

# miniU

● ● ● PROGRAMS

FALL AND WINTER 2017/18



UNIVERSITY  
OF MANITOBA

Faculty of Kinesiology  
and Recreation Management

### #1 MOVERS & GROOVERS (AGES 2 – 6)

Together, parents and their children will move through a variety of gym activities and skill progressions. Each week will focus on movement and motor skills such as throwing, rolling, catching, hopping, skipping and more. We will also help you get your groove on with fun, rhythmic activities and sing-a-longs. Our very own Kinesiology and Recreation Management students will be placing children in small groups based on their age and ability levels.

LOCATION: ACTIVE LIVING CENTRE					
Program #	Day	Date	Time	# of Classes	Price
1	Saturdays	Sept 23 - Dec 9 (no class Oct 7 & Nov 11)	10:00 - 11:00am	10	\$118



### #2 HOCKEY SHOTS CAMP (AGES 8 – 11)

You will get instruction in wrist shots, backhands, snap shots as well as an introduction to slap shots to get you ready for your upcoming season. Time will also be spent on creating offensive and defensive opportunities, rushing the net and deking. Fifteen minutes of each ice time session will be spent on skating drills to improve conditioning. *Full equipment is required.*

### #3 GOALIE CAMP (AGES 8 – 11)

Come and learn from the best in this goalie-focused camp that will be sure to have you stopping shots all year long. This camp features specialized goaltending instruction which allows for enhanced skill development and execution of all goaltending styles. You will also learn how to mentally prepare for competitive situations. *Full equipment is required.*

### #4 CHECKING CAMP (AGES 13 – 15)

This camp focuses on the introduction and development of different checking skills such as stick checking, angling and body checking. Drills will keep you moving through both offensive and defensive game like situations. *Full equipment is required.*

### #5 POWERSKATING AND SKILL DEVELOPMENT (AGES 8 – 11)

Designed especially for hockey players, this camp will help you increase power and speed on the ice by running you through various drills and lesson plans that focus on technique refinement while improving cardiovascular endurance for your upcoming season. *Full equipment is required.*

**#6, 7 LEARN TO SKATE – PARENT AND TOT (AGES 3 – 8)**

This program is ideal for beginner skaters. Lessons will focus on the fundamentals of skating (gliding, 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. **CSA approved helmets are required.** Full face masks, thick gloves and pants are strongly recommended.

**#8, 9, 10, & 11 LEARN TO SKATE – BEGINNER / INTERMEDIATE (AGES 5 – 8)**

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

**#12, 13 LEARN TO SKATE – INTERMEDIATE / ADVANCED (AGES 7 – 9)**

With instruction provided by Mini U staff, this program is ideal for beginner hockey players, ringette players and recreational ice skaters who are looking to sharpen their skating skills. Lessons will focus on the fundamentals of skating (forward skating, stopping, starting, turning, backwards skating and crossovers) combining movement oriented activities and games to encourage fun through learning. Children must be able to move around independently on the ice with confidence. **CSA approved helmets are required.** Full face masks, thick gloves and pants are strongly recommended.

LOCATION: MAX BELL CENTRE					
Program #	Day	Date	Time	# of Classes	Price
5	Mondays	Sept 18 - Oct 23 (no class Oct 9)	6:30 - 7:15pm	5	\$72
2	Saturday & Sunday	Sept 16 & 17	9:00 - 10:15am	2	\$51
3	Saturday & Sunday	Sept 16 & 17	9:00 - 10:15am	2	\$51
4	Saturday & Sunday	Sept 23 & 24	9:00 - 10:15am	2	\$51
6	Wednesdays	Sept 27 - Nov 29	7:00 - 7:45pm	10	\$96
8	Wednesdays	Sept 27 - Nov 29	7:00 - 7:45pm	10	\$118
9	Wednesdays	Sept 27 - Nov 29	7:45 - 8:30pm	10	\$118
12	Wednesdays	Sept 27 - Nov 29	7:45 - 8:30pm	10	\$118
7	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	7:00 - 7:45pm	10	\$96
10	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	7:00 - 7:45pm	10	\$118
11	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	7:45 - 8:30pm	10	\$118
13	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	7:45 - 8:30pm	10	\$118

For more information or to register: [mini.u.ca](http://mini.u.ca)



## ● ● ● ● SPORT PROGRAMS

### #14 SUPER SOCCER SKILLS (AGES 4 – 6)

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.

