



905-615-4670  
www.mississauga.ca/mississaugavalley

**The Centre of Your Community**  
1275 Mississauga Valley Blvd. Mississauga, Ontario L5A 3R8

# The Valley Voice - Fall 2008

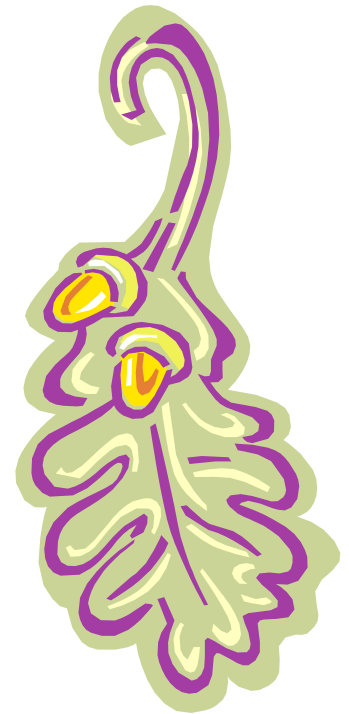
## Message from the Manager

It was with great pleasure that I joined the Mississauga Valley Community Centre Team on March 17<sup>th</sup> 2008. In this relatively short period of time I have had the privilege to meet many customers who currently enjoy the Community Centre and all it has to offer. Several very successful major events have taken place since my arrival, Celebrate Diversity, 100<sup>th</sup> Anniversary TYR Junior Lifeguard Games, Mississauga Marathon Expo, Jerry Love Aerobathon and Earth Day Clean Up to name a few.

The entire Valley's Team is looking forward to celebrating both the upcoming 30<sup>th</sup> Anniversary as well as the Grand Opening of the newly renovated Gymnasium. This special Community Event is planned for Saturday October 18<sup>th</sup> 2008. Mark your calendars now as you will not want to miss out! Event details will be shared as the date draws closer.

Looking forward to meeting you!

Bev Litman



## Opening October 2008

### NEW Valley's Gymnasium

Registered and Drop In Programs

Something for EVERYONE

Basketball - Soccer - Floor Hockey - Dodgeball

Watch for more information coming SOON

Fun for the Entire Family

### Inside this issue:

PA Day Camps	2
At the Pool	2
Swim for Life	2
Happening at the Library	3
Terry Fox Fitness and Dance	3
Skating, Drop In Programs	4
Become an Aquatic Leader	4

### Special points of interest:

- NEW this Year - PA DAY CAMPS
- Halloween HOOPLA
- Biggest Winner Program
- Swim Schedule
- Learn to Kayak
- Public Skating Hours

# At the Pool

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## Swim Schedule

Sept 3, 2008 to June 19, 2009

### WAVE Fun Swim

Saturday, Sunday 1:00 to 2:30 pm  
Friday 7:30 to 9:00 pm

### Fun Swim

Monday to Friday 12:30 to 1:30 pm  
Tuesday, Thursday, Friday 3:30 to 4:30 pm

### GIRLS Fun Swim

Monday 3:30 to 4:30 pm

### BOYS Fun Swim

Wednesday 3:30 to 4:30 pm

### WAVE Length Swim

Sunday 12:00 to 1:00 pm  
Tuesday 9:00 to 10:00 pm  
Friday 9:30 to 10:30 pm

### Length Swim

Monday, Tuesday, Friday 6:30 to 8:30 am  
Saturday 8:00 to 9:00 am  
Thursday 9:15 to 10:15 pm

### WOMENS Length Swim

Thursday 6:30 to 8:30 am  
Monday (1/2 Pool) 8:00 to 9:00 pm

### MENS Length Swim

Wednesday 6:30 to 8:30 am  
Wednesday 8:30 to 9:30 pm

### DROP IN Lessons

Tuesday 1:30 to 3:00 pm

### GIRLS/WOMENS DROP IN Lessons

Sunday 5:15 to 6:00 pm  
Monday 6:30 to 7:30 pm

### BOYS/MENS DROP IN Lessons

Sunday 4:15 to 5:00 pm  
Wednesday 7:30 to 8:30 pm

### NEW - TRIATHLON WAVE Training – DROP IN

Monday, Wednesday 9:00 to 10:00 pm

### NEW - LEARN TO KAYAK – DROP IN

Sunday 6:00 to 7:00 pm

### Aquatic Leadership – DROP-IN

Monday - FEMALE 5:00 to 9:00 pm  
Wednesday - MALE 5:30 to 9:30 pm

**Please note: The regular swim schedule will change during March Break, Holidays and pool shutdowns. Watch for change notices at the pool.**

## NEW - Triathlon WAVE Training

Register for the session or try our DROP-IN option.

