



Cultural flavour

Rundown of all the non-sports events

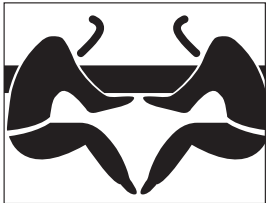
8



Venues identified

Where you need to be

11



Sports schedules

Competition information

13

• Game Day

1

get it
online
www.dailyheraldtribune.com

ULU NEWS



THE OFFICIAL NEWSPAPER OF THE ARCTIC WINTER GAMES

www.dailyherald-tribune.com • www.awg2010.org

Sunday, March 7, 2010

Your guide to the 2010 Arctic Winter Games



CRYSTAL RHYNO For Ulu News

Harry Balfour Grade 8 students are among the many artists who worked on signs welcoming the Arctic Winter Games athletes and coaches to their school.

Schedules for sports • Cultural Events • Merchandise • INSIDE!

ATB makes major legacy donation

DARRELL WINWOOD

For Ulu News

The Arctic Winter Games are on budget and barring any emergencies should not have a deficit according to the host society's president.

Debbie Reid was upbeat after the last expected corporate donation was announced Thursday as athletes begin arriving.

Reid said the Games society is no longer actively fundraising and has met its budget of \$6.8 million in cash and gifts in kind.

"We don't look at it minute-by-minute but we've met our goals," she said.

"Obviously we need cash to be able to operate the Games," she said. "We needed computers desperately and we weren't in a position to buy them."

But just as the big show was about to launch, ATB Financial handed over a cheque for \$10,000, along with announcing a legacy donation of 100 laptops that will stay in northern communities after the Games.

"When we found out the Arctic Winter Games were coming to Grande Prairie we knew we had to get involved," said the bank's vice-president northern region, Chuck McConnell.

McConnell said 40 ATB employees are also volunteering for the Games.

The laptops, however, represent much more than the cash donation. Games staff are already making use of the computers and they will be relied on heavily over the next week.

When the Games end, community groups across northern Alberta will be allowed to apply to ATB Financial to have some donated to them.

McConnell praised the bank's staff for their work and said they were excited with the legacy concept.

"Grande Prairie is a great place for ATB, we have all kinds of success up here," he said. "I don't want to say we're setting new ground ... but it's neat to be able to talk about the Arctic Winter Games years after."

The weather has been anything but Arctic in the last week but Reid said officials are not worried, at least not yet, and she hopes the warm weather will benefit fans.

"I think it's a positive ... we have back-up plans for snow but we think this gives people an ability to get out and see the Games."

Groups who want to apply for a computer donation after the Games can contact Jodi Brown-Kirbyson at 780-538-6286.

Visit www.awg2010.org for more information on the Games.

The opening ceremonies are this evening at the Canada Games Arena.



DARRELL WINWOOD For Ulu News

Top left clockwise: Dwayne Knoblauch, Grande Prairie marketing manager for ATB Financial, Mascot Aluk and Chuck McConnell vice-president north region for ATB and Debbie Reid, president of the host society, show off some of the computers and the \$10,000 donation made by the bank to the Arctic Winter Games Thursday at the Montrose Cultural Centre.



PROUD SPONSOR



Gord & Carol McLevin • Designing Dreams Building Homes
Phone: 780-539-3246 • Fax: 780-538-3246
cardon@telusplanet.net • www.cardonhomes.com



2009 Grande Prairie Home Builder of the Year!





Andi Scott
Mortgage Associate

- **Best Rates**
- **100% Financing Available**
- **Up to 5% Cash Back**
- **Equity Take Out & Refinance**

Phone: (780) 539-5380
Toll Free: (866) 539-5380

Shelkor

Mortgage

Inc.



Debbie McInnes
Regional Vice President

Thank you to our Games 2010 sponsors!

Funding Partners

City of Grande Prairie
County of Grande Prairie No. 1
Provincial Government of Alberta

Diamond Club

ATCO Group
TELUS

Games Patron

GP Catholic School District (GPCSD)
GP Public School District (GPPSD)
Peace-Wapiti Public School Division
Grande Prairie Regional College
Patrimoine Canadian Heritage
(Sport Canada)

President's Club

Ernie's Sports Experts
KIMIK iT Greenland

Platinum Club

ATB Financial
Daily Herald-Tribune
MD of Greenview No.19
Alberta Sport, Recreation, Parks
and Wildlife Foundation

Gold Club

Big Country 93.1 FM
Free FM 104.7
Motor Dealers Association
Q99 FM
Rock 97.7

Silver Club

Alberta Hotel & Lodging Association
Alliance Pipeline Ltd. Partnership
BP Canada Energy Company
Capstan Hauling Ltd.
Certek Heat Machines Inc
Driver Advertising Systems
Epiphany Ideas Etc
Grande Prairie Mitsubishi
Grimshaw Trucking LP
Hi-Tech Business Systems
InfoTech Solution Providers Inc.
Ivanhoe
Northern Mat & Bridge Ltd.
Pembina Pipeline Corporation
Prairie Mall
Neufeld Petroleum & Propane
a division of Parkland Industries L.P.
RBC Royal Bank
Sandman Hotel Grande Prairie
Shine 96.3 FM
Sunrise Rotary Club
The UPS Store
Visa Rentals & Leasing
Wapiti Nordic Ski Centre
Weyerhaeuser
911 Industrial Response Inc.
ATB Drywall Grande Prairie Ltd.
All-West Northern Glass Ltd.
Animal Medical Centre North Inc.
Anodyne Chiropractic and Sports Therapy
Apex Oilfield Services (2000) Inc.
Aquatera Utilities Inc.
Astral Media Radio G.P.

BDO Dunwoody Ltd.
C E Franklin Ltd.

CCSI (Custom Communications
& Security Inc.)

Bronze Club

Canadian Natural - CNRL
Cardon Homes
Chamber of Commerce
Charles Auto Body & Collision
Community Futures
Conoco Phillips
Cygnat Dental
EnCana Corporation
Erco Worldwide
A Division of Superior Plus LP
Evergreen Park
First Choice Electrical Supply Ltd.
Flint Energy Services Ltd.
G & M Plumbing & Heating Ltd.
GP Promotional Products Ltd.
Grande Prairie Elks Lodge No. 285
Grande Prairie Gymnastics Centre
Grande Prairie Soccer Association
HWD Construction Ltd.
Harry's Auto Wrecking
Internet Concepts Ltd., o/a
Grande Prairie Online
Jake's Down South/Lions Den
Janet Pacey Design Illustration
Jim Hartum Trucking Inc.
Kakwa Stone & Landscaping Supplies
Kay, McVey, Smith & Carlstrom Ltd.
Kinesis Physical Therapy Corp.

