



# Iqaluit Clubs and Activity Guide 2 · 0 · 0 · 4

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# Table of Contents

City Recreation Programs	2
Swimming Pool	4
Sport Clubs	7
Leisure Clubs	11
Community Services	12
Service Organizations	14
Seasonal Recreational Programs	15
Annual Events	17

# Phone Numbers

City Recreation Office	979-5617
Swimming Pool (Splash Line)	979-5624
Arnaituq Arena Office	979-5621
Curling Rink	979-5622
Abe Okpik Hall (Apex)	979-5625
Elder Centre	979-5626
Arctic Winter Games Complex	979-5604
Youth Centre	979-5658

# Facility Information

## **Arnaitok Arena & Arctic Winter Games Complex**

The City of Iqaluit offers a wide variety of arena programs for all age groups to enjoy. Detailed schedules are available at the Arnaitok Arena office, Arctic Winter Games Complex and the City Hall.

**Please Note new admission fees & rental rates for Arnaitok Arena & Arctic Winter Games Complex, Effective January 1st, 2004:**

### **Admission Fees:**

Preschoolers (5 & under):	Free
Children (6-12):	\$1.65
Youth (13-18):	\$2.20
Adult	\$3.00
Senior:	\$2.20
Family (at least one adult):	\$6.60
Skate Rental:	\$1.00

### **3 Month Skating Pass:**

Children (6-12):	\$22.00
Youth (13-18):	\$38.50
Adult:	\$55.00
Senior:	\$38.50
Family:	\$148.50

To purchase your skating pass, please come to the Recreation Office (located in the Arctic Winter Games Complex) weekdays between 9 am and 5 pm.



# Facility Information

## Rental Rates:

**Primetime Hours - Monday-Friday 6pm-9pm & Saturday, Sunday 12pm-9pm**

Adult Hockey/ Adult Figure skating	\$99.00 per hour
Youth (under 18)	
Hockey/ Figure Skating/ Speed skating	\$42.00 per hour
Adult/ Youth Hockey/ Figure Skating	\$55.00 per hour
Adult Broomball	\$77.00 per hour
Youth Broomball	\$44.00 per hour

## Discount Rate - All other hours

Adult Hockey/ Adult Figure skating	\$66.00 per hour
Youth (under 18)	
Hockey/ Figure Skating/ Speed skating	\$33.00 per hour
Adult/ Youth Hockey/ Figure Skating	\$44.00 per hour
Adult Broomball	\$55.00 per hour
Youth Broomball	\$33.00 per hour

For Information regarding private or group rental times for the arena, please call 979-5618.

## General Arena Rules

1. The arena staff on duty will have the right to evict any person who creates a disturbance or fails to follow the rules governing acceptable conduct.
2. No Smoking within the arena (Municipal Bylaw # 570).
3. No alcoholic beverages allowed within the arena.
4. All users or costumers will not be allowed on the ice while the zamboni is on the ice.
5. No group or individuals will be permitted on the ice unless a team coach, manager or instructor accompanies them.

6. Users must leave the ice and dressing rooms at the appointed time.
7. All users or participants must leave dressing rooms clean and tidy.
8. No persons will be permitted on bleachers or main lobby area with skates on, unless skate guards are worn.
9. No hockey sticks or pucks during family and public skates.
10. No tag during public skates.
11. Use of a helmet is highly recommended.

## Abe Okpik Hall

The Abe Okpik Hall is host to special events and **children** programs. It is located in the Apex. For information about renting the hall, contact the Recreation Department at 979-5620.

## City of Iqaluit Recreation Department Playgrounds

The City of Iqaluit is responsible for the following playgrounds: Apex, Happy Valley, Tundra Valley, Lower Base, Beach and the Road to Nowhere Playgrounds. Please try to help us keep the playgrounds safe by reporting to us when there is damage done to the playgrounds or when there is broken equipment. Please pick up the garbage as well.

## Inuksuk High School Adult Gym Program

Various sport programs run in the Inuksuk High school gym. For more information, contact the Recreation Office, or the organizers of the programs (see club listings for details).

