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Tuesday, March 9, 2010

Culture's centre stage



ERIKA SHERK For Ulu News

Noon cultural performances kicked off Monday and will continue at the Bowes Family Crystal Gardens, Second Street Theatre and the Prairie Mall today and Wednesday. For details on the program, such as the Greenlandic mask dance, see Page 2.

Free lunchtime performances a great cultural opportunity

Greenlandic Mask Dancers, Yamal's 'Snowflake' and local bands highlight packed schedule of cultural events

Erika Sherk
For Ulu News

The Games' famed culture component launched with enthusiasm Monday.

Noon performances at the Cultural Trading Post, the Prairie Mall and the Second Street Theatre brought lunchtime to life with dancing, drumming and singing.

At the Cultural Trading Post, in the Bowes Family Crystal Gardens, local bands shared the stage with traditional performances Grande Prairie has likely never seen before.

Four young women performed a traditional Greenlandic mask dance. With their faces painted red and black, the dance was at once earthy and eerie.

A tradition used for entertainment in their winter camps, the mask dance has been performed in Greenland for 3,000-4,000 years, said Sofie Amondson, 17, one of the dancers.

Their performance is called "Vaajeerneq," which roughly means "something that makes you awake and alive," in English.

The dancers tell a story through their motions, inspired by the way dogs act towards

each other when they first meet. That is the first part. In the second, the dancers become frightening, mythical beings, Amondson said, translated by coach Ruth Montgomery-Andersen.

"The reason for doing the mask dance has been to give expression of the sexual fertility rites plus clowning plus to teach children to handle their fears," said Amondson.

"It's a wonderful feeling inside to be able to bring it to people," she said, of bringing her country's ancient culture to Grande Prairie.

"When you're doing it you have to be 100% into it," said Montgomery-Andersen, "When they're finished they're completely exhausted."

The group will be performing in the other lunchtime performances as well as at the cultural gala. The dancers will move into the audience during the other lunchtime shows, Amondson said, as it is traditionally done.

"People never did it on stage before," she said, "It was done in their houses, one-on-one."

Team Yamal dancers Muslimat Gadzhieva and Andrey Kozhevnikov performed the Russian Syra-Syv (Snowflake) with athletic jumps and spins to rhythmic drumming from their artistic director Oleg Rolev.

Along with Wolf Like Shadow and Astronotes - two youthful local bands - the beautiful, bright Bluebird Dancers from Grande Prairie brought a taste of local culture to the show.



ERIKA SHERK for Ulu News

The Bluebird Dancers bring their bright, traditional performance to local stages this week as part of the cultural package for the Arctic Winter Games.

Spectator Victoria Abboud was happy to have caught the performance.

"It's a different side of the Games, a more cultural experience," she said, "You're not just watching them play a sport, they're sharing a part of themselves. It's more intimate that way."

She was impressed by the Yamal dancers in particular: "It was high-energy, they didn't seem to tire out."

"It was awesome, nice and bright and col-

ourful," said Linda Craik, Games volunteer co-ordinator.

"It's good to see a little bit of the history," she said, "The cultural part is what makes the Arctic Winter Games unique. It's not just sport, it's all the culture behind it."

The free performances run from noon to 1:30 p.m. today and Wednesday at the Cultural Trading Post, Prairie Mall and Second Street Theatre. A different performance will be in each venue each day.



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MAURICE TRUDEAU
 MT Actions Photography
 for Ulu News

Team Alberta's north #46 Aidan Rostad (left) and #26 Bryce MacIennan skate the oval at Coke South in preparation for their Juvenile Male Team Relay medal skate which will go Friday at 6:15 p.m.



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**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
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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

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MAURICE TRUDEAU MT Actions Photography for Ulu News
Team Alberta North forward Riley McDermott parks himself in front of Nunavut netminder Kevin McLarty during hockey action at the Coke Centre Monday. The game ended in a 3-3 tie.

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Family version of Mush Music

➤ Sibling rivalry designed to push each other to best efforts for Alaska

Ivan Danielewicz
For Ulu News

Alea Robinson and Andrew Noble are brother-and-sister Team Alaska teammates, and head-to-head competitors in the dog mushing event at the 2010 Arctic Winter Games.

While this may lead to bickering in some families, for this pair and their parents it's brought them closer together.

"We're competing with each other and against each other," said Robinson, 14, about the competition with her younger brother.