Knelsen Rock Products G.P. Ltd.
Maxim Storage

Meyers Norris Penny (MNP)
Modern Decore - Carpet One
NAW Promotions

Nine10 Incorporated
P.O.S. West Ltd.

PACRIM Hospitality Services
PDQ Process Services
/Cutting Edge Masonry Ltd.
Pattison Outdoor Advertising
Phoneco Inc.

Playfair Athletic Supply
Podollan Inn & Spa

Prairie Villa Insurance Ltd.

Progress Energy Resources Corp.
Regatta Communications

SOS Graphics
Service Plus Inns & Suites

Servus Credit Union Ltd.

Shell Canada Limited
Slick International

Sportswear Plus

Stanford Hotels & Resorts Inc.

Staples Advantage - Corporate Express

The Keg Steakhouse & Bar

Transco Energy Services Ltd.

Valhalla Pure Outfitters

Vandelay Systems

Vector Communications

Viking Cultural Centre

WSI Internet Consulting & Education

YL Country & KIX 106

...



Wishing all
Athletes the
Best of Luck!

5 Pin Bowling Public Bowling 7 days a week Licensed Premises



FAMILY
AFFAIR BOWL
11005 - 100 Street
Bowling Centre • 780-532-4616

HJ's Family
9650 - 94 Avenue
Bowling Centre • 780-538-2695

Your #1 dealer in the peace

- Skidoo • Seadoo • Canam • Spyder • Kawasaki • Bikes • Quads • Harbercraft Jetboats
- Campion Lake Boats • Sales & Service

Congratulations
to all Athletes!



Stojan's POWER SPORTS
AND MARINE LTD.
Sales and Service



©, TM and the BRP logo are trademarks of Bombardier Recreational Products Inc. or its affiliates

Hwy 2, Sexsmith • Ph. (780) 568-2934 • Fax (780) 568-3336 • www.stojans.com

Sunday Mar. 7

Find us at:

Opening
Ceremonies
and other venues

CBC ON THE GO

Connect with us and win!

- Collect all 4 CBC pins
- Upload your photos to cbc.ca/north
- Be a part of the action
- Win great prizes



Catch the spirit!



**GRANDE PRAIRIE
2010
ARCTIC WINTER GAMES**
DREAM ACHIEVE INSPIRE



**GET
YOUR
GAMES
GEAR!**

- Participate in Gameswear Fridays
- Buy at the Store in Ernie's Sports Plaza with new merchandise coming in weekly, check it out:
Monday-Wednesday 9 - 5 p.m.
Thursday & Friday 9 a.m. to 9 p.m.
Saturday 10 a.m. - 6 p.m.
Sunday 12 noon - 5 p.m.
You can also order your gear and view a catalogue online at :

www.awg2010.org/onlineshop



www.paradiserv.ca

Enjoy the freedom!

Living off the map doesn't mean you have to live like it!



13701-99 Street
Grande Prairie

780-814-5665

It's more than being a good neighbour.

It's about strengthening a community.

- Being courteous and respectful are core values at EnCana. But we also want to make a difference. That's why we invest in an array of programs such as the 2010 Arctic Winter Games in Grande Prairie - an opportunity for diverse cultural exchange and meaningful social engagement through the spirit of athletic achievement.

EnCana is an innovative natural gas producer that safely and responsibly provides the energy used in communities across Canada and the United States.

www.encana.com

ENCANA
energy for people

Jake's Down South *Mardi Gras* 

FOR YOUR MOUTH

Proud Sponsor of the Arctic Winter Games
Special Menu during the Games
Come try authentic Arctic Foods from different countries!

10702-108A Street (Across from GPRC) • 780-532-5667 We Cater!

Our commitment is to provide you with:

- Advanced hearing aid technology
- Hearing tests for all ages
- Hearing aid repairs and services
- Assistive listening devices

Call today!

Tel: 780-539-4002

Toll Free: 1-800-993-9972

Experience your best hearing at...



**northern
sound
hearing
clinic**

"the difference is clear..."

ATCO's Photo of the Day



CRYSTAL RHYNO For Ulu News

Aspen Grove Grade 6 boys (front, left) Jordan Anderson, Hunter Russell (right) and Michael Wardrobe pull Alex Plant during the school's Arctic Winter Games celebrations. The activity was a modified version of mushing.

OFFICIAL SPONSOR

ATCO Gas | ATCO Electric | ATCO Pipelines
ATCO Power | ATCO Midstream | ATCO Energy Solutions
ATCO Structures & Logistics | ATCO I-Tek | ATCO Travel

ATCO
GROUP
www.atco.com



ATCO salutes the participants, organizers and volunteers of the 2010 Arctic Winter Games.

Pursuing excellence together.

OFFICIAL SPONSOR



ATCO
GROUP

www.atco.com



107A 10814-100 STREET
GRANDE PRAIRIE, ALBERTA

FULL SERVICE
PET HOSPITAL
24 HR
EMERGENCY
SERVICE

APPOINTMENTS
MON - SAT:
8:30 AM - 5:30 PM

DR. NORMAN GEORGE

We are proud to be a
VOLUNTEER & BRONZE SPONSOR
of the
ARCTIC WINTER GAMES

PROUD SPONSOR



PHONE: 780-539-0636

ATCO Gas | ATCO Electric | ATCO Pipelines | ATCO Power | ATCO Midstream | ATCO Energy Solutions
ATCO Structures & Logistics | ATCO Travel | ATCO I-Tek | Northland Utilities | Yukon Electrical

Opening Ceremonies sold out: Ticket info

'A HERO'S JOURNEY' OPENING/CLOSING CEREMONIES - \$40

• Canada Games Arena - Sunday, March 7
& Saturday, March 13

Note: Opening Ceremonies Are Sold Out

- Both Shows are Completely Unique
- Hundreds of entertainers
- 7 Masters of Ceremonies
- Dozens of behind-the-scenes helpers
- 157 professional concert lights
- 2 large HDTV screens

• 2,000 screaming exciting youth from around the circumpolar north

PERFORMING ARTS GALAS

From throat singing to pop-bands, traditional drummers to yoikers (it's a type of singing perfected by the Sami people of Northern Scandinavia), the cultural participants from each of the Games' nine circumpolar contingents will take their turn on stage at the Douglas J. Cardinal Centre for Performing Arts (GPRC). Tickets \$50

SPORTS SUPER PASSES

Your all-access-pass to preliminary rounds in each of the 21 indoor and outdoor sports featured in the Games. Events include sports that enjoy worldwide popularity, as well as the Arctic Sports and Dene Games that reflect the unique cultures of the circumpolar North. Adults \$45 / Youth & Seniors \$40

TICKETS AVAILABLE ONLY AT CRYSTAL CENTRE BOX OFFICE!

