid once in fall. New participants in the winter session will be required to pay the membership fee at that time.

Judo (Ages 10-16) (code 11123)

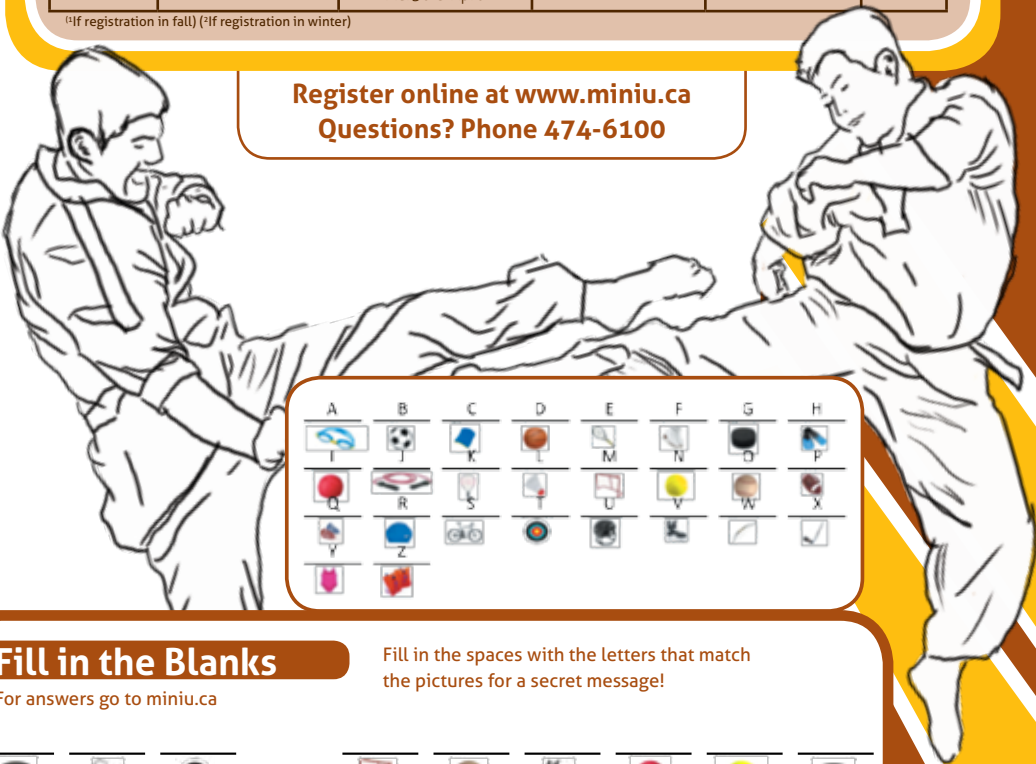
Through Judo training you will learn to achieve maximum efficiency with minimum effort. The object of the sport of judo, pin, chock, or joint lock your opponent into submission. This program is instructed by Moe Oye who is a seventh Degree Black Belt and certified Level 4 coach in Manitoba.

LOCATION: Frank Kennedy Centre

| Code | Day | Date | Time | # of Classes | Price |
|-------|--------------|---|-------------|--------------|--|
| 11131 | Sat | Sept24-Dec3 No class Oct8 | 9-10am | 10 | \$110 |
| 11134 | Sat | Jan7-Mar17 No class Feb18 | 9-10am | 10 | \$110 |
| 11130 | Tues & Thurs | Sept20-Dec15 | 5:30-6:30pm | 26 | \$175 |
| 11133 | Tues & Thurs | Jan7-Mar17 no class Mar22 & 29 | 5:30-6:30pm | 26 | \$175 |
| 11129 | Tues & Thurs | Sept 20-Dec15 | 6:45-7:45pm | 26 | \$175 |
| 11132 | Tues & Thurs | Jan10-Apr12 no class Mar 27 & 29 | 6:45-7:45pm | 26 | \$175 |
| 11126 | Sat | Sept24-Dec3 no class Oct8 | 10-10:50am | 10 | \$135 |
| 11128 | Sat | Jan7-Mar17 no class Feb18 | 10-10:50am | 10 | \$110 ¹ \$135 ² |
| 11125 | Sat | Sept24-Dec3 No class Oct8 | 11am-12pm | 10 | \$135 |
| 11127 | Sat | Jan7-Mar17 no class Feb18 | 11am-12pm | 10 | \$110 ¹ \$135 ² |
| 11123 | Fri | Sept23-Apr20 No class Nov11, Dec23 & 30 Mar30 & Apr6 | 6:45-7:45pm | 26 | \$175 |

¹If registration in fall) (²If registration in winter)

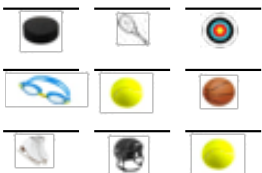
Register online at www.miniu.ca
Questions? Phone 474-6100



Fill in the Blanks

For answers go to miniu.ca

Fill in the spaces with the letters that match the pictures for a secret message!