"I try to be nice. I try to give him the good dogs and stuff."

Noble, 11, said there is a trade-off for the dogs: "She uses the better sleds most of the time."

In the eyes of both kids, there was very little weighing on their mind about competing with each other.

The kids' father Eric Noble said their head-

to-head competition was never really talked about leading up to the Games.

"I don't know why not though," he laughed.

The reason is simple said their mother Lois Rockcastle: It's the strong family relationship that has developed because of the kids and families involvement in dog mushing.

"It's definitely something you have to be committed to as a family because it is a lot of work," she said.

"People who have dogs seem to be really family oriented. You see families and their kids are spending a lot of time learning organizational skills, good sportsmanship with helping everybody out. I think it's really good for kids.

"In the races where they are in different groups, Alea helps Andrew to the line or Andrew helps Alea, so it's always a sharing thing."

Continued on Page 9

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IVAN DANIELEWICZ for Ulu News

A family of dog mushers: Father Eric Noble, his wife Lois Rockcastle, and their children Alea Robinson and Andrew Noble. The family, from Anchorage, Alaska, is participating in the 2010 Arctic Winter Games.



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A real family affair

Continued from Page 7

While Robinson and Noble are racing the same number of dogs – four to five depending on the race – at the Arctic Winter Games, things are much different during training and competitions around their home near Anchorage, Alaska.

“She also uses more dogs than me, I use three to five (dogs) regularly and she uses five to 14,” Noble said.

Both recently competed in the 2010 World Junior Championship hosted by the Alaskan Sled Dog and Racing Association over the Feb. 19 weekend.

Andrew finished second in the three-dog class, while Alea finished third in the five-dog class.

Both classes race about 10 kilometres (six miles) three times over the weekend and the musher with the least total time is declared the winner.

For an idea of how fast they travel on the sleds, Robinson finished her race in about 20 minutes, while Noble finished his in about 21 minutes.

“I like the speed,” Noble said. “It varies, but the fastest I’ve done is 20 miles an hour. “You can go really fast with 16 dogs.”

Sixteen dogs?! While Eric Noble said they don’t ride with 16 dogs that often, it’s done when they hook up two sleds to the same

group of dogs.

“That’s a way to give the dogs some weight training,” he said.

Training and the competition season follows the snow in Alaska. During the summer, it’s the dogs’ off-season. In the fall as the snow starts to fall, the dogs begin their training, before competition kicks into full gear when the middle of winter hits.

“You build up the miles and if you can do it more, the more they get loosened up for the season,” said Noble about the start of the training season.

While running the dogs in the middle of a -30C cold-snap may sound cruel, they enjoy the weather because it keeps them cool when they are running, Robinson said.

She added the warm weather Grande Prairie has experienced lately – a balmy 5C during Monday’s race – is actually harder on the animals.

“We soak them in water before we leave and we make sure they get a lot of water,” Robinson said. “When we are out there we just make sure they don’t get overheated.”

Robinson finished with a bronze medal after Monday’s race and her brother finished in fifth.

Both will have a chance to advance up the podium Wednesday during a 10-km race with five dogs.



IVAN DANIELEWICZ for Ulu News
Team Alaska dog musher Alea Robinson pilots her sled off the track after her first competitive run at Evergreen Park on Monday.