Call: 780-538-0387

Click: www.awg2010.org

For More Information:

Call the Games Office at 780-538-4777,
Visit www.awg2010.org

Or Find Your Way to the Games on Facebook, Twitter, or Blogger

www.awg2010.org / 780-538-4777 for info

Clean. Green.

Aquatera Tap Water
Think outside the bottle.

Proud sponsor of the
2010 Arctic Winter Games

 **AQUATERA**
WATER EARTH INNOVATION
aquatera.ca



JUST RELEASED

“DIRTY LITTLE SECRETS AND REALLY BIG DEALS -

Building respect one hotel at a time”

The story behind one of Canada's colourful entrepreneurs -
a real northern Dream Achiever - **BOB POMEROY**

Get it today at:

COLES BOOK STORE
(Prairie Mall, Grande Prairie)

Books also available at the Pomeroy Hotel, (Fort St. John, BC),
Pomeroy Inn & Suites (Chetwynd, Grimshaw, Dawson Creek and Fort St. John)
or online anytime at www.bobpomeroybook.com



Welcome
all athletes &
visitors

Same Day Service on cleaning dropped off before 10am
Located beside the Crystal Centre on 100 St. and 98 Ave.

6:00 am - 6:30 pm Monday to Friday
6:00 am - 6:00 pm Saturday

780-532-7610 • www.crousecleaners.com

Good Luck Athletes!

Proud Sponsor of the
Arctic Winter Games 2010

• General • Commercial • Industrial • Renovation •



10533-98 Avenue • Grande Prairie

780 538-3616

www.hwdconstruction.com



Saluting the efforts and determination of the athletes and volunteers



Serving
Grande Prairie
since 1913

DAILY
Herald-Tribune

P 780-532-1110
F 780-532-2120
Grande Prairie, AB

www.dailyheraldtribune.com



Proud
to lend
a hand

Volunteer Profile

Dave Hurta • Director of Medical Services

Dave has been an integral part of the Arctic Winter Games coming to Grande Prairie. He was a member of the Bid Committee and is currently the Chair of Medical Committee of the Care and Comfort Division. He will be overseeing doctors, nurses, physiotherapists, massage therapists and first aiders who will be providing medical attention, physiotherapy, massages etc. to the athletes while they are participating in the Arctic Winter Games. Dave has participated as a Mission Staff member for previous Arctic Winter Games and Canada Games. He is also on the board of the Northwest Alberta Sport Development Centre. Dave is extremely organized, intelligent and more than willing to offer assistance to others. With Dave the work always gets done, he is very dependable.



Volunteer Profile

April Weavell • Asst. Director Marketing/PR

Since becoming a volunteer with the 2010 Arctic Winter Games shortly after Grande Prairie won the bid in 2007, April says she is inspired over and over again by stories of those who have been involved in past Arctic Winter Games – of the lifelong friends they have made, the unforgettable opportunities they had experiencing and sharing in the cultures of their northern friends, and the inspirational stories of achievements and accomplishments. As Media Chair and Assistant Director of Marketing and Public Relations, April said she became part of the Arctic Winter Games team because she saw knew that hosting these unique Games was a tremendous opportunity for our community. Raising her family in Grande Prairie, April said it made sense to get involved in an event that would not only showcase our region, but would showcase the talents and athletic and artistic achievements of young people. The excitement is building, and already April is fielding calls from international media curious to learn what our northwestern Alberta region will have to offer the world in March 2010. She says she is proud to be part of such a dynamic, committed Arctic Winter Games team that is growing and becoming more energized each day. April is looking forward to the upcoming year and the chance to help create unforgettable memories and experiences.



FEATURING...



2006 Lexus GX470
90,000 Kms • \$43,827
BL800



2008 Lexus RX400h
69,000 Kms • \$42,119
L1846-1



2009 Lexus RX350
31,000 Kms • \$44,223
L3686A



2006 Lexus IS250
97,000 Kms • \$29,995
BL663



2007 Lexus GX470
71,000 Kms • \$44,966
BL803



2006 Lexus GS430
85,000 Kms • \$35,102
BL654



2007 Lexus RX350
48,000 Kms • \$39,684
BL809



2006 Lexus RX330
82,000 Kms • \$33,554
BL794



2007 Lexus ES350
51,000 Kms • \$34,921
L3614A



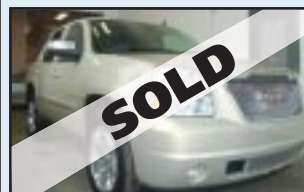
2009 Lexus LS600hL
7,800 Kms • \$104,995
BL765



2007 BMW X5
49,000 Kms • \$51,995
BL804



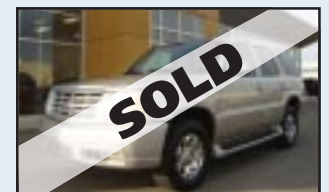
2006 Land Rover Range Rover Sport
66,000 Kms • \$50,995
BL817



2008 GMC Yukon
48,000 Kms • \$46,988



2007 Nissan Titan LE
45,000 Kms • \$27,206
L1271-1A



2005 Cadillac Escalade
83,000 Kms • \$29,950



2008 Infiniti FX35
44,000 Kms • \$39,916
L3654A

Contact your Lexus of Edmonton dealership for more information.
11204-170Street • 1-800-NEW-LEXUS
drivealexus.com



Congratulations
to you all...

...We're proud to be a Supplier for the Arctic Winter Games



Check our web site for Monthly Specials

www.promotionscanada.com
10109A-100 Ave. • 780-538-1306



The MD of Greenview is pleased to welcome all **athletes & volunteers** to the

2010 Arctic Winter Games
and wish you all the best of luck!



**Cultural Schedule Overview
as of February 27, 2010**
subject to change without notice

	Sunday March 7	Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12	Saturday March 13	Sunday March 14
Games Trading Post Crystal Centre - Bowes Family Crystal Gardens		11:00-9:00	9:00-9:00	9:00-4:00	9:00-9:00	9:00-7:00		
'A Hero's Journey' Opening Ceremonies Crystal Centre - Canada Games Arena	\$ 7:00							
History, Pin & Cultural Display Centre 2000 - Heritage Discovery Centre		8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	10:00-4:30	10:00-4:30
Art Displays Centre for Creative Arts		9:00-5:00	9:00-5:00	9:00-5:00	9:00-5:00	9:00-5:00	2:00-4:00	2:00-4:00
Visual Arts Exhibit Montrose Cultural Centre		10:00-9:00	10:00-9:00	10:00-9:00	10:00-9:00	10:00-6:00	2:00-5:00	2:00-5:00
'A Taste of the North' Menu Jake's Down South	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00	10:00-10:00
Lunchtime Performances Crystal Centre - Bowes Family Crystal Gardens		12:00-1:30	12:00-1:30	12:00-1:30				
Lunchtime Performances Second Street Theatre		12:00-1:30	12:00-1:30	12:00-1:30				
Lunchtime Performances Prairie Mall		12:00-1:30	12:00-1:30	12:00-1:30				
'A Taste of the North' Menu Padrino's Italian Ristorante		4:30-10:00	4:30-10:00	4:30-10:00	4:30-10:00	4:30-10:00	4:30-11:00	
Craft Sale Grande Prairie Friendship Centre		1:00-9:00	1:00-9:00		1:00-9:00	1:00-9:00		
'Northern Sky' Fashion Show Crystal Centre				7:00				
Performing Arts Gala Grande Prairie Regional College					\$ 7:00	\$ 7:00		
'A Hero's Journey' Closing Ceremonies Crystal Centre							\$ 6:00	