### #15, 16 RACQUETBALLERS 1 (AGES 7 – 10)

### #17, 18 RACQUETBALLERS 2 (AGES 11 – 15)

This program is offered in cooperation with Racquetball Manitoba. A qualified Leader will cover the basic grip, stroke, court positioning and rules. Time will also be spent preparing for tournament play. *Participants will receive a membership to Racquetball Manitoba.*

### #19 TENNIS (AGES 8-11)

Come and work on your swing in our fall tennis lessons which take place on our beautiful outdoor tennis courts. Tennis instruction will focus on the fundamentals with an emphasis on stroke development, proper footwork, serving, doubles and singles strategies. Racquets are provided but you may also bring your own.

### #20, 21 ADVANCED CLIMBING SKILLS (AGES 10-15)

Advanced Climbing Skills is designed to help climbers with experience on the wall to continue to develop their skills. The focus of this program will be on intermediate to advanced techniques while teaching you what it takes to train for a competition. Participants will be encouraged to set longer term goals for themselves and be taught strategies for achieving these goals. All members of the climbing team will receive 10 passes for open climb time (\$75 value!). Parental supervision is required during open climb times.

Prerequisite: Wall Climbing – Fundamentals/Skills Advancement OR Equivalent.

### WALL CLIMBING GROUP EVENTS (AGES 7+)

In need of a fun, active and exciting location for your upcoming group event? Climb to new heights under the supervision of our certified wall leaders. We welcome all types of groups. Full event details (including event codes, dates, times & price) are available on our website. On the day of your event, waiver forms must be received from each child's parent/guardian. Children will not be allowed to climb unless a signed waiver form has been received.

### #22, 23 WALL CLIMBING – INTRODUCTION (AGES 7 – 9)

This program is designed to give participants the chance to experience wall climbing for the first time. Under the supervision of our certified leaders, you will learn the basic requirements for wall climbing such as safety, communication and technique.



**#24, 25 WALL CLIMBING – FUNDAMENTALS / SKILLS ADVANCEMENT (AGES 10 – 15)**

You 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 leaders teach you to climb to new heights.

**#26 RUN CLUB (AGES 8 - 11)**

On your mark, get set, go! Register for this new running program to learn about sprinting, distance running and everything in between. Our leaders will teach you the best techniques, pace control, nutrition and goal setting leading up to a mock time trial to help prepare you for the upcoming running season.

**#27 JUNIOR HERD TRACK & FIELD (AGES 8 – 11)**

Step into the blocks and sprint to the finish in this fun track & field program. Our track & field coaches will lead the way during the program, designed to develop skills and explore the events of track & field. You will learn new skills such as running, jumping and throwing in an active and games oriented environment. A mock track & field meet will be held at the end of the 10 week program for you to put your skills to the test.

**#28 SPORT SAMPLER (AGES 7 – 11)**

Register for this program if you love being active, having fun and trying new things. Sport sampler will move you through various athletic activities over the 10 weeks. Each week you will try popular activities like soccer, basketball, martial arts, archery and more! Each class will include 15 minutes of "free play" time for families to join in on the fun activity of the day.