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Early Years, In-Service Days & School Programs

Beginner Movers and Groovers (Ages 2-3)

(code 11365 & 11367)

Together, parents and their children will explore movement skills through various gym activities. Children will discover how to move in different ways, through a variety of rhythmic activities and games. This is an introductory course, which is all about having fun and enjoying play time!

Mini Movers and Groovers (Ages 3-5)

(code 11364 & 11366)

Ready to move from a BEGINNER to a MINI MOVER and GROOVER? Together parents and their youngsters will move through a variety of physical activities and skill progressions. Each week will focus on movement and motor skills such as throwing, rolling, catching, hopping, skipping, and many more. We will also help you get your groove on with fun rhythmic activities and sing-a-longs. Instruction will be led by our very own Kinesiology and Recreation Management students.

In-Service Days

(code 11597)

Bison Children's Program offers a great day of activities on a variety of school in service days. Bring your children here and let them spend the day doing archery, racquetball, rock climbing and more!! Programs run 9am-4pm with drop off from 8am to 9am and pick-up from 4pm to 5pm. Let the summer fun continue!!

1-4 Registrations \$26.80 each

5-9 Registrations \$21.65 each

10+Registrations \$19.60 each

Check out the website in late August for the complete list of 2011/2012 dates.

Reduced rates for multiple registrations.

School Programs

Are you looking for a fun and exciting field trip that offers some unique physical education and special interest activities? Bring your students to the University of Manitoba! All grades are welcome! Field trips are booked on a first-come, first-serve basis and teachers are encouraged to book as soon as possible.

Location: Frank Kennedy Centre

To book please contact 204-480-1458



LOCATION: Frank Kennedy Centre & Gold Gym

| Code | Day | Date | Time | # of Classes | Price |
|-------|-----|-------------|------------|--------------|-------|
| 11365 | Sat | Sept24-Dec3 | 10-10:50am | 10 | \$125 |
| 11367 | Sat | Jan7-Mar17 | 10-10:50am | 10 | \$125 |
| 11364 | Sat | Sept24-Dec3 | 11-11:50am | 10 | \$125 |
| 11366 | Sat | Jan7-Mar17 | 11-11:50am | 10 | \$125 |
| 11597 | Fri | Oct21 | 9am-4pm | - | - |

Maze

See if you can get from the shallow end to the deep end without running into any pool toys or equipment.

For answers go to miniu.ca



Register online at www.miniu.ca
 Questions? Phone 474-6100



Aquatics Program

Pool Temperatures

Please note that the temperature of the pool is 28°C. This pool is a training centre for high performance athletes and it must be maintained at this temperature.

Please note: Only children 7 and under are allowed in the opposite gender change room.

Pool Closures

In the event of an unplanned pool closure, a credit will be placed on the computer file of the swimming lesson participants affected. The credit amount will be for the missed class only and can be used for any Bison Sport and Active Living program for one year. Where possible, every effort will be made to notify parents/participants of the closure.

New! Family Change Room

Please visit our new family change room located on the second floor of Frank Kennedy Centre. This space allows families to change and store their belongings, and has direct access to the pool.

Going Green-Keeping it on the Screen!

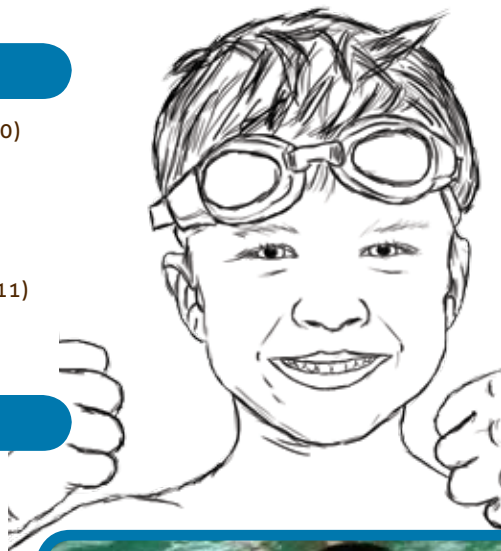
As you can see, we are doing our part to decrease paper consumption and have reduced some of the aquatic content in this brochure. Don't worry though, all program details (including program codes, dates and times) will be available on our website.