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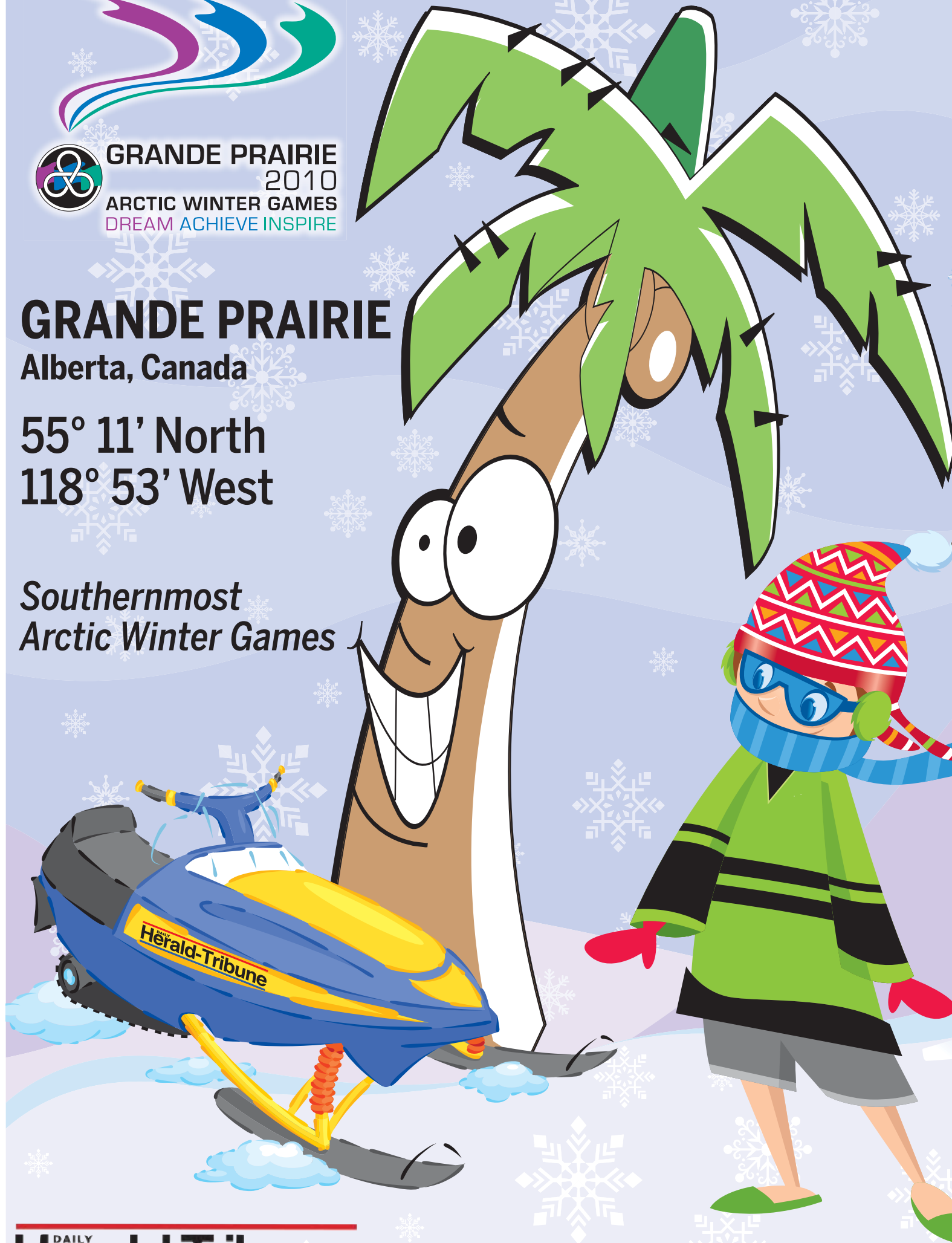
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GP man skied for Yukon in 1970

DAMIEN WOOD
For Ulu News

Forty years ago, Dave Holway of Grande Prairie was a cross-country skier for Team Yukon, going through a whirlwind of emotions as he travelled from Whitehorse to Yellowknife, to be part of the first Arctic Winter Games.

At 14 years old, it was the first time Holway had been away from home.

"(It was) excitement, fear, wonderment and a great sense of pride too," said Holway.

"There was a lot of fear there. But you were with the team so you have all of that support ... you're meeting competitors from, at that time, the three northern areas - Alaska, Yukon and the Northwest Territories. We had met (the others) here and there, but to get in together to a big meet like that was interesting."

His team placed fourth in the relay and fifth in the 4.5 kilometre.

That was 1970. Now, in 2010, Holway has

found the Games on his doorstep in Grande Prairie - the furthest south the Games have ever been.

"It can't be called the Arctic Winter Games if it goes much further south," he said.

"That's as far as they can go, I think."

But it is a great showcase of the north, Holway said. It ties the north together. Further south, and they'd tend to be forgotten.