All events occur within the hours of 8:30am & 11:00pm

\$ indicates events that require tickets

Ticket & Event Details at WWW.AWG2010.ORG

SAVE AT LEAST
\$2000
on all in-stock
2009
Volkswagens
while supply lasts

People's Automotive Ltd.
9602 - 108 Street, Grande Prairie, AB • (780) 532-7222
Visit vw.ca or call 1-888-977-7222 for more information. www.peoplesvw.com

Pleased to support the Games!

PROUD SPONSOR



Kay McVey Smith & Carlstrom LLP

BARRISTERS & SOLICITORS

Serving the Peace Country for nearly 100 years

kayship.com

780-532-7771

Why Should You Attend Grande Prairie Regional Safety Committee Meetings?

Meeting Location
Grande Prairie
Construction Association
9614A 105 St.
Grande Prairie, AB

Meeting Dates:
February 8, 11:30am
April 26, 6:00pm
June 7, 11:30am
September 13, 6:00pm
November 8, 11:30am

For guidance and assistance to enable your company to develop and maintain a Health & Safety program that is capable of providing adequate due diligence defense and above average audit results, including:

- Personal contact with an ACSA representative
- Information regarding scheduled safety training (may request additional/local safety training)
- Become aware of and have input into current health & safety issues
- You can ask questions and get answers from qualified safety practitioners
- There will be an educational/training component at most meetings
- There will be review/information regarding any new regulations/codes
- You can help the committee - the committee can help you



Grande Prairie
Regional Safety
Committee

Alberta Construction
Safety Association

**Making Safety
a way of Life!**

1-800-661-2272
www.acsa-safety.org

ULU · NEWS

Contingent Profile: Team N.W.T.

The N.W.T is the second-largest of the three territories in Canada. The territory extends from the 60th parallel to the North Pole and includes several large islands in the Arctic Ocean. Yukon Territory is to the west and the Arctic Ocean is north. Nunavut Territory is east, while British Columbia, Alberta and Saskatchewan are south.

Yellowknife is the capital city. It is also known as the Diamond Capital of North America. More than half of the people are aboriginal: Dene, Inuit (Inuvialuit) and

Métis.

The first people of the Northwest Territories were the Dene and the Inuit, with communities growing around trading posts. In 1870 the area became Canada's first territory. In 1999 the former Northwest Territories was divided, creating the new territory of Nunavut.

The N.W.T flag depicts Canada's North. The blue in the flag represents water while the white symbolizes ice and snow. The shield is in the centre of the flag, which became the official flag of the N.W.T in 1969.



Contingent Profile: Team Nunavik

Nunavik-Quebec, also known as Arctic Quebec, participated in the Arctic Winter Games in 1972, 1974, 1976 and 1986.

Participation resumed again in 2000 until today.

Nunavik is the region of Quebec located above the 55th parallel.

It is often included in the Arctic Winter Games because of the close cultural ties between its Inuit residents and those of Nunavut and Greenland.

The Canadian Shield around Hudson Bay and Ungava Bay dominate Nunavik's geography.

Most of Nunavik-Quebec is covered by tundra, its vegetation being predominantly made up of moss and lichen.

Nunavik-Quebec's vast territory is mainly inhabited by Inuit and a small Cri population in the more southern part of the Hudson Bay.

The flag depicts the traditional fleur de lis in each corner on a blue background, sectioned by a white cross. The team colours are Navy and Silver.




NDHC
Northern Dental & Hygiene Centre

Best wishes to all participants & organizers of the
2010 Arctic Winter Games!

Prairie Plaza (Next to Audio Concepts) **780-532-1786**



We're so sure you will *love* our Mailbox Rental Service that you can try it for **FREE** for 3 months. No Obligations. No Purchase.

Just FREE.

Prestigious Street Address • 24 Hr Access • Courier & Parcel Receiving

780.402.2770
Located across from Canadian Tire In the Bell Tower Plaza



The UPS Store®



Thrilled to be a Silver Sponsor of the 2010 Arctic Winter Games

MAKE A CONNECTION WITH PEMBINA


COMMUNITY SUPPORT

At Pembina Pipeline Corporation, making connections is what we do – we connect customers who produce energy to customers who transform it into the products consumers demand. Making connections is also how we do our job – our business connects us with you – our neighbours.

As a good neighbour, Pembina works hard to build trust with the communities where we operate. During our more than 50-year business history, we've developed a reputation for honesty, transparency and treating our stakeholders with respect. We keep communication lines open and we endeavour to help generate economic benefits for community residents and local businesses whenever possible. We invest in the communities where we live and work by supporting education, environmental initiatives, culture and wellness.

Pembina is proud to sponsor the Grande Prairie 2010 Arctic Winter Games.

www.pembina.com




Who will you inspire to dream?

The Grande Prairie & District Chamber of Commerce is proud to sponsor this celebration of diversity and friendly competition - this opportunity to **dream**, **achieve** and **inspire**. The Chamber welcomes participants and visitors to the Grande Prairie Region. We invite you to visit the region's many attractions, and enjoy a variety of shopping and dining experiences.



Phone: (780) 532-5340
Email: info@gpchamber.com

www.grandeprairiechamber.com

TODAY IS A GOOD DAY TO FIND YOUR IDEAL MATCH

We've got an advisor who revolves around you.



Your needs are as unique as you are.

So when it comes to getting financial advice, you look for an expert who relates to your goals, interests and understands what makes you ... you.

So visit sunlife.ca to be matched with the right advisor for your needs.



