



ACCESS
RECREATION CENTRE

FALL 2025 RECREATION PROGRAMING

Registrations for ALL the Recreation Programs offered by the RM of West St. Paul will be done ONLINE through the Univerus Program Registration System. Visit the Recreation Tab on www.weststpaul.com to register or scan the QR Code.

Pre-registration is required for each West St. Paul program.

Drop-ins will not be permitted.

f i x
@wsprecreation



Registration opens at 9AM
August 18, 2025

**CHECK OUT ALL
THE UP-COMING
CLASSES, EVENTS
AND WORKSHOPS**



Indoor Mini Soccer Skills Camp

Introduce your child to the world of soccer with our Junior Kickstart program! We teach dribbling, passing, and shooting through fun games and positive encouragement—building confidence, coordination, and a love for the game.

See details inside!



48 Holland Road, West St. Paul, MB | 204-336-0294 | recreation@weststpaul.com
Sign up for our E-BLASTS - Email: recstaff@weststpaul.com | Rental inquiries - rentals@weststpaul.com

In-Service Day Camp

Ages: 5-11 yrs

Dates:

Friday, Oct. 24

Friday, Nov. 21

Tuesday, Dec. 2

Camp time: 8am – 5pm

Fee: \$25 Resident, \$30 Non-Resident per camper

Winter Break Camp

Ages: 5-11 yrs

Dates: Dec. 22, 23, 29, 30

Camp time: 8am – 5pm

Fee: \$25 Resident, \$30 Non-Resident per camper, per day

Indoor Mini Soccer Skills Camp

Introduce your child to the exciting world of soccer! Our Junior Kickstart program focuses on fundamental skills like dribbling, passing, and shooting through imaginative games and positive encouragement. We're here to build confidence, coordination, and a passion for the game in a supportive, fun environment.

Dates & Time: Tuesdays; Oct. 7 – Dec. 3

U4/5 – 6-6:50pm

U6/7 – 7-7:30pm

No Class: Nov. 11 & Dec. 2

Location: WSP School

Fees: \$100

Kidz Dance

Kidz Dance is a high-energy class where young dancers will learn beginner steps and explore a variety of dance styles in a fun and supportive environment. Perfect for building confidence, coordination, and rhythm—all while having a blast!

Ages: 4-6 yrs

Fees: \$85

Dates & Times: Wednesdays:

Oct. 1 – Dec. 3, 6:00-6:45pm;

Recital Date: Dec. 10

Baby & Me Yoga

Stretch, bond, and breath together. A gentle class designed to help parents connect with their babies while building strength and confidence through movement. You'll explore foundational yoga poses, breath work, and playful sequences—with and without your baby—all in a supportive, smile-filled environment.

Perfect for babies aged 8 weeks to 12 months. No experience needed!

Instructor: Katrina Oulette

Fees: \$80 or \$10 drop-in

Dates & Times: Wednesdays:

Sept. 17 – Nov. 19, 10:30 – 11:15am



Kids Cooking Classes

In this hands-on cooking class, kids will explore a new recipe and theme each week while learning the basics of food prep, kitchen safety, and essential cooking and baking techniques. Over the 8-week session, participants will build their own personalized recipe book to share with friends and family!

Fees: \$140

Dates & Times: Every other Sunday

Little Chefs 1: (4-6 yrs) – Sept. 7, 21; Oct. 5, 26; Nov. 9, 23; Dec. 7, 10am – 12pm

Little Chefs 2: (4-6 yrs) – Sept. 7, 21; Oct. 5, 26; Nov. 9, 23; Dec. 7, 1:30 – 3:30pm

Super Chefs 1: (7-12 yrs) – Sept. 14, 28; Oct. 19; Nov. 2, 16, 30; Dec. 14, 10am – 12pm

Super Chefs 2: (7-12 yrs) – Sept. 14, 28; Oct. 19; Nov. 2, 16, 30; Dec. 14, 1:30 – 3:30pm

Art Club

Imagine, create, and explore! Each week brings a new hands-on activity—ranging from art and crafts to fun science-based projects—designed to spark creativity and curiosity. Kids will have a blast expressing themselves while learning new skills in a supportive and playful environment!

Yoga

Join Heather for a 1-hour Vinyasa Flow class that links breath with movement to build strength, flexibility, and balance—both physically and mentally. This energizing practice offers a full-body workout in a welcoming, non-competitive space, with modifications available for all levels. All are welcome. Namaste.