# Facility Information

## Facility Rental Fees & Information

### AWG Complex

Main Floor Area	\$500.00 per day
Lobby/Canteen	\$200.00 per day
Main Floor & Lobby	\$700.00 per day

### Curling Club

Lobby	\$30.00 per hour
	\$200.00 per day

Main Floor	\$500.00 per day
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Abe Okpik Hall	\$30.00 per hour
	\$200.00 per day

Ball Diamond (Slow Pitch)	\$150.00 per team
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Tables	\$3.00 per table/day
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Chairs	\$5.00 per 20 chairs/day
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The City of Iqaluit agrees to provide the necessary facilities in good order.

The renter agrees to assume full responsibility for proper supervision of group members and will ensure that the facilities are properly used and maintained.

Rental Fees must be paid by cash in advance unless prior arrangements have been made with the Manager of Facilities & Operations.

The City retains the privilege to cancel a scheduled booking at any time necessary.

The City of Iqaluit will not assume legal liability due to loss, theft, or damage of personal effects or equipment used or stored in Recreation Facilities by individual or groups.

Individual and Groups will make use of the Recreation Facilities at their own risk. The City of Iqaluit will not assume responsibility of injury to any person and encourages organizations to provide insurance coverage for their membership.

The renter agrees to inform the Recreation Department (979-5618) of cancellation at least 48 hours prior to the scheduled booking. Failure to do so will result in obligations of payment.

## Swimming Pool

The City of Iqaluit is proud to offer a wide range of aquatic programs for your enjoyment. Some of our programs are tailored to fitness and swimming development, while others lean more toward leisure activities. We have programs to suit all ages and strengths. We are located in the Astro Mall Complex and are eager to make your swim time as enjoyable as possible.

### AquaTots

This is the first level of the Red Cross Aquatot program. Parents/caregivers participate along with the child in activities where movement, buoyancy, getting wet, water safety and interaction are the focus.

Level	Age Recommendation
AquaTots 1	4-16 months
AquaTots 2	16-24 months
AquaTots 3	24 months and up

# Facility Information

## AquaQuest

In levels 1-12 participants are taught the full range of swimming strokes and lifesaving skills. Participants will come out with a better understanding of safety techniques and a higher skill level than ever before. The AquaQuest program is designed for children aged four to fourteen.

## AquaAdults

AquaAdults is a program designed for teens and adults who would like to learn how to swim or simply improve their swimming abilities. Participants and instructor decide what core items they would like to focus on.

## The Canadian Swim Patrol "The on-Ramp to Lifeguarding"

Rookie, Ranger and Star are the levels in the new Canadian Swim Patrol program, which is designed with a "work hard/play hard" attitude in mind. Swimmers aged 9-12 will be challenged in the following:

**Rookie Patrol:** victim recognition, rescue breathing, fitness training, 100m endurance swim.

**Ranger Patrol:** victim recognition and avoidance, choking, fitness medley, 200m endurance swim.

**Star Patrol:** Communication skills, first aid, fitness training, 300m endurance swim.

## Bronze Medallion/ Senior Resuscitation

Bronze Medallion teaches an understanding of the lifesaving principles of water rescue education, an introduction to self-rescue and the rescue of others. Candidates learn how to respond to conscious and unconscious victims and how to defend themselves in the water. An endurance swim is part of the course. Prerequisites: Must be 13 years of age and have good control over swimming strokes. (We recommend finishing AquaQuest 12 and Star Patrol)

## Bronze Cross

Bronze Cross is for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision of aquatic facilities. Candidates learn emergency procedures and the rescue and immobilization of a pulseless, spinal victim. Bronze Cross is the prerequisite for all advanced training programs in lifesaving, Lifeguarding and leadership.

Prerequisites: Must be 14 years of age and have completed Bronze Medallion and Sr. Resuscitation.



# Facility Information

## Aquafit

Aquafit is drop-in program, no registration required. These classes offer a low impact aerobic workout in a social environment.

