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# ULU NEWS



THE OFFICIAL NEWSPAPER OF THE ARCTIC WINTER GAMES

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Wednesday, March 10, 2010

# That's gotta hurt!



NICK KUHL For Ulu News

Team Greenland's Ivali Lennert (left) grimaces as he takes on his brother Jens Erik in Stick Pull, one of the Dene Games component of the Arctic Winter Games, at Atco Place Tuesday. For full story SEE PAGE 2.

# Sleight of hand won't help you here

Like so many of the Dene Games, pulling events are rooted in the need for hand strength first, fun and competition second

**NICK KUHL**  
For Ulu News

Hand Games, Stick Pull, Snowsnake, Pole Push, and Finger Pull aren't exactly the type of events you would typically see in a major sporting competition.

But the five traditional Dene Games may just be the most unique aspect of the ongoing Arctic Winter Games in Grande Prairie.

These games have been significant in the lives of the Dene people for generations. They have lived off the land, hunted and fished, and have used the games as a way to stay fit, as well as providing a form of entertainment in the cold and dark winter months.

Emil Geisler of Greenland has been competing in Stick Pull for about three years and says he is happy the traditional Dene Games still play a major role in the overall Arctic Winter Games.

"It will bring more people to the Arctic Games," he said with exuberance, following his gold-medal win in the open male competition Tuesday. "It's great to be an Arctic Games champion, but it was a really hard match and was a good experience."

The Stick Pull was traditionally used to help strengthen hands and wrists in preparation for the fishing season. People would simply reach down and grab a fish near the middle of its back and throw it up on the shoreline.

And although it may not sound complicated, the ability to grab a 20-pound or heavier fish requires quick reflexes, solid hand-eye co-ordination and incredible wrist and finger strength, because fish can be very slippery.

The Finger Pull game was also used to help strengthen the fingers of the Dene and prepare them for the fishing season, while the Hand Games were played as a form of gambling among friends and different groups.

Gambling for bullets, furs, dogs, toboggans, or stick matches was traditional, but are used at cultural and community events nowadays. The game is based on a simple concept of hiding and then guessing on objects, using elaborate hand signals and gestures to both hide and find the object.

The Pole Push, which is similar to a tug-of-war, involves two teams trying to oust each other



NICK KUHL for Ulu News

Garry Hull of Team Alaska (left) takes on eventual winner Emil Geisler of Team Greenland in Stick Pull, one of the Dene Games taking place during the Arctic Winter Games, at Atco Place Tuesday.

from a circle using a 20-foot pole. The tradition for it lies in canoe trips and the frequent long portages where gear would have to be carried by a team for distances of up to 20 kilometres.

The Snowsnake game was used to practice a technique for killing caribou, which at times could mean life or death for the Dene. They would use a spear-like tool and throw it along the snow into the caribou's stomach as the animal was lying on snow-covered lakes early in the morning.

This required incredible skill, not only to kill the animal but to be able to throw the spear with such amazing accuracy, thus requiring plenty of practice.

The Dene Games will continue at Atco Place until Friday.



The MD of Greenview is pleased to welcome all athletes & volunteers to the

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# Ain't it good to know, you've got a friend

➔ The Grande Prairie Friendship Centre is partnering with the Arctic Winter Games committee to celebrate the sharing of aboriginal culture

**ERIKA SHERK**  
for Ulu News

If you're looking for a quiet place to relax, eat bannock and learn about local aboriginal culture while you decompress, the Grande Prairie Friendship Centre is the place to be.

"We've been working in partnership with the Arctic Winter Games to provide the local aboriginal component," said Lindy Beauchamp-Chester.

That component takes three parts. The first is the free tea and bannock every evening from 7 - 9 p.m. at the Friendship Centre.

"We want people to just come and relax, sit down, talk and refresh themselves," said Beauchamp-Chester.

ter. The centre is also displaying artefacts of the local aboriginal culture, some over 100 years old.

"When you're coming from different places it's always really neat to see what the local culture is about," said Beauchamp-Chester.

The second part is the daily craft show, from 9 a.m. to 9 p.m. Martha Campiou, a Cree woman from the Edmonton area, is one of the artisans at the show. She has two tables full of handmade pieces for sale, from handmade turquoise and silver jewellery to moosehide moccasins and mukluks.