Instructor: Heather Bailey

Fees: \$90

Dates & Times: Mondays:

Sept. 15 – Dec. 8, 6 – 7pm

No Class: Oct. 13

Yogalates

Stretch, strengthen, and find your flow. This dynamic Yogalates class blends the core-strengthening focus of Pilates with the flexibility and mindfulness of yoga—plus a hint of dance-inspired movement, all set to music. You'll tone and lengthen your body while improving balance, alignment, and inner calm. Suitable for all levels!

Instructor: Heather Bailey

Fees: \$90 or \$10 Drop-in

Dates & Times: Tuesdays:

Sept. 16 – Dec. 16, 10 – 11am

No Class: Sept. 30; Nov. 11

Block Therapy

Block Therapy is a unique bodywork technique using a therapeutic wooden block to release fascial adhesions, improving blood flow and cellular health. This process ultimately enhances body alignment. Block Therapy helps to: Release fascia throughout your entire body, Manage and eliminate pain, strengthen posture, create body symmetry, optimize breathing and prevent injuries by unlocking the diaphragm

Instructor: Heather Bailey

Fees: \$90 or \$10 Drop-in

Dates & Times: Thursdays:

Sept. 18 – Dec. 4, 10-11am

NEW

Baking Buddies

Get ready to mix, measure, and make some magic in the kitchen! Our kids' baking classes are the perfect way for young chefs to learn basic baking skills, be creative, and have fun with food.

Fees: \$80.00

Dates & Times:

Every other Thursday,

SEPT – OCT

Mini Baking Buddies: (4-6yrs)

Sept 11, 25; Oct 9, 23, 6-8pm

Jr Baking Buddies: (7-12yrs)

Sept 18; Oct 2, 16, 30, 6-8pm

NOV – DEC

Mini Baking Buddies: (4-6yrs)

Nov. 6, 20; Dec. 4, 18, 6-8pm

Jr Baking Buddies: (7-12yrs)

Nov. 13, 27; Dec. 11, 17, 6-8pm

Fees: \$80

Dates & Times: Every other Sunday

Art Club Mini: (5-8yrs) – Sept. 7, 21; Oct. 5, 19; Nov. 2, 16, 30; Dec. 14, 10:30am – 12:30pm

Art Club Jr: (9-12yrs) – Sept. 7, 21; Oct. 5, 19; Nov. 2, 16, 30; Dec. 14, 1:30 – 3:30pm

Mindful Movement – Chair Yoga

For those with joint, muscle weakness, or limited mobility, this class strengthens and stretches muscles to improve flexibility, posture, and strength. Exercises can be done seated or standing, with modifications for all fitness levels.

Instructor: Pat Dasal

Fees: \$70 or \$10 Drop-in

Dates & Times: Fridays:

Oct. 10 – Dec. 19, 10:30 – 11:15am

No Class: Oct. 24; Nov. 7; Dec. 5

Pickleball

Tuesday/Thursday daytime:

Recreation/Intermediate/
Competitive skill levels

Wednesday Evenings: All skill levels

Sorry no drop-ins!

Line Dancing ***NEW***

Join us for a fun and friendly introduction to the world of line dancing. This class is perfect for complete beginners, or those looking to get back into it – no prior dance experience or partner required!

Instructor: Tiffany Parada

Fees: \$80 or \$10 Drop-in

Dates & Times: Mondays:

Sept. 8 – Dec. 1, 1–2:30pm

No Class: Oct. 13

Movin' & Groovin'

Movin' and Groovin' is all about fun, fitness, and feel-good energy! Join us for a lively class set to music that includes low-impact cardio, upper body and core strengthening, and a focus on balance and stability. Suitable for all fitness levels with easy-to-follow movements and adaptable exercises—everyone is welcome!

Instructor: Heather Bailey

Fees: \$90 or \$10 Drop-in

Dates & Times: Mondays:

Sept. 15 – Dec. 8, 10 – 11am

No Class: Oct. 13

Tennis – Outdoors

Discover the joy of tennis with our engaging lessons, perfect for all ages and skill levels! Whether you're a complete beginner looking to learn the basics, or an experienced player aiming to refine your technique, our programs offer something for everyone.

Fees: \$50

Dates & Times: Saturdays:

Sept. 6, 13, 20 & 27

Junior: (4-9yrs), 10am

Youth: (10-18), 11am

All level Adult: 12pm

Zumba

Ditch the workout—join the party! Zumba is a high-energy dance fitness class that gets your feet moving and your heart pumping to infectious Latin and international rhythms. Combining cardio and resistance training, it's a fun and effective way to burn calories, boost endurance, and tone your entire body. No dance experience needed—just bring your energy!