## Sport Programs

LOCATION: ACTIVE LIVING CENTRE					
Program #	Day	Date	Time	# of Classes	Price
27	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	6:45 - 8:00pm	10	\$118
28	Thursdays	Sept 28 - Nov 30	5:30 - 6:45pm	10	\$118
26	Mondays	Jan 8 - Mar 19 (No class Feb 19)	7:00 - 8:00pm	10	\$118
14	Saturdays	Jan 13 - Mar 24 (no class Feb 17)	10:00 - 11:00am	10	\$118
15	Wednesdays	Sept 27 - Nov 29	6:00 - 7:00pm	10	\$72
16	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	6:00 - 7:00pm	10	\$72
17	Wednesdays	Sept 27 - Nov 29	7:00 - 8:00pm	10	\$72
18	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	7:00 - 8:00pm	10	\$72
22	Wednesdays	Sept 27 - Nov 29	6:00 - 7:00pm	10	\$169
23	Wednesdays	Jan 10 - Mar 21 (no class Feb 21)	6:00 - 7:00pm	10	\$169
24	Saturdays	Sept 23 - Dec 9 (no class Oct 7 & Nov 11)	9:30 - 11:00am	10	\$224
25	Saturdays	Jan 13 - Mar 24 (no class Feb 17)	9:30 - 11:00am	10	\$224
19	Tuesdays	Sept 12 - Oct 10	5:00 - 6:00pm	5	\$62
20	Saturdays	Sept 12 - Oct 10	11:00am - 12:30pm	10	\$285
21	Saturdays	Jan 13 - Mar 24 (no class Feb 17)	11:00am - 12:30pm	10	\$285

For more information or to register: [miniu.ca](http://miniu.ca)

### #29, 30 TOTS KARATE (AGES 4 – 6)

The philosophy of the Karate program entails respect for each participant, as well as others, while the training emphasizes proper manners, respectable behavior and physical fitness. In cooperation with the Manitoba Provincial Karate Team Head Coach and Bushio-Kai School of Martial Arts Chief Instructor Angelo Mendoza, 6th Dan, this introduction to karate offers age appropriate 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 \$40 Karate Manitoba membership fee to be paid once in the Fall session. New participants in the Winter session will be required to pay the membership at that time.*

### #31, 32 KARATE (AGES 7 – 16)

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 part of the renowned “Karate Kidz” program developed and instructed by Manitoba Provincial Karate team coach Angelo Mendoza, 6th Dan, and chief instructor of Bushido-Kai Canada Martial Arts.

*Course price includes a \$40 Karate Manitoba membership fee to be paid once in the Fall session. New participants in the Winter session will be required to pay the membership at that time.*

### #33 JUDO

#### **Beginner (no experience necessary) 9-14**

#### **Yellow Belt and Up 10-16**

You will acquire basic and/or advanced judo techniques (throws and mat work) according to your placement in the class. Physical fitness, respectful behavior, safety and enjoyment of the sport of judo are top priorities. Program advisor is Moe Oye, 8th degree black belt and Level 4 certified coach.

## Martial Arts

LOCATION: FRANK KENNEDY CENTRE					
Program #	Day	Date	Time	# of Classes	Price
29	Saturdays	Sept 23 - Dec 9 (no classes Oct 7 & Nov 11)	10:00 - 10:50am	10	\$132*
31	Saturdays	Sept 23 - Dec 9 (no classes Oct 7 & Nov 11)	11:00 - 11:50am	10	\$132*
30	Saturdays	Jan 13 - Mar 24 (no class Feb 17)	10:00 - 10:50am	10	\$132*
32	Saturdays	Jan 13 - Mar 24 (no class Feb 17)	11:00 - 11:50am	10	\$132*
33	Fridays	Sept 29 - April 27 (no classes Oct 6 & Feb 23)	7:15 - 8:30pm	27	\$203*

*\*Prices subject to membership fee. The \$40 Karate MB Membership fee is a one-time annual membership. Winter participants will not be required to pay a second membership for continuing the program.*

**POOL TEMPERATURES**

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

**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.

**COMMUNITY CHANGE ROOM**

Our **Community Change Room** is designed for everyone. It contains space that is accessible and enclosed for changing, showering and using the washroom. It provides privacy and safety for anyone, such as:

- Parents with children that require assistance, regardless of age or gender
- Individuals with special needs accompanied by a caregiver
- A professor who is not comfortable sharing a locker room with students
- Individuals who are not comfortable with others viewing their body, perhaps because of body image, medical or health reasons, gender identity, culture, or religion

In order to respect privacy, we require that persons be dressed when in the public space within the change room.