"It's an opportunity to purchase something of our culture, something of our people," she said, of the craft sale. Campiou added, "It's always good to take a little piece of your adventure to other lands home with you."

Continued on Page 6

...

ERIKA SHERK for Ulu News

Martha Campiou displays some of the moosehide moccasins she has on sale at the Friendship Centre during the Games.






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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
<b>Games Trading Post</b> 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		
<b>'A Hero's Journey' Opening Ceremonies</b> Crystal Centre - Canada Games Arena	\$ 7:00							
<b>History, Pin &amp; Cultural Display</b> 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
<b>Art Displays</b> 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
<b>Visual Arts Exhibit</b> 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
<b>'A Taste of the North' Menu</b> 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
<b>Lunchtime Performances</b> Crystal Centre - Bowes Family Crystal Gardens		12:00-1:30	12:00-1:30	12:00-1:30				
<b>Lunchtime Performances</b> Second Street Theatre		12:00-1:30	12:00-1:30	12:00-1:30				
<b>Lunchtime Performances</b> Prairie Mall		12:00-1:30	12:00-1:30	12:00-1:30				
<b>'A Taste of the North' Menu</b> 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	
<b>Craft Sale</b> Grande Prairie Friendship Centre		1:00-9:00	1:00-9:00		1:00-9:00	1:00-9:00		
<b>'Northern Sky' Fashion Show</b> Crystal Centre				7:00				
<b>Performing Arts Gala</b> Grande Prairie Regional College					\$ 7:00	\$ 7:00		
<b>'A Hero's Journey' Closing Ceremonies</b> Crystal Centre							\$ 6:00	

All events occur within the hours of 8:30am & 11:00pm  
\$ indicates events that require tickets  
Ticket & Event Details at [WWW.AWG2010.ORG](http://WWW.AWG2010.ORG)

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# Friendship rules



ERIKA SHERK For Ulu News

Pat Piche arranges one of her handmade hide jackets at the Friendship Centre craft sale. Piche's designs will be on display at this evening's fashion show at the Cultural Trading Post.

Continued from Page 3

Add it to your collection of memories." Local artisan Jean Noonan created sparkling beaded bracelets that say "Arctic Winter Games," and "Dream. Achieve. Inspire" on them.

Beaded hide jackets and purses are also available from designer Pat Piche, a Cree and Dene woman from Cold Lake, Alberta. Her "contemporary western native outerwear," as she describes it, will be showcased this evening at the Arctic Fashion Show, to be held at the Cultural Trading Post in the Bowes Family Crystal Gardens.

That is the third component of the Friendship Centre's participation in the Games - the fashion show.

Clothing from around the Arctic will be

shown as well as Piche's beaded, fringed hide outfits and regalia from the Friendship Centre.

It's not just a fashion show, it will also be a little snapshot of some of the local talent," Beauchamp-Chester said, including jigging, traditional dancing, throat-singing and a performance by cultural ambassador Caleigh Cardinal. It's going to be a good mix, said Beauchamp-Chester, "We even have an Alaskan dog in the show."

Today's event is free and runs from 7 p.m. to 9 p.m.

At the Friendship Centre, the crafts and hospitality are available all week long. "We really want to invite people to come here," said Beauchamp-Chester. "It's always really nice to have something from the local culture. Almost like holding a memory in your hand."

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# ULU NEWS

## Sport Venues

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Crystal Centre - Canada Games Arena	10017 99 Avenue	Figure Skating
Evergreen Park*	5 km South on Resources Road*	Dog Mushing, Snowshoeing
Grande Prairie Curling Club	10127 99 Avenue	Curling
Grande Prairie Gymnastics Centre	16 Knowledge Way	Gymnastics
Grande Prairie Regional College - Gymnasium	10726 106 Avenue	Arctic Sports, Volleyball
Grande Prairie Soccer Centre	11319 105 Street	Indoor Soccer
Leisure Centre	11313 105 Street	Indoor Soccer
Maude Clifford Public School	9206 Lakeland Drive	Basketball, Volleyball
Montrose Jr. High School	6431 98 Street	Wrestling
Mother Teresa Catholic School	7501 Willow Drive	Table Tennis
Nitehawk Recreation Area*	13 km South on Highway #40*	Alpine Skiing, Snowboarding, Freestyle Skiing
St. Joseph's Catholic High School	10520 68 Avenue	Badminton
Wapiti Nordic Ski Centre*	7.5 km South on Highway #40*	Cross Country Skiing, Ski Biathlon, Snowshoe Biathlon