Instructor: Zin Let

Fees: \$90

Dates & Times: Tuesdays:

Sept. 16 – Dec. 16, 6-7pm

No Class: Sept. 30, Nov. 11

Functional Fitness for Women

This program is for women 50 and older who are new to fitness. It's a great way to improve health and well-being through strength and mobility exercises, with modifications for all levels. It's never too late to start!

Instructor: Pat Dasal

Fees: \$90 or \$10 drop-in

Dates & Times: Wednesdays:

Sept. 10 – Dec. 10, 1:30-2:30pm

No Class:

Sept. 24; Oct. 8

Indoor Tennis - Youth ***NEW***

Fees: \$100

Dates & Times: Mondays:

Oct. 20 – Dec. 8

Junior: (8-12yrs), 7:15-8:15pm

Youth: (13-16yrs), 8:15-9:15pm

Indoor Tennis – Minis ***NEW***

Ages: (4-8yrs)

Fees: \$60

Dates & Times:

Saturday/Sundays:

Oct. 11, 18; Nov. 9, 23; Dec. 7
10 – 11:30am



Senior Drop-in

NEW

Looking for a friendly place to connect, relax, and enjoy some good company? Our new Seniors' Free Drop-In is the perfect spot! Come on down to socialize, play cards, board games, and puzzles with friends. Enjoy engaging activities, a warm atmosphere, and the chance to meet new friends in your community. No registration needed – just drop in and make yourself at home!

Fees: FREE

Dates & Times: Mondays:
Sept. 15 – Dec. 15, 1
11:30am – 3pm

No Session: Sept. 30; Oct. 13,
Nov. 11



Toddler Drop-in

Join us for a free Toddler Drop-in Program! Come to a safe and stimulating environment for little ones to explore, socialize, and develop gross motor skills.

Fees: FREE

Dates & Times: Mondays:
Sept. 15 – Dec. 15, 10am – 12pm

No Session: Oct. 13



Open Gyms

Dates: All Ages Open Gym –
Mondays: Sept. 15 – Dec. 15,
3 – 5:30pm

All Ages Open Gym:
Wednesdays: Sept. 17 – Dec. 3,
3 – 4:30pm

No Session: Oct. 13

Everyday AI for Absolute Beginners

NEW

Discover how AI tools like ChatGPT can make your everyday life easier, faster, and more fun—no tech experience needed! This beginner-friendly course explores practical ways AI can help with tasks like writing emails, planning meals, brainstorming, and assisting with homework. We'll provide real-life examples and tips, all at your own pace.

Instructor: Kelly Hudson

Fees: \$ 55

Dates & Times: Mondays:
Oct. 20 – Nov. 17, 6:30 – 7:30pm



LINE DANCE LESSONS

NEW

Join us for a fun and friendly introduction to the world of line dancing. This class is perfect for complete beginners, or those looking to get back into it - no prior dance experience or partners required!



MONDAYS
SEPT. 8 - DEC. 1
1-2:30PM

INSTRUCTOR: TIFFANY PARADA
ACCESS CENTRE - 48 HOLLAND RD.

SIGN UP BELOW

www.weststpaul.com/p/programs

\$80
/person



West St. Paul
ACCESS
RECREATION CENTRE

REGISTER NOW!
VISIT WMBA.CA

FALL/WINTER BASKETBALL COMMUNITY LEAGUE

The WMBA Community League is a fun, inclusive basketball program for youth of all skill levels, ages 7 to 17. Teams are formed through local community centres, with no tryouts required. It is a great opportunity for players to build skills, gain experience, and enjoy being part of a team.

Registration: Aug. 18 - Sept. 18
Season Starts: Weekend of Oct. 18/19
Season Length: October to March

www.wmba.com 204-925-5774 info@wmba.ca



National Bank Tennis MB Hub at West St. Paul

Five outdoor
championship courts
available to rent & play
from May 1 - Sept. 30

Visit
tennismanitoba.com
to book the
courts online



YOU ARE INVITED TO

SENIORS COMMUNITY BBQ

-LIVE MUSIC

-GAMES

COME ENJOY THESE **FREE** EVENTS PUT ON
BY WEST ST. PAUL RECREATION & GWEN
SECTER CREATIVE LIVING CENTRE



AUGUST 22, 2025

-FOOD

**ACCESS CENTRE
48 HOLLAND RD.**











POP IT & DROP IT!

