

# CHAMPLAIN SPEAKER



<https://champlainpark.org/>



## Winter Carnival on Saturday Jan. 28

@ Rink, Park, Fieldhouse, **noon to 3 p.m.**

Snow, rain or shine, our Winter Carnival is scheduled for the last Saturday in January.

Hope to see you there!

Among the activities:

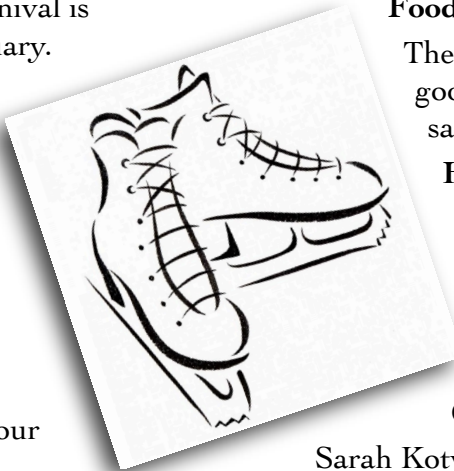
**12:30 to 2:30 p.m.:** Free horse-drawn sleigh rides.

**After lunch:** skating, hockey skills competition, and prizes throughout the afternoon

**2 p.m.:** live music, games.

Please spread the word, and bring your friends and family.

Admission, hot chocolate and coffee are **FREE**.



### Food & Beverages:

There will be a chili cook-off, baked goodies, juice, hot dogs and more for sale in the Fieldhouse kitchen.

### Help Make it Happen:

If you are able to bring a chili or baked goodies, or help out in any other way, please contact one of the organizers. We thank you in advance.

### Organizers:

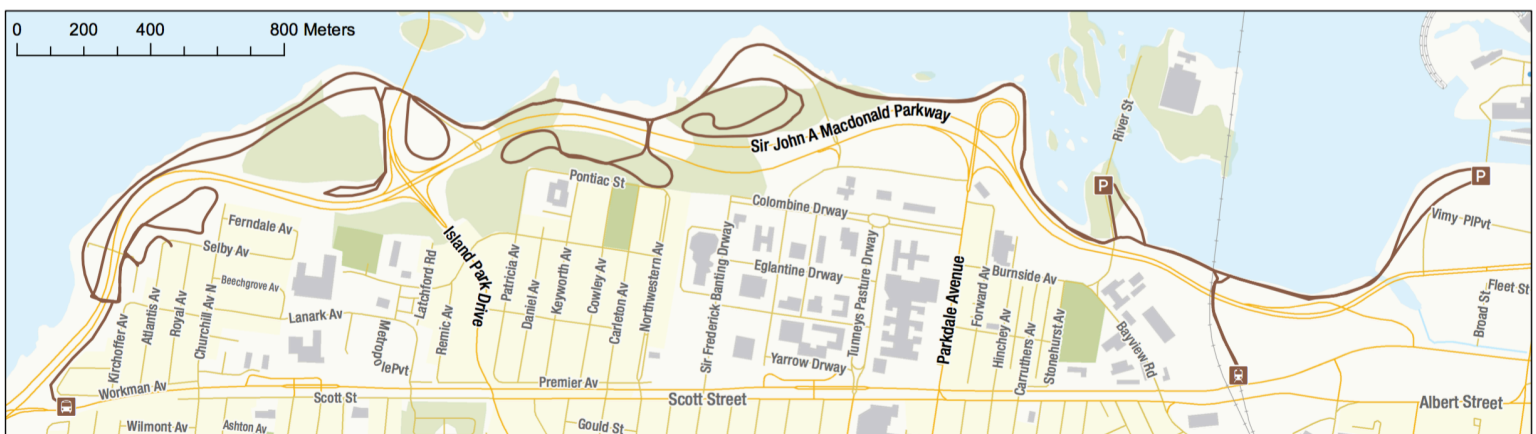
Sarah Kotyck email: [kotyck@rogers.com](mailto:kotyck@rogers.com)

Natalie Raffoul email: [nraffoul@cbrcanada.com](mailto:nraffoul@cbrcanada.com)

There is a poster for the event on the website.

## The SJAM winter trail opens, loops in woods

The first full season is well underway on the new ski trail and winter path along the Sir John A. Macdonald Parkway. We're lucky to have a connecting loop right in the Champlain Woods! Skiers, walkers, snowshoers and winter bikes are welcome. So far, it appears to be a roaring success. As the map below indicates, the trail connects the Canadian War Museum to Westboro Beach. There are no set hours and access is free, but consider a donation, as private fundraising and volunteer hours have made it possible. More information, <http://www.wintertrail.ca>





Reach us: [champlainpark@hotmail.ca](mailto:champlainpark@hotmail.ca)



## Fieldhouse programs rolling out



### *Yoga*

We meet at the Fieldhouse on **Wednesdays** between **6:30 and 7:30 p.m.**

This session runs from **Jan. 11 to May 24, 2017** inclusive (20 classes for a total cost **\$140.00**).

The cost works out to **\$7.00 a class** for a full session membership.

(An additional \$15.00 will be collected with the fees if you are not a current member of *Champlain Park Community Association*)

Please make Cheque payable to: Adrian Bradley for \$140.00 and bring to first class, or can use E-Transfer email to [adrian.bradley@sympatico.ca](mailto:adrian.bradley@sympatico.ca)

Please consider joining us for a free sample class to see if you would be interested.

We are also allowing drop in classes for \$10 a class, subject to space availability.

*If you would like to try a class or drop in on occasion, you must call before a Wednesday class to confirm due to space availability.*

No prerequisites.

Wear comfortable clothes; bring a yoga mat; and something warm for relaxation.

**Instructor: Frances Finnigan**

### *Outdoor rink now open*

The Outdoor Rink is now open and volunteers are needed.

To help with supervision and shoveling, please contact Jim Kot 613-722-7519 or e-mail [kris.tom@sympatico.ca](mailto:kris.tom@sympatico.ca)

### **HOURS OF OPERATION:**

**Monday** 6 p.m. to 9:30 p.m.

**Tuesday** 6 p.m. to 9:30 p.m.

**Wednesday** 6 p.m. to 9:30 p.m.

**Thursday** 6 p.m. to 9:30 p.m.

**Friday** 6 p.m. to 9:30 p.m.

**Saturday** Noon to 6 p.m.

**Sunday** Noon to 6 p.m.



### **Booked events:**

**Women's hockey** Sunday from 8 to 9:30 p.m.

**Hockey for kids 10 and Under** Tuesdays from 6 p.m. to 7 p.m.

**Hockey for kids 11 to 14** Tuesdays & Thursdays from 7 p.m. to 8 p.m.



### *Karate*

The Ottawa West Dojo is now holding karate practices at the Fieldhouse on **Wednesdays** from noon to 1 p.m. and in the evening from 8 p.m to 9:15 p.m.

Please check the website for rates, rules and age divisions.

### *Aerobics*

Classes are **Mondays from 6:45 to 7:45 p.m.**, beginning Jan. 9 until May 15, for a total of 17 (some holidays excepted).

The cost is determined by the number of participants.

Please come and try a class and see how you like it. The instructor is Rosi Riopelle, a Certified Group Fitness

Instructor

If you are interested in joining, please contact Shelagh Jane

Woods for additional information at

[shelaghjane@gmail.com](mailto:shelaghjane@gmail.com)

**There's even more!** *Please check our website for details on the Bridge and Garden Clubs and a program for Mindful Movement and Meditation.*