Fall Start & End Dates (Days Off)

| | |
|------------|--|
| Monday: | September 19- November 28 (October 10) |
| Tuesday: | September 20- November 22 |
| Wednesday: | September 21- November 23 |
| Thursday: | September 22- November 24 |
| Friday: | September 23- December 2 (November 11) |
| Saturday: | September 24- December 3 (October 8) |
| Sunday: | September 25- December 4 (October 9) |

Winter Start & End Dates (Days Off)

| | |
|------------|------------------------------------|
| Monday: | January 9- March 19 (February 20) |
| Tuesday: | January 10- March 20 (February 21) |
| Wednesday: | January 11 -March 21 (February 22) |
| Thursday: | January 12- March 22 (February 23) |
| Friday: | January 6- March 16 (February 24) |
| Saturday: | January 7- March 17 (February 18) |
| Sunday: | January 8- March 18 (February 19) |



Learn to Swim Programs

Tots Swimming:

Just getting your feet wet? Tots programs will help young swimmers become comfortable in the water while having fun and learning basic swimming skills.

Parent & Tot (infant- 5 years)

This program is designed for children to have fun in the water with Mom or Dad while learning swimming fundamentals.

Tots 1 (ages 3-5)

Children should be willing to try to swim without Mom or Dad.

Tots 2 (ages 3-5)

Children should be comfortable moving through the water independently with or without a flotation aid.

Sears I Can Swim

ICS is a dynamic aquatic program in which participants learn to swim better, faster. It promotes participation, fun, and success in the water. It is the only program that lets children learn at their own rate, with rewards at every step of the way. Children are grouped according to their skill level, so it's easy to register all of your children at the same time.

Teen I Can Swim

This program is designed especially for teens wanting to continue in the ICS program, the only difference is that classes are structured to cater to what each swimmer wishes to accomplish.

Private/Semi Private Swimming Lessons

Private/Semi Private lessons are available for individuals who require or want more personalized instruction. All sections are open to children and adults.

For semi private lessons, it is the responsibility of the participant to find the person(s) they would like to swim with, and register for the program at the same time. A semi-private lesson is for 2 to 5 people of approximately the same ability.

*Please note: this program is not eligible for online registration.



| Ages | Duration | Offered | Cost |
|---|----------|---------------------|-------------------------|
| Tots | | | |
| 0-5 | 30 mins | Mon Wed Fri Sat Sun | \$64 |
| Sears I Can Swim | | | |
| 5-13 | 45 mins | Mon Wed Fri Sat Sun | \$80 |
| Teen I Can Swim | | | |
| 13-16 | 45 mins | Mon Wed Fri | \$80 |
| Private/ Semi Private Swimming Lessons | | | |
| Any | 45 mins | Mon Wed Fri Sat Sun | \$211 Private cost |
| | | | \$113 Semi private cost |

Register online at www.miniu.ca
Questions? Phone 474-6100

Aquatics Program

Special Interest Aquatics

These programs are great as a complement to the Sears I Can Swim Programs, or may be taken by individuals who have completed the program.

Mini Bisons

Ever thought of becoming an Olympian? Take this step towards becoming a competitive swimmer, whether you aspire to compete for your team, province or country. For young swimmers who are technically more experienced in their swimming skills, this program provides top quality instruction/coaching to improve swimming technique and speed. Participants are able to choose if they would like to attend 2 or 3 times per week (program offered Tues./Thurs./Sat).

**Additional competitive swim programs are available. Please see www.bisonswimming.ca for more information.

Swim Fit

Here is your opportunity to get fit in the pool! Swim two times per week working on endurance and technique. Participants should have completed the Sears I Can Swim Program prior to registering for this program.

Diving

Together with Diving Manitoba, we are able to offer a nationally standardized program to teach you the basics of diving.

Swim Patrol (Rookie, Ranger, Star)

Ready to swim hard? This is a three-level award progression program that delivers "work hard/play hard" training for skilled swimmers. Swim Patrol levels form a Pre-Bronze progression of enriched training for young swimmers ready to go beyond learning to swim. Swim Patrol is designed to be challenging, but achievable with effort.