Rick Frayn CLU
Financial Centre
Manager
ext 2211



Dave Martel
Senior Associate
Manager
ext 2220



Tim Meng
Sales Manager
ext 2225



Amanda Frayn
Long Term Care
Insurance Specialist!
780-518-3197



Dan Boorse
ext 2230



Becky Bozarth
ext 2222



Colin Clements
ext 2228



Rose Dillman
ext 2208



Barb Furgeson
ext 2201



Karen George
ext 2223



Darcy Halwa
ext 2214



Vangie Hammond
ext 2200



Sheila Henschel
ext 2218



Ben Karpisek
ext 2219



Jim Lefebvre
Jim Lefebvre
Insurance & Financial
Services Ltd.
ext 2209



Jill Lorencz
ext 2207



Joe Sask
ext 2215



Lenore Tochor
B.Comm
Lenore Tochor
Financial Services
ext 2234



Wade Caughlin
Wade Caughlin
Financial Services



Jerry Napier
Napier Insurance &
Financial Services

#107 10814 - 100 Street
Grande Prairie, AB Phone: 780-357-9357

Grande Prairie Financial Centre

#103, 10104 - 97 Avenue
Grande Prairie, AB T8V 7X6
Bus 780-532-2388 Fax 780-532-3817
grande.prairie@sunlife.com www.sunlife.ca/grande.prairie



¹Sun Life Financial LTC Solutions Inc.
© Sun Life Assurance Company of Canada, 2010.

Volunteer Profile

Doug Harper • Asst. Director Sport Technical

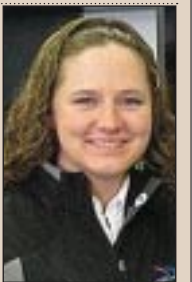
Doug has been a tireless volunteer for a number of years, and has been involved with the 2010 Games since the beginning. He attended the very first organizational meeting where he offered his expertise immediately. And after years of involvement with the Arctic Winter Games in other communities, he was a member of the bid committee that helped bring the 2010 Games to Grande Prairie. Doug served on Mission Staff for the 2000 Games in Whitehorse, and the 2004 Games in Wood Buffalo. He has worked for many years with the sport of Alpine Skiing while also teaching Speak Out for Hockey Alberta and Coach Certification Courses for N.C.C.P. Through his involvement with Grande Prairie's Alberta Summer Games held in 2000, Doug saw first-hand what tremendous hosts our community can be! He has been invaluable to not only to the Sport Technical Division but also to the Management Committee as a whole



Volunteer Profile

Michelle Dupont • Chair Advertising, publications

Michelle has been a proud volunteer of the Arctic Winter Games since shortly after they were first awarded to our community in 2007. As chair of advertising, publications and website, she was part of the Grande Prairie contingent that travelled to the 2008 Games in Yellowknife. Michelle first moved to Grande Prairie eight years ago for a job in broadcasting, she dusted off her radio-news experience for the trip North as she gathered information and interviews to send back to the media in Grande Prairie. For her it was the sharing of communities that set these Games apart from similar Games events; the opportunity for developing athletes, performers, coaches and volunteers to strengthen their skills, see new places and share the sports and culture of their community with others from North of the 55th parallel. Michelle has since volunteered her skills in advertising, media, and promotions as part of the marketing and public relations division of the Games, and most recently joined the 2010 staff. The experience has already been great fun and wonderfully rewarding she says, giving her the opportunity to work with talented, inspiring people to bring this high profile international event to Grande Prairie.



GIVING YOU MORE...



PRAIRIE MALL
www.shopprairiemall.com

over 90 Stores
& Service

MALL HOURS:

Mondays, Tuesdays, Wednesdays
9:30 - 6:00 pm

Thursdays and Fridays
9:30 - 9:00pm

Saturdays
9:30 - 6:00 pm

Sundays
12:00 - 5:00 pm

11801 100 St, Grande Prairie, AB



Complete list of venues for 2010 Arctic Winter Games


Venue: Address: Home Of:

Sport Venues


ATCO Place - Muskoseepi Park	10329 101 Street	Dene Games
Coca Cola Centre	6 Knowledge Way	Hockey, Speed Skating
Crystal Centre - Canada Games Arena	10017 99 Avenue	Figure Skating
Evergreen Park*	5 km South on Resources Road*	Dog Mushing, Snowshoeing
Grande Prairie Curling Club	10127 99 Avenue	Curling
Grande Prairie Gymnastics Centre	16 Knowledge Way	Gymnastics
Grande Prairie Regional College - Gymnasium	10726 106 Avenue	Arctic Sports, Volleyball
Grande Prairie Soccer Centre	11319 105 Street	Indoor Soccer
Leisure Centre	11313 105 Street	Indoor Soccer
Maude Clifford Public School	9206 Lakeland Drive	Basketball, Volleyball
Montrose Jr. High School	6431 98 Street	Wrestling
Mother Teresa Catholic School	7501 Willow Drive	Table Tennis
Nitehawk Recreation Area*	13 km South on Highway #40*	Alpine Skiing, Snowboarding, Freestyle Skiing
St. Joseph's Catholic High School	10520 68 Avenue	Badminton
Wapiti Nordic Ski Centre*	7.5 km South on Highway #40*	Cross Country Skiing, Ski Biathlon, Snowshoe Biathlon

Cultural Venues

Centre 2000 - Heritage Discovery Centre	11330 106 Street	History, Pin & Cultural Display
Centre for Creative Arts	9910 99 Avenue	Art Displays
Crystal Centre - Bowes Family Crystal Gardens	10017 99 Avenue	Games Trading Post: Games Gear Sales, Pin Trading, Lunchtime Performances, 'Northern Sky' Fashion Show
Crystal Centre - Canada Games Arena	10017 99 Avenue	Opening Ceremonies, Closing Ceremonies
Grande Prairie Friendship Centre	10105 97 Avenue	Craft Sales
Grande Prairie Regional College - Theatre	10726 106 Avenue	Performing Arts Galas
Montrose Cultural Centre	9839 103 Avenue	Visual Arts Exhibit
Prairie Mall	11801 100 Street	Lunchtime Performances
Second Street Theatre	10130 98 Avenue	Lunchtime Performances



COUNTY OF
GRANDE PRAIRIE NO. 1



Bringing our communities and region closer together

County of Grande Prairie No. 1 Council

From left to right: Division 2 Councillor Sharon Nelson, CAO Bill Rogan, Division 7 Councillor Frank Lowen, Division 8 Councillor Richard Harpe, Division 4 Councillor Jack O'Toole

Sitting: Division 8 Councillor Leanne Beaupre, Division 9 Councillor Mary Ann Eckstrom, Reeve Everett McDonald, Division 5 Councillor Pat Jacobs, Division 6 Councillor Lois Dueck

The County of Grande Prairie is proud to be a sponsor of the 2010 Arctic Winter Games.

*Best Wishes for a successful
Arctic Winter Games!*





Hon. Mel Knight, M.L.A.
Grande Prairie-Smoky

Wayne Drysdale, M.L.A.
Grande Prairie-Wapiti

SLICK *adj.* adroit, deft, dexterous, ingenious, polished, professional, sharp, shrewd, skillful, sleek, smooth, sophisticated, stylish

Slick International is dedicated to moving individual business clients to their next level of potential, making the above adjectives part of their vernacular.