## Cultural Venues

Centre 2000 - Heritage Discovery Centre	11330 106 Street	History, Pin & Cultural Display
Centre for Creative Arts	9910 99 Avenue	Art Displays
Crystal Centre - Bowes Family Crystal Gardens	10017 99 Avenue	Games Trading Post: Games Gear Sales, Pin Trading, Lunchtime Performances, 'Northern Sky' Fashion Show
Crystal Centre - Canada Games Arena	10017 99 Avenue	Opening Ceremonies, Closing Ceremonies
Grande Prairie Friendship Centre	10105 97 Avenue	Craft Sales
Grande Prairie Regional College - Theatre	10726 106 Avenue	Performing Arts Galas
Montrose Cultural Centre	9839 103 Avenue	Visual Arts Exhibit
Prairie Mall	11801 100 Street	Lunchtime Performances
Second Street Theatre	10130 98 Avenue	Lunchtime Performances

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# A yearn for yoinking

DAMIEN WOOD for Ulu News

Berit Marja Triumpf and Ann Karoline Fira demonstrate "yoinking" traditional singing as part of Team Sapmi's contribution to a cultural exhibition in Grande Prairie's Second Street Theatre Tuesday. The Saami were one of several cultures represented.

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### Why Should You Attend Grande Prairie Regional Safety Committee Meetings?

**Meeting Location**  
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**Meeting Dates:**  
February 8, 11:30am  
April 26, 6:00pm  
June 7, 11:30am  
September 13, 6:00pm  
November 8, 11:30am

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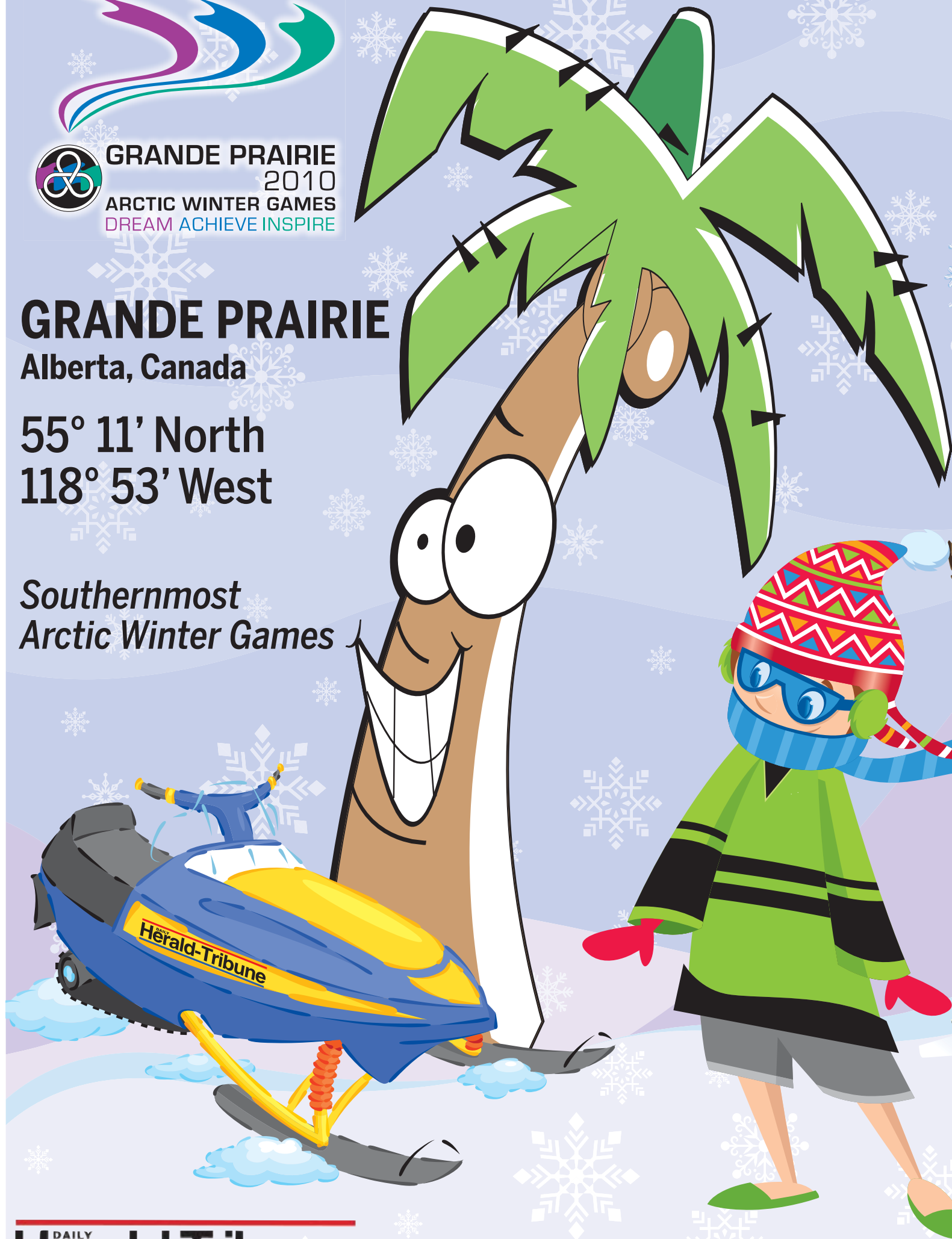
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# Yamal-Nenets shares medals with GP