## Masters' Swim

The masters' swim is an optional workout provided at noon swims Tuesday to Friday. Participants challenge themselves with a swim workout designed to build strength, endurance and fitness levels.

## Admission Policy:

1. No person with an open sore or communicable disease may enter the pool.
2. Shoes and boots are not permitted on the pool deck or in the change rooms.
3. Appropriate swimwear must be worn. Bathing suit, clean short and T-shirts may be worn. No cut-offs please.
4. No child under the age of six is permitted in the pool without a responsible person aged 14 and up accompanying them in the water.
5. Any person entering the pool must shower thoroughly beforehand.
6. Any person under the influence of drugs or alcohol is not permitted in the pool area.

## Guidelines and Policies for Aquatic Programs:

1. Participants should be in appropriate swimwear and ready for class five minutes before class start time.
2. Footwear is not permitted on the pool deck or in the change rooms.
3. Lessons cancelled due to inclement weather conditions, pool mechanical problems, etc. will be rescheduled. Every effort will be made to notify participants by telephone. A public service announcement will be aired on CBC radio.
4. Refund or credit requests will be dealt with on an individual basis and can be addressed to the Recreation Department. Refunds or credits may be issued if the request is submitted before the third lesson. Refunds are subject to a pro-rated fee for the cost of the lessons received.
5. Full payment is due upon registering.

## Aquatics Programs/ Admission Fees

### Red Cross

Aqua-tots 1, 2, 3 (30 min sessions)	\$35.00
AquaQuest 1-5 (30 min sessions)	\$30.00
AquaQuest 6-12 (45 min sessions)	\$40.00
Aqua-adults (45 min sessions)	\$40.00

### Lifesaving Society

Swim Patrol	\$50.00
Bronze Medallion/Senior Resuscitation	\$125.00
Bronze Cross	\$125.00
National Lifeguard Service Award	\$150.00

Public Swims	Fee	Swim Pass
Preschool (5 & under)	FREE	
Children (6-12)	\$1.50	\$20.00
Youth (13-18)	\$2.00	\$37.45
Adult (19 & over)	\$3.75	\$53.50
Senior (55 & over)	\$2.00	\$35.00
Family (at least one adult)	\$6.00	\$135.00

### Pool Rental

Maximum 35 people	\$53.50
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All prices include GST

**For more information about pool programs and schedules, please call the Splash Line at 979-5624.**



# Sports Clubs

## **Judo Nunavut**

Contact Persons: Mario Desforges 979-2176 &  
Jo-Anne Falkiner, 979-4540

Email: marioatjhsn@yahoo.com

Club Fees: \$40.00 per session

Location: French School Gym

Day & Time: Belt Judo Tuesdays, Thursdays 5:50-6:30pm

Fun Judo Fridays 5:30-6:30pm, Saturdays 1:30-3:00pm

This sports club is for anyone over the age of 5; it teaches judo instruction for competition and for fun.

## **Iqaluit Skating Club**

Contact Person: Maria O'Hearn, 979-4762 (evening),  
975-4510 (day)

Email: ohearnm@inac.gc.ca

Club Fees: \$100.00

Location: Arnaituq Arena

Day & Time: Saturday 12:30-2pm

The club helps young skaters learn the various techniques of skating. The coaches of the club bring a wealth of skating and teaching experience.

## **Iqaluit Curling Club**

Contact Person: George White, 979-0351 or 979-0657

Club Fees: \$110.00 per year

Curling is a fun social sport. No prior experience needed, instructional introductory clinics are offered at the beginning of each curling season. League play is on Monday, Tuesday, and Wednesday, with occasional Bonspiel.

## **Little Rocks Curling Club**

Contact Persons: Denise Hutchings, 979-5607 &  
Robyn MacKey, 979-563

Email: d.hutchings@city.iqaluit.nu.ca

Club Fees: \$40.00 per child more than 2, 3rd 1/2 price

Location: Iqaluit Curling Club

Day & Time: Thursday 6-7pm

The club is for children ages 7-13. It teaches them the fundamentals of curling, in a non-competitive environment. The grassroots of curling is taught to the participants.