We welcome our international friends to Grande Prairie March 6th – 13th, and are a proud sponsor of the 2010 Arctic Winter Games.

slick
INTERNATIONAL

SLICKinternational.com
780-402-7121 877-SLICK60

GLOBAL SALES, DEVELOPMENT & MEDIA



Games Gear Sales Schedule

	Saturday March 6	Sunday March 7	Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12	Saturday March 13
Games Store (Ernie's Sports Plaza)	10:00-6:00	12:00-5:00	9:00-9:00	9:00-9:00	9:00-9:00	9:00-9:00	9:00-9:00	10:00-6:00
Games Trading Post (Crystal Centre)			11:00-9:00	9:00-9:00	9:00-4:00	9:00-9:00	9:00-7:00	
Coca Cola Centre			8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00		
Grande Prairie Regional College Gym			9:00-7:00	9:00-7:00	9:00-7:00	9:00-7:00		
Leisure Centre		9:00-3:00	9:00-3:00	9:00-3:00	9:00-3:00	9:00-3:00		
Montrose Cultural Centre	9:00-8:00	9:00-8:00	9:00-8:00	9:00-8:00	9:00-8:00	9:00-8:00		
Muskoseepi Park			10:00-4:00	10:00-4:00	10:00-4:00	10:00-4:00		
Nitehawk Recreation Area			9:00-4:00	9:00-4:00	4:00-9:00	9:00-4:00		

Store & Kiosk Schedule Subject to Change Without Notice
All Store & Kiosk Hours fall between 8:00 a.m. & 10:00pm

Every day makes a statement.

TOLL FREE: 1-866-567-2427
PH: 780-357-1916 | FAX: 780-357-1847
8117 - 99 ST, CLAIRMONT, AB T0H 0W0
REDWOODINNANDSUITES.COM

THE OFFICIAL NEWSPAPER OF THE ARCTIC WINTER GAMES

Publishers	Editor-in-Chief
The Daily Herald-Tribune	Fred Rinne
Publisher	Contributors
Kent Keebaugh	Erika Sherk • Crystal Rhyno • Darrell Winwood • Randy Vanderveen
Associate Publisher/Ad Manager	AWG Committee Liaisons
Doug Hare	Michelle Dupont April Weavell

PROUD SPONSOR

We are proud to be a
Bronze Sponsor of the
ARCTIC WINTER GAMES
Good Luck to all the athletes.

Come join us and be active in your community.
We meet 1st & 3rd Thursday of every month.
The Elks donate \$25,000 + to the community each year!

Grande Prairie Elks #285 • For more information call:
Ed @ 780-539-6982 or Ken @ 780-539-5865

Scads of Newspapers

■ ■ ■ ■ ■

A Gazillion Audiobooks

■ ■ ■ ■ ■

Oodles of Magazines

■ ■ ■ ■ ■

Boatloads of Bandwidth

■

Discover the possibilities
at your Library.

Good Luck Athletes!

Whether you're a competitor
or spectator - discover your
Library and make us a part of
your daily Games experience!

Grande Prairie Public Library
discover the possibilities

Located in the Montrose Cultural Centre
101, 9839 - 103 Avenue
Grande Prairie, Alberta T8V 6M7
Phone: (780) 532-3580
Fax: (780) 538-4983
Website: www.gppl.ab.ca

Weyerhaeuser
Growing Ideas™

Best Wishes
to all the Athletes and
Congratulations
on a job Well Done!

Schedule of sporting events

* Note: Indoor Soccer begins Sunday from 9 a.m. to 3 p.m.

Schedule is subject to change without notice

Monday March 8, 2010		Tuesday March 9, 2010		Wed. March 10, 2010	
Alpine	10:00am - 3:00pm	Alpine	Training	Alpine	10:00am - 3:30pm
Arctic Sports	1:00pm - 8:30pm	Arctic Sports	12:30pm - 3:00pm	Arctic Sports	1:00pm - 7:30pm
Badminton	8:30am - 5:00pm	Badminton	8:00am - 5:00pm	Badminton	8:00am - 5:00pm
Basketball	10:00am - 8:00pm	Basketball	10:00am - 8:00pm	Basketball	10:00am - 8:00pm
X-Country Skiing	10:00am - 12:30pm	X-Country Skiing	10:00am - 2:00pm	X-Country Skiing	Training
Curling	2:00pm - 5:30pm	Curling	9:30am - 12:30pm & 2:30pm - 5:30pm	Curling	9:30am - 12:30pm & 2:30pm - 5:30pm
Dene Games	9:30am - 5:00pm	Dene Games	10:30am - 3:00pm	Dene Games	10:30am - 3:30pm
Dog Mushing	12:00pm - 4:00pm	Dog Mushing	Weather Day	Dog Mushing	12:00pm - 4:00pm
Figure Skating	Training	Figure Skating	8:30am - 4:30pm	Figure Skating	1:00pm - 8:30pm
Freestyle	10:30am - 4:00pm	Freestyle	10:30am - 2:30pm	Freestyle	5:30pm - 8:30pm
Gymnastics	Training	Gymnastics	9:00am - 4:00pm	Gymnastics	Training
Hockey	8:00am - 10:00pm	Hockey	8:00am - 10:00pm	Hockey	10:00am - 10:00pm
Indoor Soccer	10:00am - 6:00pm	Indoor Soccer	10:00am - 8:00pm	Indoor Soccer	10:00am - 8:00pm
Ski Biathlon	1:00pm - 4:30pm	Ski Biathlon	1:00pm - 4:30pm	Ski Biathlon	Weather Day
Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	Weather Day
Snowboarding	10:30am - 4:00pm	Snowboarding	10:30am - 2:30pm	Snowboarding	5:30pm - 8:30pm
Snowshoeing	9:00am - 12:00pm	Snowshoeing	Weather Day	Snowshoeing	8:00am - 11:30am
Speed Skating	8:00am - 2:00pm	Speed Skating	2:00pm - 8:00pm	Speed Skating	Weather Day
Table Tennis	9:00am - 5:00pm	Table Tennis	9:00am - 6:00pm	Table Tennis	9:00am - 5:00pm
Volleyball	9:00am - 8:30pm	Volleyball	9:00am - 8:30pm	Volleyball	9:00am - 8:30pm
Wrestling	11:00am - 8:00pm	Wrestling	1:00pm - 5:00pm	Wrestling	Weather Day

www.pcequip.ca Grande Prairie • Fairview • La Crete • Dawson Creek 1-877-55DEERE



PRAIRIECOAST equipment
JOHN DEERE

John Deere 2305

The Best Acreage Tractor For Every Job!