<b>FALL 2016 PROGRAM DATES</b>			
<b>Day</b>	<b>Start Date</b>	<b>End Date</b>	<b>Day(s) off</b>
Saturdays	Sept 23	Dec 9	Oct 7 & Nov 11
Sundays	Sept 24	Dec 3	Oct 8
Mondays	Sept 25	Dec 4	Oct 9
Tuesdays	Sept 26	Dec 5	Oct 31
Wednesdays	Sept 27	Nov 29	None
Thursdays	Sept 28	Nov 30	None
Fridays	Sept 29	Dec 8	Oct 6

<b>WINTER 2017 PROGRAM DATES</b>			
<b>Day</b>	<b>Start Date</b>	<b>End Date</b>	<b>Day(s) off</b>
Saturdays	Jan 13	Mar 24	Feb 17
Sundays	Jan 14	Mar 25	Feb 18
Mondays	Jan 8	Mar 19	Feb 19
Tuesdays	Jan 9	Mar 20	Feb 20
Wednesdays	Jan 10	Mar 21	Feb 21
Thursdays	Jan 11	Mar 22	Feb 22
Fridays	Jan 12	Mar 23	Feb 23

For more information or to register: [miniu.ca](http://miniu.ca)

## 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.

### Available Tots Programs:

- 1. Parent & Tot (infant – 3 years)** • This program is designed for children to have fun in the water with a parent or guardian while learning swimming fundamentals.
- 2. Tots 1 (ages 3-5)** • Children should be willing to try to swim without a parent or guardian.
- 3. Tots 2 (ages 3-5)** • Children should be comfortable moving through the water independently with or without a flotation aid.

## 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 allows children learn at their own pace, with rewards at every step of the way. Children will be 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 experienced swimmers wanting to complete the final stages of the ICS program or fine tune their strokes and enhance endurance.

## BEGINNER YOUTH I CAN SWIM

This program is designed especially for youth/teens that have little or no experience in the water.

## 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 participants 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	Teacher:Swimmer Ratio
<b>Tots (all three programs)</b>				
0-5	30 minutes	Mon, Wed, Fri, Sat, Sun	\$89	1:5
<b>I Can Swim</b>				
5-13	45 minutes	Mon, Wed, Fri, Sat, Sun	\$104	1:5/6
<b>Teen I Can Swim</b>				
13-16	45 minutes	Sat, Mon	\$104	1:6
<b>Beginner Youth I Can Swim</b>				
10-15	45 minutes	Sat, Mon	\$104	1:6
<b>Private/Semi-Private Swimming Lessons</b>				
Any	45 minutes	Mon, Wed, Fri, Sat, Sun	\$305 (private) \$180 (semi-private, per participant)	1:1 (private) 1:2-5 (semi-private)



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

### 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 I Can Swim Program (or equivalent) 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. Participants should be comfortable swimming independently in deep water without a swim belt or life jacket.

### 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.

*Materials: Canadian Lifesaving Manual (Optional): \$42*

Ages	Duration	Offered	Cost
<b>Swim Fit</b>			
11-16	60 minutes (2 days/week)	Tues, Thurs	\$208
<b>Diving</b>			
6-15	45 minutes	Wed, Sat	\$104
<b>Swim Patrol (Rookie, Ranger, Star)</b>			
8-12	60 minutes	Mon, Sat	\$139



For more information or to register: [miniu.ca](http://miniu.ca)

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

*\*\*For all lifeguarding courses, students MUST be available for the exam date (the last day of each program).*

### STEP 1: BRONZE STAR

This course is the first step to becoming a lifeguard if you are under the age of 13 and is a preview to the world of lifeguarding. This course will introduce basic lifesaving skills and water safety procedures.