Ages: 12 years and up

An opportunity for the Triathlete to practice their open water/wave swimming techniques all year round. Coached workouts will provide feedback on technique, motivation and tips to swimming in open water. Whether you are an experienced athlete, or want to participate in your first endurance event this program is for you.

Monday Sept 22 to Dec 15 9:00 to 10:00 pm 436229

Wednesday Sept 24 to Dec 17 9:30 to 10:30 pm 436230

## NEW - Learn to Kayak

Register for the session or try our DROP-IN option

Ages: 8 years and up

Learn the basics of kayaking at Terry Fox Pool. Paddle, turn, try rolling, enjoy a game of kayak water polo. Each class will include instruction on the basics of kayaking as well as games and activities to strengthen learned skills

Sunday Sept 21 to Dec 14 6:00 to 7:00 pm 435916

## NEW - PA Day CAMPS – Extreme Water Sports

Ages: 8 years to 15 years

Looking for something to do on school PA Days this year? Try our ONE day Extreme Water Sports Camps

Kayak-Waterpolo - Underwater Hockey - Snorkel-Walk on Water – Obstacles, Towing, Throwing, Carrying – Paddling – Take on the WAVES at Terry Fox Pool! Challenge yourself in this WAVE based camp. Water and Waves combined with Non-Aquatic sports and activities will provide an action packed camp day.

Friday Sept 12 9:00 am to 4:00 pm 440946 – Dufferin Peel Board

Friday Sept 19 9:00 am to 4:00 pm 440939 – Peel Board

Monday Nov 3 9:00 am to 4:00 pm 440940 – Peel Board

Friday Nov 14 9:00 am to 4:00 pm 440947 – Dufferin Peel Board

Friday Dec 5 9:00 am to 4:00 pm 440941 – Peel Board & Dufferin Peel Board

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## Learn to Swim – Swim for LIFE

It is a skill that everyone NEEDS. Choose the way to learn that best meets your schedule.

**Drop-In** - Can not commit to a regular schedule? Need to work on a specific skills? Give our drop-in lessons a try

**All Year (Sept to June)** – Same time, same place, same swimming instructor. Register once and attend lessons from September to June. No need to worry about reregistering, or getting a certain time slot again. Learn at your own pace. Candidates learn and move through the Lifesaving Society Swim program at their own pace in a comfortable, consistent environment. Select the starting level and we will take care of the rest! Scheduled payments are available.

**Session lessons (Sept to Dec)** – Register for a session of swimming lessons this fall. Learn a new skill, continue your learning! Preschool to Adult lessons available.

**Male Only** – Prefer a male only environment to learn in? Try our male only lessons Swimmer 1 to Adult lessons available

**Female Only** - Prefer a female only environment to learn in? Try our female only lessons Swimmer 1 to Adult lessons available



## Happening at the Library

### Children Programs

**Drop-in Family Storytime** All Ages  
Tuesdays, Sept. 23 – Nov. 11  
7:00 p.m. - 7:45 p.m.  
Free  
Wednesdays, Sept. 24 – Nov. 12  
10:30 a.m. – 11:00 a.m.  
Free

**Preschool Storytime** Ages 3 to 5 yrs  
Wednesdays, Sept. 24 – Nov. 12  
2:00 p.m. - 2:45 p.m.  
Fee: \$15 per child for 8 week session

**Baby Storytime** Ages Birth to 18 mnths  
Thursdays, Sept. 25 – Nov. 13  
9:30 a.m. - 10:15 a.m.  
Fee: \$15 per child for 8 week session

**Toddler Storytime** Ages 18 to 36 mnths  
Thursdays, Sept. 25 – Nov. 13  
10:30 a.m. - 11:15 a.m.  
Fee: \$15 per child for 8 week session

### Saturday Specials (Registration Required)

**Spanish Family Storytime** All Ages - Free  
First Saturday of the month: Sept. 6, Oct. 4,  
Nov. 1, Dec. 6  
10:00 a.m. – 10:30 a.m.