Starting at **\$12,499** (tractor only)
w/ 0% For 36 Months!

Buy a John Deere 2305 Get a FREE Weather Enclosure valued at \$1,399.

-20...-30...-40! Get Out of the Cold Already!

*10 Year valid from Oct. 31, 2009 until Mar. 01, 2010. In the event the loan goes into default, the charge for amounts past due is 24% APR. Taxes, set-up, delivery, freight, and preparation charges not included and may increase price or monthly payments. Minimum purchase may be required. See your dealer for complete details and other financing options. Program subject to change, without notice, at any time. Subject to John Deere Credit approval. For personal or commercial use. Up to a 20% down payment may be required. For example, on a new John Deere Compact Utility Tractor, based on a selling price of \$12,839.00; \$46,727.00 selling price in example is based on MSRP as of 01 Aug. 2009 and may change at any time without notice. Dealer may sell for less; less a 10% down payment results in a balance of \$11,555.10; \$42,054.30 to be financed for a maximum of 3 years with 36 monthly payments of \$320.98; \$1,168.18, totaling \$11,555.10; \$42,054.30, based on 0.00% APR with a cost of borrowing of \$0.00, \$0.00. **Prices are suggested retail prices only and are subject to change without notice at any time. Dealer may sell for less. Taxes, setup, delivery, freight and preparation charges not included. Attachments and implements sold separately. See dealer for details. Manufacturer's estimate of power (ISO) per 97/68/ED.



Good Luck to all Athletes

& Congratulations to the **PROUD SPONSOR** Organizing Committee on a great job!

Proud Bronze Sponsor

13023-97B Street 780-532-8888



GRANDE PRAIRIE 2010 ARCTIC WINTER GAMES DREAM ACHIEVE INSPIRE

THIS IS MORE THAN AN AWARD.



It's an affirmation of excellence. Similar to how we're not just an accounting firm. We're a hard-working team of professionals, dedicated to offering quality service to our many clients and communities. BDO. More than you think.

BDO wishes all the athletes good luck in the 2010 Arctic Winter Games!

Assurance | Accounting | Taxation | Advisory Services www.bdo.ca

9805 - 97th Street Suite 200
Grande Prairie Alberta 780 539 7075

BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.



Schedule of sporting events

*Subject to change without notice

Thurs. March 11, 2010		Friday March 12, 2010		Sat. March 13, 2010	
Alpine	10:00am - 2:30pm	Alpine	Weather Day		
Arctic Sports	1:00pm - 5:30pm	Arctic Sports	1:00pm - 5:00pm		
Badminton	8:00am - 6:00pm	Badminton	9:00am - 3:00pm		
Basketball	10:00am - 8:00pm	Basketball	10:00am - 6:00pm	Basketball	8:00am - 2:00pm
X-Country Skiing	10:00am - 12:30pm	X-Country Skiing	10:00am - 1:00pm		
	9:30am - 12:30pm & 2:30pm - 5:30pm		9:30am - 12:30pm & 2:30pm - 5:30pm		
Curling		Curling			
Dene Games	10:30am - 3:30pm	Dene Games	11:30am - 4:30pm		
Dog Mushing	12:00pm - 4:00pm	Dog Mushing	Weather Day		
Figure Skating	2:00pm - 4:00pm				
Freestyle	10:30am - 2:30pm	Freestyle	Weather Day		
Gymnastics	1:00pm - 6:00pm	Gymnastics	Weather Day		
Hockey	10:00am - 10:30pm	Hockey	9:30am - 10:00pm		
Indoor Soccer	10:00am - 9:00pm	Indoor Soccer	9:00am - 9:00pm	Indoor Soccer	9:00am - 2:00pm
Ski Biathlon	1:00pm - 4:30pm	Ski Biathlon	1:00pm - 4:30pm		
Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	8:30am - 11:30am		
Snowboarding	10:30am - 2:30pm	Snowboarding	Weather Day		
Snowshoeing	Weather Day	Snowshoeing	10:00am - 11:30am		
Speed Skating	8:00am - 2:00pm	Speed Skating	2:00pm - 8:00pm		
Table Tennis	9:00am - 5:00pm	Table Tennis	9:00am - 5:00pm		
Volleyball	9:00am - 3:00pm	Volleyball	4:00pm - 10:00pm		
Wrestling	12:00pm - 3:00pm				



Host Venue for the Freestyle, Snowboard and Alpine Events
March 6-13, 2010

The Peace Country's Destination Ski Area

Enjoy Day & Evening skiing and snowboarding from December through to the beginning of April.

With features such as an amazing terrain park, new 100m halfpipe, and triple chair, platter and wondercarpet lifts. We are a full service, year round, family recreation facility.

Nitehawk Trail Guide





Good luck to all games athletes!

Nitehawk
RECREATION AREA
Celebrating 50 Years!

Ski & Snowboard Rentals Available

We would like to encourage all ATHLETES to visit our Beautiful SKI AREA - overlooking the Wapiti River and only 10 minutes south of our city!

See extended hours online

NITEHAWK will be open to the PUBLIC during the entire week of the 2010 Arctic Winter Games March 6-13 for your skiing & snowboarding enjoyment.

Hot Line 780-402-8977

gonitehawk.com this Winter!

Office 780-532-6637

16 kms south of Grande Prairie on Hwy 40



We would like to welcome all the **Arctic Winter Games** participants to Grande Prairie

Good luck to everyone!

Community Futures Grande Prairie & Region

#104, Viktoria Place, 9817-101 Ave., Grande Prairie
Ph: 780-814-5340



The prairie art gallery welcomes all athletes and cultural participants to northern Alberta. please visit us during the games in the **montrose cultural centre.**

www.prairiegallery.com



THE PRAIRIE ART GALLERY
#103 9839-103 AVENUE

ULU NEWS

Contingent Profile: Team Yamal- Nenets

tennis, traditional winter sports, Inuit sport events, and cultural activities.

Yamal-Nenets is one of the subjects (similar to a province or state) within the Russian Federation.

Yamal region is Russia's most important source of natural gas, with more than 90% of the country's production coming from there. The region also accounts for 12% of Russia's oil production.

The flag is a traditional three-banded horizontal flag, with white, dark blue and red. The team colours are white, blue and red.



Russia sent cultural delegates to the Arctic Winter Games for the first time in 1990.

Since that time it has sent small contingents of athletes and cultural performers to every Games.

Yamal-Nenets made its first appearance at the Arctic Winter Games in 2004, when 37 members of the team competed in table

Contingent Profile: Team Yukon

Canada's northwestern-most area, the sparsely-populated Yukon, has a rich history that hints at its vast mineral wealth. Mining has been the leading economic activity in the region since its formation, and though resource development emphasis has shifted from gold to industrial minerals such as lead and zinc, gold is still being discovered in large quantities in the territory.