**Materials:** Canadian Lifesaving Manual (recommended); \$42

### STEP 2: BRONZE MEDALLION

Bronze Medallion focuses on the four components of a water rescue – judgement, knowledge, skill and fitness. Rescuers learn tows, carries, and release methods in preparation for challenging rescues of increased risk. This is the first step to becoming a lifeguard if you are 13 years of age or older.

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

**Materials:** Canadian Lifesaving Manual (required); \$42. Whistle, gloves and CPR barrier device also required. May be purchased at the ALC Customer service desk (\$9)

### STEP 3: BRONZE CROSS

Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, and teamwork. Bronze Cross is a prerequisite for National Lifeguard.

**Prerequisites:** Successful completion of Bronze Medallion

**Materials:** Canadian Lifesaving Manual (required); \$42. Whistle, gloves and CPR barrier device also required. May be purchased at the ALC Customer service desk (\$9)

### STEP 4: NATIONAL LIFEGUARDING (NL) TRI CERTIFICATION

NL is the nationally recognized lifeguard certification and is the final step to becoming a lifeguard. This course includes three certifications: Standard First Aid, CPR level C and NL, all necessary certifications for employment as a lifeguard. *\*Participants must participate in all three parts of the course\**

**Prerequisites:** Successful completion of Bronze Cross (MUST be 16 years by exam date)

**Materials:** Participants are required to bring a whistle and barrier device.  
May be purchased at the ALC Customer service desk (\$9)

**Cost:** \$455

**Date:** **Fall:** Sat, Sept 16 & 23 (SFA), and Sunday afternoons beginning Sept 24

**Winter:** Sat, Jan 13 & 20 (SFA), and Sunday afternoons beginning Jan 14

**Time:** 1:30 – 6:30pm

**No. of Classes:** 12

*Please note: This course has two dates each session in addition to the ten Sunday afternoons. In the fall session, Standard First Aid portion of the course will run 8:30 am-5:30pm on Saturday, September 16 and 23. In the winter session, Standard First Aid portion of the course will run 8:30am-5:30pm on Saturday, January 13 and 20.*

### NATIONAL LIFEGUARD (NL) RECERTIFICATION

**Prerequisite:** Successful completion of the NL program within the last five years.

**Materials:** Alert Manual required

**Dates:** **Fall:** Sun, Sept 17, 2017, 9:00-2:00pm

**Winter:** Sat, Jan 27, 2018, 2:00-7:00pm

**Cost:** \$94



## STEPS TO BECOMING A LIFEGUARD ● ● ● ●

Ages	Duration/Week	Offered	Cost
<b>Step 1: Bronze Star</b>			
10-12	1.5 hours	Fri, Sat	\$215
<b>Step 2: Bronze Medallion</b>			
13+ (or Bronze Star)	2.5 hours	Mon, Wed, Sat	\$348
<b>Step 3: Bronze Cross</b>			
13+ (with Bronze Medallion)	2.5 hours	Fri, Sun	\$374
<b>Step 4: National Lifeguard Service Tri-cert (NLS, SFA, CPR)</b>			
16+ (with Bronze Medallion)	5 hours	Fall: Sun Winter: Sun	\$455
<b>National Lifeguard Service (NLS) Recertification</b>			
16+	8 hours	Fall: Sun, Sept 17, 2017 Winter: Sat, Jan 27, 2018	\$94



For more information or to register: [miniu.ca](http://miniu.ca)



## Inservice Days

Mini U Programs offers a great day of activities on a variety of school inservice days. Bring your children here and let them spend the day doing archery, racquetball 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!

**Registration is \$30/day**

Check out the website in late August for the complete list of 2017/18 inservice dates.

## School Programs

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

**Location: Active Living Center/Frank Kennedy Center**

**For more info, please visit: [miniu.ca/schools](http://miniu.ca/schools)**

Help us reduce our ecological footprint - visit us online at [miniu.ca](http://miniu.ca)