WE WANT YOUR CAN TABS!
DROP OFF YOUR ALUMINUM POP TABS.
THEY MAY BE SMALL BUT THEY ADD UP
TO MAKE A DIFFERENCE.

**ACCESS CENTRE
48 HOLLAND RD.**



WANTED

We're collecting new or gently used cards, board games,
puzzles, and word searches!

The only ask is that they're complete – all pieces must be accounted for.
Your donations will bring joy and entertainment to others.
Let's give these games a new life!

**DROP OFF AT
ACCESS CENTRE - 48 HOLLAND RD.**

West St. Paul Recreation partners with numerous groups to offer great Programming Opportunities to the Community!

For the Programs listed below that are offered at the Access Centre, please contact the instructor or organization directly to register. Contact information is listed in the program descriptions below or visit the Recreation Tab on www.weststpaul.com for more information.

NEW

Little Signing Stars

Baby & Me classes to get you and your baby signing together. These classes combine basic signs and music to make your learning experience fun! Classes are 40 minutes.

Dates & Times: Thursdays starting Sept. 11, 12:45 & 1:45pm

🌐 littlesigningstars.com



West St. Paul Karate

Learn self-defense while increasing self-discipline, self-confidence, strength and flexibility. Youth to Advanced Classes.

Dates: Tuesday & Thursdays

For more info, contact:

✉ wspkarate@gmail.com or visit

🌐 www.wspkarate.com

Taekwondo

Traditional Korean Martial Arts
Certified instructors affiliated with Taekwondo MB & CAN

Dates & Times: Wednesdays 7:15 - 8:15PM, Saturdays 12-1PM

✉ tamsweststpaul@gmail.com or visit
🌐 tamstaekwondo.com

GymKyds

45-minute exploration-based Parent & Me class. Enjoy quality time with your child in a fun, structured environment, learning basic gymnastic movements. Our gym, equipped with child-sized toys and equipment, provides a mix of structured and free play for little ones to socialize, build motor skills, and burn energy.

Dates & Times: Fridays; Sept. 12 – Nov. 28

No Class: Sept. 26; Nov. 7

GymKyds Tots: (1-3yrs) 10am

Preschool GymKyds: Tots (3-5yrs) 10:45am

🌐 gymkyds.ca/west-st-paul

Babysitters Course

Ages: 12 yrs (or completion of Gr. 5)

Dates & Times: Sept. 27; Nov. 22, 2025
9am-3pm approx.

Fee: \$80/Participant
Pre-Registration & Pre-Payment to reserve a spot



Stay Safe Course

Instructor: Katrina Ouellette

STAY SAFE Course:

Ages: 9-13 yrs (or completion of Gr. 3)

Dates & Times: Sept. 28; Nov. 23, 2025
10am-1pm approx.

Fee: \$65/Participant

To register for the BABYSITTER or the STAY SAFE course, please email:

✉ katrina@dynamicfirstaid.ca
with the course you are registering for and your child's information.

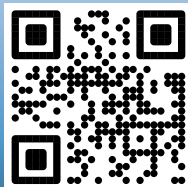
SPORTS REGISTRATIONS

Seven Oaks Minor Hockey Registration



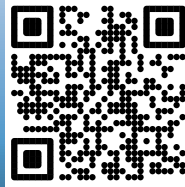
somha.ca

Indoor Recreational Soccer Registration



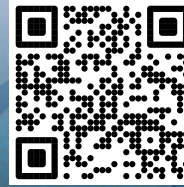
fcnorthwest.com

Manitoba Minor Ball Hockey Registration



manitobaminorballhockey.com

Winnipeg Minor Basketball Association Registration



wmba.ca

WORK SHOPS

WMBA Fall/Winter Community League

Ages: 7-17

The WMBA Community League is an inclusive basketball program for youth aged 7 to 17 of all skill levels. Teams are formed through local community centres—no tryouts required. The league promotes skill development, teamwork, and game experience in a supportive, fun environment for both new and returning players.

Registration: Aug. 18 to Sept. 18

Season Start: Weekend of Oct. 18/19

For more info: wmba.ca.

Flower Arrangement Workshop

Hands-on floral arrangement workshop where you'll learn to create beautiful arrangements. Whether you're a beginner or have experience, this workshop is perfect for adding a personal touch to your floral creations! All materials provided.

Instructor: Dolores the Florist

Fees: \$35

Dates & Times: Oct 9, 6:30-8:30pm

Sugar Cooking Decorating Workshop

Transform plain cookies into edible art! Learn design techniques in this hands-on class. Suitable for all skill levels, you'll master cookie decorating in a relaxing atmosphere. Great for individuals, friends, or family! All materials provided; take home 6 cookies.