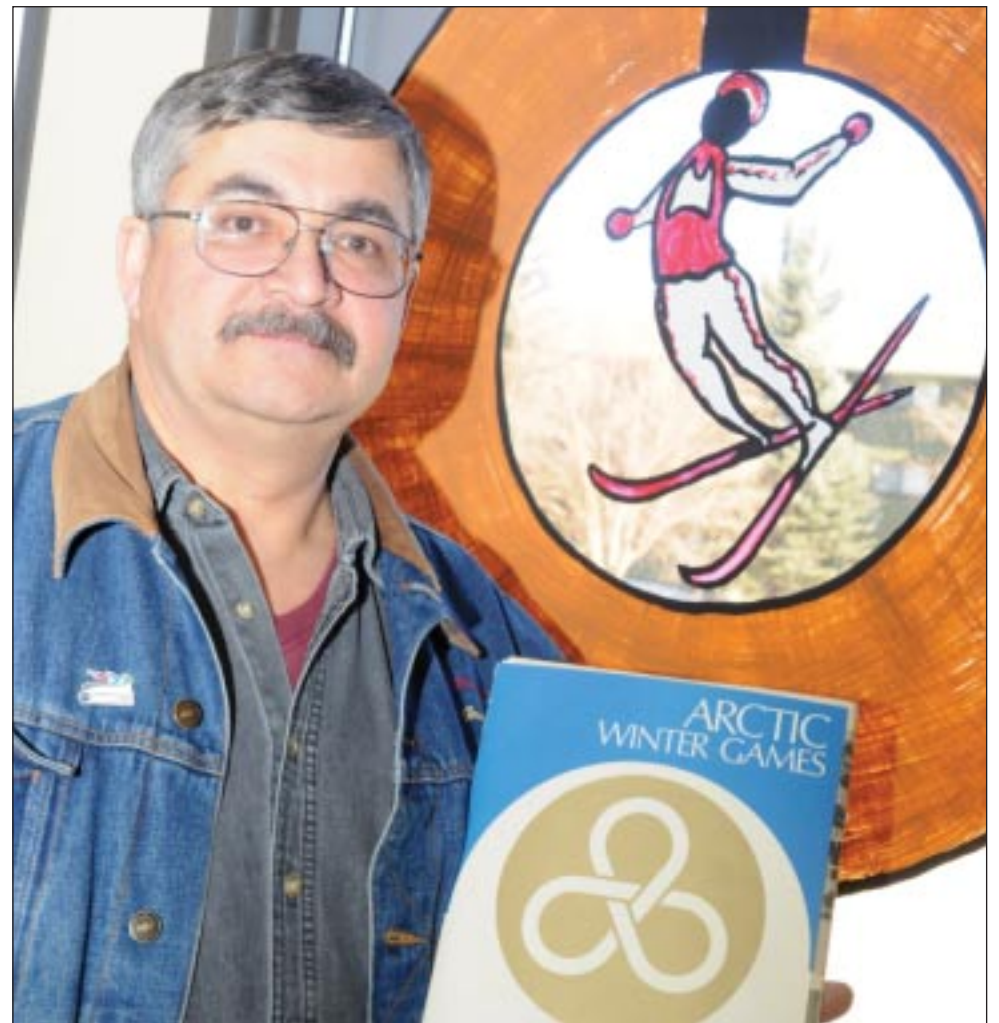
"I lived in Calgary for a few years and (there) you never heard of it - there is nothing up there but the frozen north is what people think. But they'd be surprised," he said.

Continued on Page 13

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DAMIEN WOOD for Ulu News

Dave Holway, a cross-country skier for Team Yukon in the first Arctic Winter Games in 1970 is looking forward to catching his old sport and others as the 2010 Games come to Grande Prairie.



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ULU NEWS



RANDY VANDERVEEN for Ulu News

Igor Kornelyuk of Regional Teleradio Company Vesti Yamal reacts to what he is seeing as he records during the first day of juvenile boys' soccer at the 2010 Arctic Winter Games. Kornelyuk is shooting video, taking still photos and writing as a one-man band for the company as he covers the Russian team at the Games.