**CRYSTAL RHYNO**

For Ulu News

The hospitality and charm of Grande Prairie is leaving a lasting impression on the chef de mission of Team Yamal-Nenets.

On Tuesday morning after the first day of competition, Alexander Mazharov, speaking through Russian translator/assistant chef de mission Yana Vrublevskaya, shared his thoughts on the city and its inhabitants.

"Yesterday our athletes won 12," he said. "I think the most part of their success is just because they are treated here so well. They have perfect food. They just have perfect care."

"All these medals are also medals of Grande Prairie people who make this sport and culture event."

Yamal-Nenets has been part of the Arctic Winter Games since 2004. This is Mazharov's second stint as chef de mission and he has a team of five mission staff. In his role, he is responsible for ensuring everything goes smoothly for his contingent of 42 athletes, eight coaches, and three cultural performers, as well as communicating

with the international community and the host society.

"It's very difficult to say it is easier or not as it was last time," referring to the 2008 Arctic Winter Games. "But to be honest I am just happy to be here as I have a very good assistant that just makes everything go. I just sometimes relax and just enjoy my time here."

"I have a feeling that it's the best host society work I have ever experienced."

Mazharov said the contingent is impressed with Grande Prairie, which he says is convenient.

"It has its own beauty and charm," he said. "It is a northern city. What we like best is your architecture."

The wide roads, parking lots, restaurants and sports facilities were noteworthy.

"The infrastructure is also very good for a northern community. The most important thing is it is a city of very good people," he said.

...  
**CRYSTAL RHYNO** for Ulu News

Alexander Mazharov is the chef de mission for Team Yamal-Nenets. Yana Vrublevskaya is the assistant chef de mission.



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## ULU NEWS

### ATCO's Photo of the Day



RANDY VANDERVEEN for Ulu News

Alaska keeper Peter Jorgensen makes a save in junior boys soccer action. Team Alaska has played it close, but still looks for its first win. At 0-0-3, they take on Yukon today.

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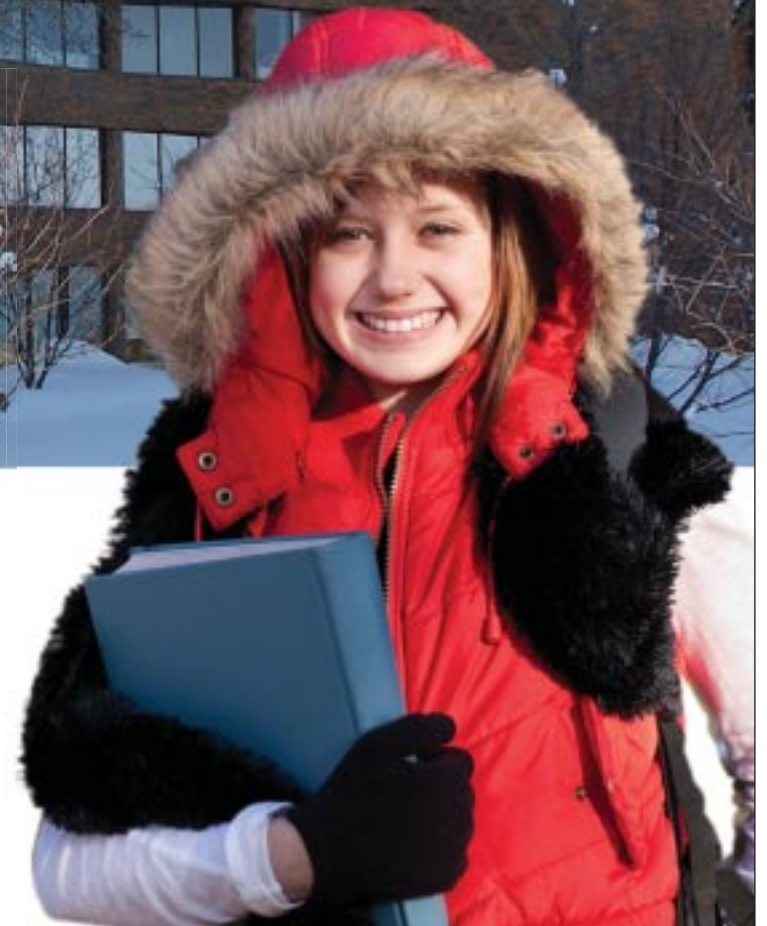
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# 'I really love your little northern city'