Instructor: Tara Smith

Fees: \$55

Dates & Times: Oct. 30, 6:30-8:30pm



**HALLOWEEN
COOKIE DECORATING
CLASS**

Thursday, October 30, 2025
6:30 - 8:30pm
Access Centre - 48 Holland Rd.

Step by step sugar cookie decorating class
w/ Tara Smith! [@blonde.girl.bakes](https://www.instagram.com/blonde.girl.bakes)

You will create & take home
6 large sugar cookies

\$55.00 per person

The poster features a festive Halloween theme with illustrations of pumpkins, ghosts, spiders, and bats.



**HALLOWEEN
DRIVE IN
MOVIE**

**BULLDOG
OUTDOOR MOVIES**

FRIDAY, OCTOBER 24, 2025
"HOTEL TRANSYLVANIA 3"

GATES OPEN AT 6PM
MOVIE STARTS AT 7PM OR DUSK
TRUNK OR TREATING 6:30PM - OPTIONAL

PRE PURCHASE TICKETS
WWW.WESTSTPAUL.COM/P/EVENTS

The poster has a dark, spooky theme with a blue car in the foreground, a skull, and a spider. The movie title is in large, glowing letters.

Largest Pumpkin Growing Contest



Join us for West St. Paul's second annual giant pumpkin contest.

Date: Saturday, Sept. 27

More info to come!

Halloween Movie Drive in

Join us for a spooky fun night at our Halloween Howl Drive-In Movie, featuring Hotel Transylvania 3! Enjoy the film from the comfort of your car, listening through your radio on our giant screens.

Get into the Halloween spirit with our optional Trunk or Treating! Decorate your trunk, tailgate, or hatchback and bring candy to share. Kids of all ages can go from car to car in the designated area to collect treats. If you're handing out candy, please be parked by 6:15pm to join the fun!

Date: Friday, Oct. 24

Location: Access Centre Parking Lot

Time: Gates Open: 6:00pm

Trunk or Treating: 6:30 – 7pm

Movie Starts: 7pm

Fee: \$25 per vehicle

Tickets: Pre-purchase your ticket online at weststpaul.com/p/events

Spooktacular Home Haunt Contest

Get ready to bewitch the neighborhood! Transform your house into a ghoulish masterpiece for our Spooktacular Home Haunt Contest. Deck out your dwelling with your most creative, creepy, and captivating Halloween decorations for a chance to win awesome prizes! Let's see your eerie-sistible spirit!



Lights of the Season Contest

Get ready to shine! Enter our Lights of the Season Contest and transform your home into a dazzling winter wonderland. Decorate your house with your most creative and festive Christmas light display for a chance to win fantastic prizes! Let your holiday spirit glow!

WSP Garage & Craft Sale

Date & Time: Saturday, November 8, 9am – 3pm

Visit: weststpaul.com for more info on all the events!

Military Show & Sale

Organized by the Military Collectors Club of Canada

Date: Sunday, Sept. 14

Contact: email Jaime at mbmcccofc@gmail.com

Stamp & Coin Show

Organized by the Winnipeg Philatelic Society

Date: Sept. 27 & 28

Visit: manitobacoinclub.org

Manitoba Reptile Breeders Expo

Organized by Winnipeg Reptiles

Dates: Oct. 4 & 5

Visit: themrbe.com

Save the Dates

WSP Seniors lunch - Dec. 5

Remembrance Day Service - Nov. 11

Breakfast with Santa - Dec. 14

Registration

Registrations for ALL the Recreation Programs offered by the RM of West St. Paul will be done ONLINE through the Univerus Program Registration System. Visit the Recreation Tab on www.weststpaul.com to register or scan QR Code

To register:

- You must have an active client account.
- You must CREATE a new client account if you have never used the system before.
- After you create an account, an email will be sent to the email address provided to activate your account. For parents enrolling children into programs please be sure to create a family account with yourself as the billing client and your children as family members.
- Payments will not be collected Online

Recreation payments are accepted by:

- CASH – exact change
- CHEQUE – made payable to the RM of West St. Paul
- DEBIT
- E-TRANSFER – finance@weststpaul.com

NEW

Rentals email for booking the Access Centre or field rentals email:

✉ rentals@weststpaul.com



Distribution List to receive email updates on programming & events!

Email: recreation@weststpaul.com

LIKE us on Facebook, Instagram & X @WSPRecreation



WEST ST. PAUL