Fun Swim Meet Dates:

Fall: Saturday November 26 (1:30pm- 4:00pm)

Winter: Saturday March 24 (10:30am- 1:00pm)

**This applies ONLY to Mini Bisons.*

Register online at www.miniu.ca
Questions? Phone 474-6100

Mini Bisons

| Ages | Duration | Offered | Cost |
|---|-----------------------------------|----------------|-------|
| 6-12 | 60 mins (any 2 days/week offered) | Tues Thurs Sat | \$202 |
| | 60 min (3days/week) | Tues Thurs Sat | \$297 |
| Swim Fit | | | |
| 11-16 | 60 min (2days/week) | Tues Thurs | \$187 |
| Diving | | | |
| 6-15 | 45 min | Wed & Sat | \$74 |
| Swim Patrol (Rookie, Ranger, Star) | | | |
| 8-15 | 60 mins | Mon & Sat | \$101 |



Aquatics Program

Steps To Becoming a Lifeguard

Want to be a lifeguard? Here's what you need to do:

Step 1 Bronze Star

This step is not required, but is the pre-bronze medallion training standard. If you are 13 years of age, or older, you can skip right to step 2.

MATERIALS: CANADIAN LIFESAVING MANUAL (RECOMMENDED) \$39

Step 2 Bronze Medallion

This is the official first step to becoming a lifeguard.

Prerequisites: 13 years of age or older (or have completed Bronze Star)

MATERIALS: CANADIAN LIFESAVING MANUAL (REQUIRED) \$39

Step 3 Bronze Cross

After successfully completing Bronze Medallion, the next step is Bronze Cross. Designed for lifesavers who want the challenge of more advanced training, this program includes an introduction to safety supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork.

Prerequisites: Bronze Medallion

Step 4 National Lifeguarding Service (NLS)

NLS is the nationally recognized lifeguard certification and is the final step to becoming a lifeguard.

Prerequisites: Bronze Cross and Standard First Aid Certification

Must be 16 years old by exam

MATERIALS: WHISTLE \$6. OTHER MATERIALS PROVIDED

National Lifeguard All Service (NLS) Recertification

Prerequisites: Completion of NLS program within last 5 years.

MATERIALS: ALERT MANUAL

****For all lifeguarding courses, students MUST be available for the exam date**

(the last day of each program)**

Register online at www.miniu.ca
Questions? Phone 474-6100



| Ages | Duration | Offered | Cost |
|---|----------|-------------------------------------|-------|
| Step 1 Bronze Star | | | |
| 10-12 | 1.5 hr | Fri & Sat | \$147 |
| Step 2 Bronze Medallion | | | |
| 13+ *or Bronze Star | 2.5 hr | Mon Wed & Sat | \$259 |
| Step 3 Bronze Cross | | | |
| 13+ | 2.5 hr | Fri & Sun | \$287 |
| Step 4 National Lifesaving Service (NLS) | | | |
| 16+ | 5 hr | Sun | \$305 |
| National Lifeguard Service (NLS) Recertification | | | |
| 16+ | 8 hr | Fall: Oct 29/11 Winter: Mar 3/12 | \$113 |

Lifesaving & First Aid Instructor Course

Prerequisites: Candidates must be 16 yrs old by the last day of course, must have Bronze Cross or NLS and must have a current Standard First Aid certification

Duration: 4 hours *(Please note this course is 11 weeks in duration)
It will run Thursday, Sept 22, 2011 to Dec 1, 2011.

Cost: \$309.00

Materials: Binder Kit \$120.00
Canadian Lifesaving Manual \$39.00
Participants should also bring a CPR barrier device, gloves and a whistle.

The Lifesaving and First Aid Instructor course includes the following certification:

1. Lifesaving Instructor and Examiner and Advanced Instructor upon course and exam completion successful candidates will be able to teach/examine Can. Swim Patrol, Bronze Awards and Distinction.
2. Lifesaving First Aid Instructor: Upon course and exam completion successful candidates will be able to teach/examine CPR Levels A, B, & C Emergency First Aid and Standard First Aid Programs.



Check out our Fall and Winter programs at the University!



play
4 your
health



We have something for children of all ages!

Leave your children with our qualified instructors to enjoy their program and check out what our fitness facilities have to offer for you! To ensure that your child is receiving the highest instruction and care, all of our instructors receive high quality training and many are students in the Physical Education program. We are dedicated to improving your child's skills.

In addition Bison Children's Programs is actively doing research with our programs to better children's physical activity!



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