



Bronx Park Community Centre

December 2017

DECEMBER SPECIAL EVENTS

Holiday Craft Sale

Bronx Park will be hosting its annual Holiday Craft Sale on Saturday, December 9th, 2017 from 10:00 am to 2:00 pm. Our vendor tables are sold out!

HARMONY WARRIOR FOR KIDS - YOGA PEACE & LOVE

Monday, December 11th from 6:30 - 8:00 pm, Yoga Class & Craft \$15.00 per person (Age 5+).

FREE PUBLIC SKATING OPENING SOON (Clara Hughes and Bronx Park)

Strap on your skates and join us for free family fun (weather permitting). Indoor change area available. Both canteens will be open for snacks and refreshments.

Elmwood Winter Fun Day

Join us Saturday, February 10th, 2018 from 11:00 to 3:00 pm at Clara Hughes Recreational Park, 281 Henderson Hwy, for Outdoor Activities, Bon Fires, Snacks, Refreshments, Sleigh rides and More. FREE FOR EVERYONE!

PROGRAMS & CLASSES

HARMONY WARRIOR YOGA - Growing in Harmony, one yoga pose at a time with JENNIFER

Mondays 6:30 - 7:30 pm
Wednesdays 8:00 - 9:00 pm

FIT 4 U with RENEE, Beginner, Intermediate & Advanced

Tuesdays and Thursdays 6:00 - 7:00 pm
Drop-ins Welcome

**KARATE (JKA)
In the true spirit of Karate Do**

Thursdays 6:00 - 7:00 pm
Saturdays 10:30 - 12:00 pm

YOGA by Holly Fulford-Jeffrey

(Starting January 8th, 2018)
Mondays 8:15 - 9:15 pm

(Starting January 10th, 2018)
Wednesdays 6:45 - 7:45 pm
Wednesdays 8:15 - 9:16 pm

WEEKLY EVENTS

BRONX BINGO

Bingo runs every Tuesday. Early Bird starts at 6:45 pm and regular bingo starts at 7:00 pm. The **MEGA MONEY** pot grows at 30% of the week's revenue until won. Canteen available for snacks and refreshments.

WOODWORKING

To register contact the facility manager via email or register in person at Bronx Park. Fee required at time of registration. Intro to Woodworking evening classes are full, but a waiting list is available for spring classes.



CONGRATULATIONS Collin LeGall & Bob Fabbri



Collin and Bob were recognized at the GCWCC 2017 Above & Beyond banquet for their valued commitment and service to the Bronx Park Community Centre.

On behalf of the entire community, we congratulate you and thank you for your dedication to our community.

THE BRONX TEAM

BOARD OF DIRECTORS

President: Jos Gatién
Vice President: Kelly Livingstone
Treasurer: Collin LeGall
Buildings/Grounds: Bob Fabbri
Secretary: Genevieve Dupont
Soccer: Erica Kappy
Hockey: Jim Leblanc
Indoor Soccer: Erica Kappy

BRONX STAFF

Facility Manager: Joanne
Buildings & Grounds: James
Facility Staff: Bol, Garry, Blaine & Hurui

SOCIAL TEAM

Kendel, Bol, Garry, Hurui, Lorinda & Nancy

FACILITY RENTALS

HAVING A SOCIAL?

\$1750.00 + GST

Includes: 2 Bartenders,
2 Security staff, Ice and Pop
Capacity limit of 375 people

CHILDREN'S BIRTHDAY PARTIES

\$100.00 plus GST for 3 hours
Guest maximum of 50 people
Sports equipment available
(Conditions apply)

MULTIPURPOSE ROOM

\$50.00 per hour + GST
Capacity limit of 100 people

CREATIVE ARTS ROOM

\$30.00 per hour + GST
OR
4 hours for \$100.00 + GST
Capacity Limit of 70 people
(Alcohol Not Permitted in this room)

GYM

\$50.00 per hour for Sports Events
Capacity limit is 375 people
(Space is limited)

Fees varies for
Conventions and AGM.
Please contact our facility
manager for more details.

Other Meeting Rooms also
available.

MORE PROGRAMS & CLASSES

YOGA WITH KRISTA NICHOLSON

Yoga classes that include breath, mindfulness, philosophy, stretching and strengthening. Yoga can improve your health, sharpens your mind and eases tension.

Tuesdays - 7:45 - 8:45 pm

FIT 4 TWO

Prenatal Yoga with Natalie - Strengthen, stretch and breathe your way to a more comfortable pregnancy.

Wednesdays 6:00 - 7:00 pm & 7:00 - 8:00 pm

ZUMBA WITH GENNY B FITNESS

Zumba combines cardio, muscle conditioning with toning sticks, balance and flexibility and a serious dose of awesome each time you leave class. It does not matter whether you are new to Zumba or think you have no coordination, you will have a blast.

Zumba - Mondays 5:30 - 6:30 pm

Zumba Gold - Tuesdays 5:30 - 6:30 pm

ZUMBA WITH LIANA!

Fitness and Toning using light weights, sculpts the body and combines targeted body-sculpting exercises. During this high-energy cardio workout with Latin-infused Zumba moves, creates a calorie-torching and strength-training dance fitness party!

Sundays - 11:30 - 12:30 pm

Tuesdays - 7:00 - 8:00 pm

Drop-ins are welcome!

Amata Body Rolling

Body Rolling is a workout, a massage and a chiropractic session all in one. Original fitness and therapy practice that combines healing, wellness and injury prevention in a single, simple workout.

Thursdays 7:15 to 8:45 pm (Starting January 11, 2018)

DROP - INS

OPEN GYM: Mondays, Wednesdays at 4:30 to 7:00 pm and
Thursdays at 4:30 to 5:45 pm

PICKLEBALL: Mondays at 6:00 to 9:00 pm (\$2.00 per player)

BADMINTON: Sundays at 6:00 to 7:00 pm (Family time - No fee)
Sundays 7:00 to 9:00 pm (Adult only - \$2.00 per player)

WOODSHOP: Open to anyone who is willing to obtain a Safety Card (see Woodshop courses). Feel free to bring your own materials and supplies and use our woodshop space and equipment. A knowledgeable volunteer will supervise during all drop-ins to ensure equipment safety. (\$8.00 per visit)

Wednesdays and Saturdays	Noon to 4:00 pm
Fridays	10:00 - 2:00 pm
No drop-ins on Dec. 22 nd to 30 th	

BRONX-GNALC CRIB: First and third Thursday of the month
at 6:00 to 10:00 pm

BRONX BRIDGE: Wednesdays at 12:30 to 3:30 pm