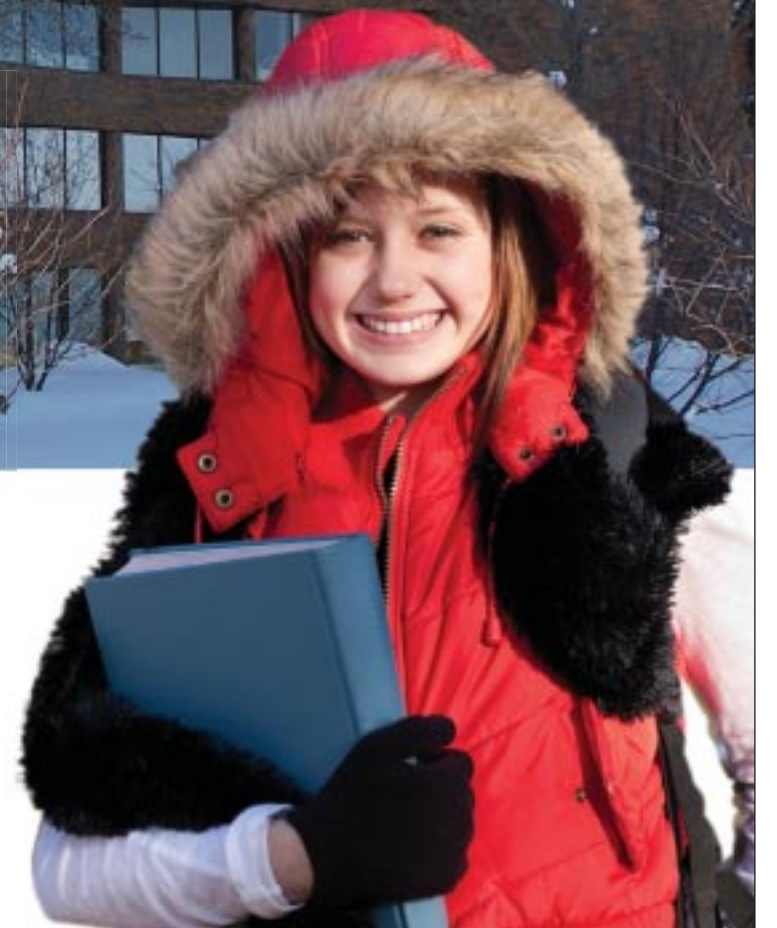
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'I'm still a Yukoner at heart'

Continued from 11

He is glad to witness the Games up close and personal once again, even if he is a spectator this time. He said the Games are still in his heart - still a part of his life even if it has been 40 years.

For much of the week, Holway - an Alliance Pipeline employee - will be away in Dawson Creek, but he will be back to catch his favourite event of cross-country skiing - as well as a few others.

Sunday night he was at the opening ceremonies, and he called the experience "something special."

"It was great! It was a lot bigger than when we started out. We didn't have the lights or the flash or anything," he said, adding he is not surprised by the Games' evolution in that area.

"You've got to have something that grabs people's attention."

In 1970, Holway said, the Games were more about the sports, but culture was still in the picture even then.

"There was a pretty good balance there," he said.

"Culture has always been a big part of the north ... and retaining it.

"The Games are one way of bringing people together to enjoy sports and compete and to bring those cultural foundations together."










Now Holway is excited for this new generation of athletes. For them this is an opportunity to reach for an Olympic level of perfection to their sports.

He suggests these athletes enjoy the moment and never give up.

He also really wanted to say "go Yukon, go!"

"It's really hard not to (root for the Yukon) ... I'm still a Yukoner at heart," said Holway.

Medal standings after Monday

Contingent				Sum
 Alaska	12	14	18	44
 Northwest Territories	7	4	10	21
 Alberta North	8	8	4	20
 Yukon	7	5	4	16
 Yamal-Nenets	5	5	2	12
 Nunavik Québec	1	4	1	6
 Nunavut	1	1	2	4
 Greenland	1	0	1	2
 Saami	0	1	0	1

ULU NEWS

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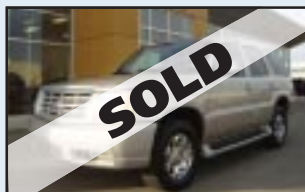
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Schedule of sporting events

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	Arctic Sports	12:30pm	Arctic Sports	1:00pm
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	Dene Games	10:30am	Dene Games	10:30am
Dog Mushing	11:00am - 2:00pm	Dog Mushing	10:00am - 1:00pm	Dog Mushing	10:00am - 1:00pm
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



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Best wishes to all participants & organizers of the
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Schedule of sporting events

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

*Subject to change without notice

Best Wishes for a successful Arctic Winter Games!