Continued from Page 11

In Yamal-Nenets, he said, the temperatures are colder and tundra surrounds the city of Salekhard.

"Your city is just surrounded with a more rich nature," he said.

Thus far, Mazharov said everything is going according to plan with the usual questions, same challenges.

Typically there are some com-

munication issues but generally they are worked out.

"To be frank, yes we have some kind of communication problems," he said. "Mostly it is our athletes and coaches come across with these problems."

However, thanks to the volunteers across Canada who may have been born in Russia and moved to Canada, there's always someone to translate.

"We have really good friends

among old Russian Canadians and they help us," he said.

"Thanks to your job, we practically have no communication problems"

Also in his second Games, Chef de mission for Team Nunavik, Jean Dupuis, visited Grande Prairie as part of the chef de mission tour for the first time back in October.

"I really love your little northern city," said Dupuis.

"It's a big town compared to

where we come from. Everybody is impressed and we're amazed. We're really happy you have all the stores and shopping centres and all that. We don't have that back home."

Dupuis said the contingent is having a great time competing and spending their free time in Grande Prairie.

"We won some medals," said Dupuis.

"We're a small contingent and

we only participate in five sports. Yesterday we won seven medals - two gold, four silver, and two bronze. So we're very, very happy."

Dupuis said it is rewarding to see that the work they do pays off and the kids participate, compete and meet with kids from all over the circumpolar world.

"Even though we come from a small place, they have the calibre to compete with some kids from larger areas. It's a lot of fun."

## Medal standings after Tuesday

Contingent				Sum
<a href="#">Alaska</a>	33	31	34	<b>98</b>
<a href="#">Alberta North</a>	13	20	12	<b>45</b>
<a href="#">Northwest Territories</a>	14	10	19	<b>43</b>
<a href="#">Yukon</a>	12	12	8	<b>32</b>
<a href="#">Yamal-Nenets</a>	15	10	5	<b>30</b>
<a href="#">Nunavut</a>	3	3	7	<b>13</b>
<a href="#">Nunavik Québec</a>	4	4	4	<b>12</b>
<a href="#">Greenland</a>	1	4	1	<b>6</b>
<a href="#">Saami</a>	1	2	1	<b>4</b>

# ULU NEWS



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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	<i>Training</i>	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	<i>Training</i>
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	<i>Training</i>	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	<i>Training</i>	Gymnastics	9:00am - 4:00pm	Gymnastics	<i>Training</i>
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	<i>Weather Day</i>
Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	8:30am - 11:30am	Snowshoe Biathlon	<i>Weather Day</i>
Snowboarding	10:30am - 4:00pm	Snowboarding	10:30am - 2:30pm	Snowboarding	5:30pm - 8:30pm
Snowshoeing	9:00am - 12:00pm	Snowshoeing	<i>Weather Day</i>	Snowshoeing	8:00am - 11:30am
Speed Skating	8:00am - 2:00pm	Speed Skating	2:00pm - 8:00pm	Speed Skating	<i>Weather Day</i>
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	<i>Weather Day</i>



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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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ULU NEWS



DAMIEN WOOD for Ulu News

Jada Powell (left) and Michaela St. Pierre perform with Team Yukon's "Extremely Moving" hip-hop/humour dance troupe at a cultural exhibition in Grande Prairie's Second Street Theatre Tuesday.