Stretching from the St. Elias Range, which forms Yukon's border with Alaska and British

Columbia, Yukon extends to the Arctic Ocean and the Beaufort Sea.

Included within this area is the famous Klondike, host of the last great North American gold rush in 1898.

About 20% of Yukon's population is of aboriginal descent. About 70% of the population resides in Whitehorse, the capital.

Yukon's flag has vertical bars of green, white and blue. In the middle white section above a wreath of fireweed, the territorial flower, is Yukon's coat of arms.

Team Yukon's colours are black, red and white.



PF PLAYFAIR
ATHLETICS LTD.

9712-99 Ave
PHONE: (780) 539-3230
FAX: (780) 539-3883
playfairathletics@hotmail.com

School Specialists Supplying Northern Alberta

- Embroidery
- Silk Screening
- Promotional Products
- Sublimation
- Athletic Wear

Play Tough, Play Hard! ...but Always Play Fair 

With you every step of the way.

**Michael's
Flooring Canada**

780-532-8680

*Proud supporter of the
Arctic Winter Games*



GRANDE PRAIRIE REGIONAL COLLEGE
A Comprehensive Community College with campuses in Grande Prairie and Fairview

*Career, Trades and
University Studies*

Proud to be a host venue for the
2010 Arctic Winter Games



www.gprc.ab.ca





Extracurricular Games Activities

The City of Grande Prairie welcomes all visitors & participants!

PROUD SPONSOR



2010 Arctic Winter Games Exhibit

Heritage Discovery Centre - Centre 2000, 11330 - 106th Street

Monday - Friday: 8:30 am - 4:30 pm
Saturday - Sunday: 10:00 am - 4:30 pm

Featuring:

- The History of the Games
- The Arctic Winter Games Pin Collection
- Stained Glass Drums from each contingent.
- Artifacts from the Circumpolar World
- Admission for this exhibit is free.
- If you are interested in a group tour, please phone ahead to (780)-532-5790.



Grande Prairie Museum's Polar Challenge

10329 - 101 Avenue (Across the bridge from Muskosepeji Park)

Monday, March 8 - Friday, March 12, 2010

Program Times: 9:30 - 11:30 a.m. or 1:00 - 3:00 p.m. Age of group: Suitable for ages 6 and up.

Participate in the Grande Prairie Museum's Polar Challenge! Learn to play traditional Inuit Games and how these games relate to life in the Polar region. The cost of the program is included with the price of regular admission to the Grande Prairie Museum. Special group rates are available for this program. Please call the program coordinator at (780) 830-7086 for more information or to schedule your program.

1's a Purchase, 2's a Pair, 3's a Congeries!

Grande Prairie Museum Rodacker/ Campbell Gallery

Why do people collect? The fascination of objects is the foundation of any individual or museum collection. In this exhibit, local and regional community members showcase their treasured private collections which celebrate the diversity of our community culture.

The Heritage of Winter Sports in the Peace Country:

An Evening of Reminiscences

Thursday, March 4, 2010 • 7:30pm • Grande Prairie Museum

Fitness Place Schedule - Drop in Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN with Laurie 6:15 am	SPIN with Richard 6:15 am	SPIN with Amber 6:15 am	SPIN with Laurie 6:15 am	SPIN with Richard 6:15 am	
MIX IT UP MONDAY with Sari 9:15 am	CARDIO BLAST with Colleen 9:15 am	SPIN with Colleen 9:15 am	CARDIO BLAST with Colleen 9:15 am	CARDIO BLAST with Sari 9:15 am	CYCLE CIRCUIT with Jessica 9:30 am
	CHISEL & SCULPT with Colleen 10:30 am		CHISEL & SCULPT with Colleen 10:30 am	SPIN with Colleen 10:30 am	
STEP STRENGTH with Sari 5:25 pm & Thursday	TOTAL BODY WORKOUT with Sari 5:25 pm	CYCLE CIRCUIT with Lisa 3:15 pm	SPIN with Lisa 5:25 pm		

Call in (even the day before) to book a SPINS bike 780-538-0455! Spring Schedule in effect until June 27, 2010*

Weight Room Schedule

MONDAY - FRIDAY	SATURDAY & SUNDAY
5:30am - 9:30pm	9:00am - 9:00pm

Childcare Services - Monday - Friday 9-11:30am

Our Childcare service is available for children 8 months to 6 years. Participate in fitness, weight training, or swimming while your child enjoys a supervised playtime. Please send your child with small, nutritious snack time. No food containing nuts please. All snacks must be labeled with child's name

The Leisure Centre Pool Arctic Winter Games Schedule March 6-14, 2010

During the Arctic Winter games why not warm up at The Leisure Centre. Enjoy our swimming pool, waterslide, hot tub and dry sauna with additional public swim times Monday thru Friday from 1-3pm

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
5:30-6am	User Group Rental		User Groups Sharing With Lane Swim	User Groups Sharing With Lane Swim	User Groups Sharing With Lane Swim	User Groups Sharing With Lane Swim	User Groups Sharing With Lane Swim					
6-6:30am												
6:30-7am												
7-7:30am												
7:30-8am												
8-8:30am												
8:30-9am								Lane Swim & Limited Edition Family Swim	Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Facility Maintenance
9-9:30am												
9:30-10am												
10-10:30am	Lane Swim	Lane Swim & Public Swim										
10:30-11am												
11-11:30am												
11:30-12 pm	User Group Rental											
12-12:30pm												
12:30-1pm	Public Swim		Public Swim	Public Swim	Public Swim	Public Swim	Public Swim					
1-1:30pm												
1:30-2pm												
2-2:30pm												
2:30-3pm												
3-3:30pm								Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim
3:30-4pm												
4-4:30pm	Rental Space	User Group Rental Birthday Space	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	Swim Lessons & User Group Rentals	User Group Rental & Birthday Party Rental Space					
4:30-5pm												
5-5:30pm	Lessons Birthday Space											
5:30-6pm												
6-6:30pm	Rental Space											
6:30-7pm												
7-7:30pm	Public Swim	Family Swim	User Group Rentals	Public Swim	Family Swim	Public Swim	Family Swim (Stay For Public)					
7:30-8pm												
8-8:30pm												
8:30-9pm	Lane Swim											
9-9:30pm												
9:30-10pm												
10-10:30pm	Rental Space	Rental Space		Lane Swim	Lane Swim	Lane Swim						
10:30-11pm												

GP Transit Welcomes all AWG Athletes!

6 Routes serving the City of Grande Prairie 7 days/week

Adults \$2 • Students, Seniors & Children \$1.50

(Children under 12 ride FREE with a paying adult; max. 4 children)

Transit information 780-538-0337 • www.gptransit.ab.ca