**Laugh Aloud Reads** Ages 5 to 8 yrs - Free  
Saturday, Sept. 27  
10:00 a.m. – 10:30 a.m.

**Not-So-Scary Halloween Stories**  
Ages 5 to 8 yrs - Free  
Saturday, Oct. 25  
10:00 a.m. – 10:30 a.m.

**Winter Crafts for Kids** Ages 5 to 10 yrs -  
\$2.00  
Saturday, Nov. 29  
10:00 a.m. – 10:45 a.m.  
Ages 5 - 10  
\$2.00



### Library Hours

<b>Sunday</b>	<b>Closed</b>
<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	<b>10:00 am to 9:00 pm</b>
<b>Wednesday</b>	<b>10:00 am to 9:00 pm</b>
<b>Thursday</b>	<b>10:00 am to 9:00 pm</b>
<b>Friday</b>	<b>10:00 am to 9:00 pm</b>
<b>Saturday</b>	<b>10:00 am to 5:00 pm</b>

## Try Our Fall Fitness and Dance Programs Register at the Customer Service Desk

- **Latin American Dance (Lev 1 & 2)**
- **Ballroom Dancing**
- **Hip Hop**
- **Ballroom Line Dancing**
- **Movers and Shakers**
- **Belly Dancing**
- **Jazzercise**
- **Yoga**
- **Pilates**
- **Weight Loss Workout**
- **Karate Classes (Beg & Adv)**
- **Kenjutsu**
- **Cycling Classes**
- **Cycle & Lift**
- **Step Interval**
- **Gentle Low Impact**
- **Low Impact Fitness**
- **Boot Camp**

### (NEW) The Biggest Winner

For as little as \$9.10 per class individuals with similar weight loss goals will motivate each other to reach their personal objectives. Lose weight and have fun in a professionally monitored setting. Participants will work with Personal Trainers who will help monitor their success. Each week of the program will include one hour of nutritional education, a circuit training workout and one hour in the cardio and weight room area. Challenge yourself to be the biggest winner.

Fee: \$273

Classes: 10 weeks / 30 Classes Start Date: Sun Sept 28th  
Class Dates: Sun 7:00-8:00pm, Mon 7:00-8:00pm, Wed 7:30-8:30pm

### Personal Training

Reach your goals quickly and effectively by working with our qualified Personal Trainers. Let them help guide and motivate you through your workout session. Our reasonably priced training packages are designed for individuals or small groups. For more information contact our Recreation Programmer at 905 615-4670 ext 2458 or speak with our customer service staff.

### Join our Fitness Club!

Memberships are available for youth ages 14 to 17yrs. Try out our weight room, cardio equipment, exercise classes, squash courts and recreational swim times. Prices start as low as \$22.97 per month

Adult and Senior Memberships are also available

## Public Skating - Starting Sept 20

Public Skate	Saturday	7:30 -9:00 pm
Public skate	Sunday	2:30 -4:00 pm
Hockey Shinny	Tuesdays	11:30 - 1:30 pm
Adult Stick & Puck	Thursday	9:30 -11:00 am



## Halloween Hoopla

Bring your little ghosts and goblins dressed in their favourite costumes for a trick or treating parade! Children will bake creepy cookies, sing spooky songs, play gooey games and make some crawly crafts. Be sure to bring bathing suits for a spider search in the pool and much more! Parent participation is required and all children must register with a maximum of two children per adult.

Friday Oct 31 12:30 to 2:30pm

Course Code: 441036

Cost: \$30.50

## NEW VALLEY'S GYMNASIUM Drop in Programs STARTING OCTOBER 25, 2008

### Youth drop in Basketball

Tuesday	5:30 pm – 7:30 pm
Wednesday	3:00 pm – 5:00 pm

### Adults drop in

Monday	7:30 -10:00 pm	Basketball
Tuesday	8:15 – 9:30 pm	Women's Basketball
Friday	8:30 -10:00 pm	Basketball
Saturday	2:30 -4:30 pm	Basketball

## Anniversary Celebration and Gymnasium Grand Opening

October 18, 2009

FREE Fall Festivities, WAVE Swim, Treats, Prizes and much more!  
All of the exciting details to come at [www.mississauga.ca/mississaugavalley](http://www.mississauga.ca/mississaugavalley)

## Become an Aquatic Leader

### Become an Aquatic Leader

Programs at Terry Fox Pool are offered as Male Only, Female Only, and Mixed Gender. We encourage you to choose the option that best meets your needs.

### Bronze Star

Participants develop problem-solving and decision making skills. They learn CPR and develop lifesaving skills need to be their own lifesaver.

### Bronze Medallion / EFA/CPR B

Candidates will learn rescue techniques, resuscitation and the history of the Lifesaving Society.  
Prerequisites: 13 years of age OR hold the Bronze Star Award.

### Bronze Cross/SFA/CPR C

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Prerequisites: Hold Bronze Medallion and Emergency First Aid /CPR B.

### National Lifeguard Service / AED

This award is recognized as the elite lifeguarding certificate. Candidates are trained in many specialized lifeguarding techniques, as well as training in the use of Automatic External Defibrillation.

Prerequisites: Hold Bronze Cross and Standard First Aid/CPR C, and at least 16 years of age by the last day of the program.