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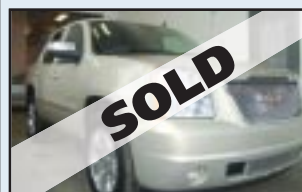
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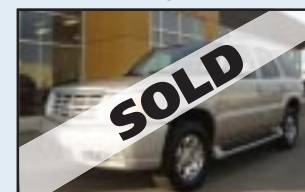
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# Home, home on the range

The biathlon is a sport of duality.

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Biathlon is familiar throughout the world, but the snowshoe version is more unique to the Arctic.

It has most of the same rules, the same components, and the same goal: Speed mixed with control ... but with snowshoes, not skis.

"It's like running with weights on your feet," said Team Alberta North's gold medal-winning athlete Daniel Granger.

As if just competing wasn't difficult enough.

Athletes from Alaska, Northern Alberta, the Northwest Territories,

## Focus on



with IVAN DANIELEWICZ

and the Yukon completed their second snowshoe biathlon event on Tuesday at the Wapiti Nordic Ski Centre south of Grande Prairie.

Tuesday was the sprint event, where athletes snowshoed 3 km in the junior category and 2 km in the juvenile category.

Each age group had two rounds of five shots on the shooting range.

Without skis to glide on to rest as in a regular biathlon, snowshoe biathletes have developed different methods to control their heart rate.

"In the last 100 metres coming in (to the shooting range), you really have to slow down your pace," Granger said.

"Skiing, you can glide in quite (relaxed) while still travelling quite fast. Snowshoeing, you have to either keep running, but then you won't get your heart rate down, or just walk.

"You have to find a little place in between.

"We tried skipping once," Granger joked. "But I think it just looked kind of funny."

Team NWT's Alicia Norris has registered the only perfect score



on the firing range so far - hitting all 10 targets - in the two days of competition.

She said, as in the regular ski

biathlon, controlling your breathing is the most important thing.

"As you walk into the range, you take deep breaths and that focuses

you on the targets," she said. "As I do that, I look at the targets and imagine them falling down. Then I lie down and shoot them down."

Norris won gold Tuesday in the sprint event and won gold in the individual event on Monday.

"You have to be fit because it's hard running and you don't get any breaks running on downhill or anything," said Team Yukon's Aven Knutson, who placed second in the junior female category on Tuesday.

Norris added that the muscles used to compete in snowshoe biathlon are different from the regular skiing biathlon.

"Skiing you glide and you stretch out more, but snowshoeing you kind of shuffle your legs and you don't lift them high," she said.

"You really need to build up muscle in your quads."

Granger, an athlete in both forms of biathlon, said regardless of the type of biathlon, the same mentality is needed for both.

"Leave it all out on the course," he said.

"Go as hard as you can and just pace yourself.

"Even if you feel like you don't think you can, coming up to that finish (line) you just have to go hard and just a little bit faster, because five minutes later, if you're at least able to stand, you might not have gone as hard as you can.

"So just go that little bit harder the whole way through."

...

IVAN DANIELEWICZ for Ulu News

Aven Knutson, from Team Yukon (top), checks her rifle during the snowshoe biathlon sprint at the Wapiti Nordic Ski Centre. Knutson finished second in the junior female category. Daniel Granger, from Team Alberta North (left), focuses on his five targets on the shooting range.



**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		
Muskoseepi 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		

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# Extracurricular Games Activities

The City of Grande Prairie welcomes all visitors & participants!

PROUD SPONSOR



## 2010 Arctic Winter Games Exhibit

Heritage Discovery Centre - Centre 2000, 11330 - 106th Street

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.

## 1's a Purchase, 2's a Pair, 3's a Congeries!

Grande Prairie Museum Rodacker/ Campbell Gallery

Why do people collect? The fascination of objects is the foundation of any individual or museum collection. In this exhibit, local and regional community members showcase their treasured private collections which celebrate the diversity of our community culture.

## The Heritage of Winter Sports in the Peace Country:

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		

Call in (even the day before) to book a SPINS bike 780-538-0455! Spring Schedule in effect until June 27, 2010\*

### Weight Room Schedule

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

Transit information 780-538-0337 • www.gptransit.ab.ca