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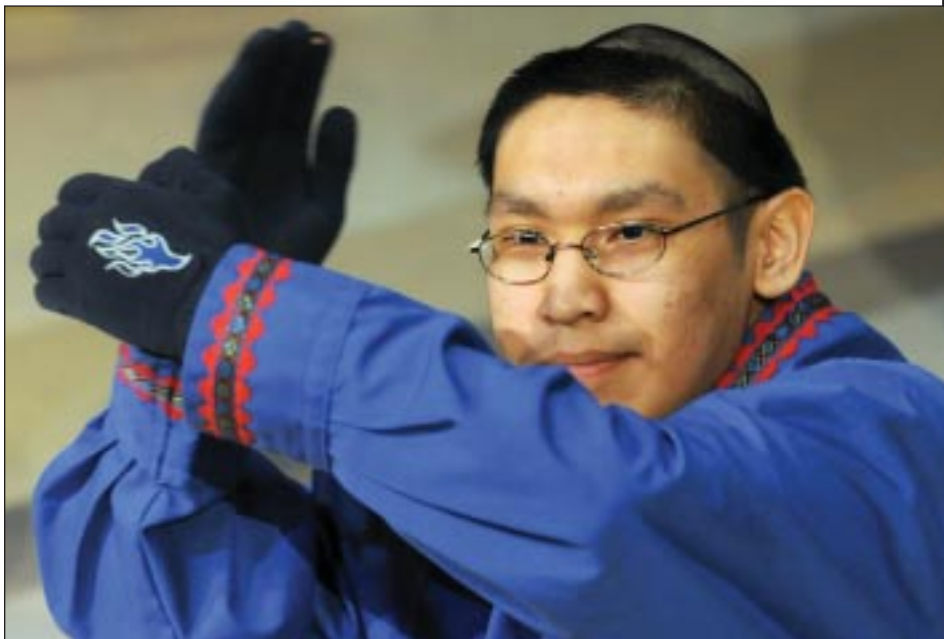
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ATCO's Photo of the Day



DAMIEN WOOD for Ulu News

Gordon Iya of the 2010 Arctic Winter Games' Alaska contingent takes part in a cultural performance of song and dance at the Second Street Theatre in Grande Prairie Monday. Performances will be ongoing through Wednesday.

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Further, travelling long distances for adequate competition is neither attainable nor economical on a consistent basis. Yet, hope remains.

With a lot of hard work, a cultivated environment and some talent - dreams do come true.

The Arctics bring out the best of the up and coming from our northern lands, with the experience in itself as a promising adventure for all competitors involved. On display at the GP Curling Club is a taste of potential greatness.

Here is a cumulative take on the event, with thoughts from every coach, each skip and predictions of who might reach for the stars.

THE GIRLS

Yukon, Sarah Koltua: She has no favourite curler and it's definitely not Jennifer Jones (after a list of several names, an OMG "no" on JJ). Sarah said she likes being part of a team and working together.

Skip's quote - "We are going for gold this year, we got silver last time. Our team is ready for anything," said Koltua.

Coach on strengths - I think it's teamwork. It's a team and they all work together. They encourage each other.

Alberta North, Stacie Yaremko: Her favourite players are Marc Kennedy and Cheryl Bernard. Stacie likes that curling requires physical strength and being a mental challenge as well.

Skip's quote - "Coming in as Alberta is a strength, because the province is always strong. We have been working really hard and we get along good. I think we have a good chance," she said.

Coach on strengths - They get along well, compatibility and they all know how to play. They are going to do just fine this week.

NWT, Taryn Williams: She likes watching Jennifer Jones and Kevin Martin on TV. Taryn loves curling because it's fun, you get to meet people and you get opportunities like this.

Skip's quote - "Our team is pretty naive when it comes to the Arctic Games. We know the teams and how they play. We will just do our best," said Williams.

Coach on strengths - I think



NICK KUHI for Ulu News

Team Alberta North skip Evan Asmusen calls his sweepers during the second end of his rink's opening match of Arctic Winter Games' curling action at the Grande Prairie Curling Club Monday. Alberta won 9-8, while Yukon beat Alaska 14-6. In ladies' play, Yukon beat Alberta 7-6 while NWT beat Alaska 10-2.

drawing. Once we get our draw weight down, that is pretty much all we will be doing.

Alaska, Kaitlin Fawler: Not watching any curling at all somehow goes hand in hand with not having a favourite player. Kaitlin enjoys the difficulty in learning balance, finesse and having to really think.

Skip's quote - "I have a really young team. I don't think our chances are really that good," she said.

Coach on strengths - They have improved immensely. It is a very young and inexperienced team. Their deliveries are growing and they are growing. It's just going to be an experience for them.

Writer's House: The girls from the Yukon have experience in four Canadian junior nationals. Their accomplishments also include a silver medal at the most recent Arctics. They have to be considered

the number one team going in.

The main competition should come from Alberta North. The team is coming off a needed coaching change, in which disension, drama and instability were highly prevalent - not amongst the girls. Well-respected curling coach Heather Moore of GP is in place to right the ship.

A coin toss, for the winner.

THE BOYS

Alberta North, Evan Asmusen: His favourite curler is Robbie Maksymetz (if you haven't heard of him, don't be shocked). Evan enjoys curling because it's something to do, that includes physical fitness and mental toughness.

Skip's quote - "Have probably the best front end sweepers here. All of us have experience at the junior level in play downs and provincials," he said.

Coach on strengths - Their experience with involvement over the past five or six years with

all of them in provincial play.

Yukon, Thomas Scoffin: The "Old Bear" Kevin Martin is his favourite curler. Scoffin said that anybody can be a curler, no matter the size of a person or their age. He like that it involves a lot of people.

Skip's quote - "We have a new team this year. Me and my third have quite a bit of experience. It will be fun and it will be a new experience," said Thomas.

Coach on strengths - We got a lot of experience on the team. A couple of guys this is their third Arctic Games and they have been to the nationals a number of times.

NWT, David Roaho: None other than Jamie Koe from NWT is his favourite player. Involved with the sport since he was six, David likes to bond with the other teams and make new friendships.

Skip's quote - "I think we will work together well. If we play well it will be really close," he said.

Coach on strengths

Focus on



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- Team dynamics.

Nunavut, Ryan Geikie: Mr. Kevin Martin hits the favourite player category once again. Ryan enjoys the tactics to the game.

Skip's quote - "Our team has awesome team dynamics. Last time we came in as the underdogs and we came in fourth. This time I hope to do a little better and maybe make the medal rounds," said the Nunavut skipper.

Coach on strengths - It's team dynamics. The four guys get along so well. They are here for the experience and try to do well. All are friends and have been since early in life. They are excited to be here.

Alaska, Ryan Flippo: Surprise it's Kevin Martin, again. Flippo says since Alaska has really long winters, curling gives him something to do. Starting the sport four years ago, he tried it once and instantly became addicted.

Skip's quote - "As a team we are doing pretty good. We are learning about each other and learning about the game. We have a pretty good shot," said the Alaskan Assassin.

Coach on strengths - Their enthusiasm.

Writer's House: From the research I have done, it appears to be a three-horse race. Alberta North has a lot of firepower and are solid at the back end. They also have enjoyed success at the Arctics before with a gold and a silver on the current roster resume.

The name Scoffin is becoming synonymous with curling in the Yukon. Thomas will be sure to set some sort of record for most appearance at a Canadian Juniors when it's all said and done. His Arctic team however is a bit less experienced.

The boys' team from NWT is also a threat for gold (based upon some credible input). Potentially a diamond in the rough.

Overall it's a solid group, from top to bottom. No coin flip here, Alberta North should be a shooting star.



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		
Muskosepi 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

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2010 Arctic Winter Games Exhibit

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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 Muskoseepi 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.

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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		

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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	Lane Swim & Limited Edition Family Swim		Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Lane Swim & Ltd. Edition Family	Facility Maintenance
8-8:30am							
8:30-9am							
9-9:30am							
9:30-10am	Lane Swim	Lane Swim & Public Swim					
10-10:30am							
10:30-11am							
11-11:30am							
11:30-12 pm	Public Swim	User Group Rental					Lane Swim & Ltd. Edition Family
12-12:30pm							
12:30-1pm							
1-1:30pm							
1:30-2pm	Public Swim		Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
2-2:30pm							
2:30-3pm							
3-3:30pm							
3:30-4pm	Rental Space	User Group Rental Birthday Space	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim	Sr. Lane Swim
4-4:30pm							
4:30-5pm							
5-5:30pm							
5:30-6pm	Lessons Birthday Space	Rental 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
6-6:30pm							
6:30-7pm							
7-7:30pm							
7:30-8pm	Public Swim	Family Swim	User Group Rentals	Public Swim	Family Swim	Public Swim	Family Swim (Stay For Public)
8-8:30pm							
8:30-9pm							
9-9:30pm							
9:30-10pm	Rental Space	Rental Space	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Rental Space
10-10:30pm							
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)

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