## **Karate**

Contact Person: Manasie Mark, 979-4404 or  
Peter Scott, 979-2598

Email: mmark@gov.nu.ca

Club Fees: \$5.00 per class, \$40.00 per month

Location: Nakauk School Gym

Day & Time: Tuesday & Thursday 7:30-9pm and Sunday 2-4pm

Karate is an excellent opportunity to learn self-defense and gain self-confidence through regular workouts involving aerobic exercise, physical conditioning and training in a traditional form of martial arts.

## **Tai Chi Group**

Contact Persons: Joanne Rose, 979-6424 &  
Yvonne Earle, 979-0777

Email: jrose@nunanet.com

Club Fees: \$125.00 for Intensive Weekend with Instructor

Location: Inuksuk High Cafeteria

Day & Time: Tuesday & Thursday 7:30-9:00pm

Tai Chi is a low impact exercise, focusing on meditation and strength building. It is an excellent way to attain fitness and relaxation, build concentration and relieve stress. Tai Chi has been active in Iqaluit for 8 years; an instructor comes to Iqaluit 2-4 times a year for intensive weekend instructions.

## **Sivananda Yoga**

Contact Person: Nick Dennahower, 979-3427

Email: ndennahower@gov.nu.ca

Club Fees: \$140.00 for 14 weeks

Location: Nakasuk School Gym

Day & Time: Sunday 7-8:30pm

For All Levels!!

# Sports Clubs

## **Kripalu Yoga**

Contact Person: Shannon Partridge, 979-3922

Email: shannonp@nunanet.com

Club Fees: \$10.00 per drop in class

Location: Elders' Qammak

Day & Time: TBA

Kripalu Yoga is for every type of body. A safe way to wake up a rusty one or to supplement more athletic forms of exercise and yoga. The focus of our compassionate practices is non-competition and mindful presence in the body as we move, stretch and breathe through both classic and modified yoga postures. Benefits of a regular yoga practice include physical and emotional stress relief, flexibility, toning and therapy for some injuries, and mental and spiritual well being. Classes include warm-ups, tips on posture alignment and breathing, some sharing of the basic principles of yoga and relaxation. Safe for beginners, postures are tailored for all levels of experience and flexibility.

## **Gymnastics Club**

Contact Persons: Carolyn Mallory, 979-6328 &  
Garrett Reid, 979-2382

Club Fees: \$25.00 1st Session & \$20.00 2nd Session

Location: Nakasuk School Gym

Day & Time: Saturday

A fun activity for children two and up, they learn the basics of gymnastics.

## **Iqaluit Badminton Club**

Contact Persons: Katherine Trumper, 979-5720

Email: ktrumper@nunanet.com

Club Fees: \$20.00

Location: Inuksuk High School Gym

Day & Time: Tuesdays 7:45-9:00pm, Thursday 9-10:30pm & Juniors Sunday 10:30-Noon.

Iqaluit Badminton Club is open to all levels of badminton players from juniors to advanced.

## **Iqaluit Volleyball Club**

Contact Person: Jeannie Kullualik, 979-2504

Email: jeannie\_arreak@cbc.ca

Club Fees: \$20.00

Location: Inuksuk High School

Day & Time: Tuesday 9-10:30pm & Sunday 6:30-9:30pm

For age group 16 & over, scrimmages, drills mixed/open class. Training and fundraising for Rankin Inlet Volleyball tournament starts in January for May/June tournament.

## **Iqaluit Breakers Swim Club**

Contact Person: Amy Elgersma, 979-5620

Club Fees: Senior \$50.00 for the season,  
junior \$20.00 for the season

Location: Iqaluit Swimming Pool

Day & Time: Senior Practice Mondays &  
Wednesdays 5:00-6:00pm

Junior Practice Fridays 5:00-6:00pm

Junior age group is 7-12 & senior age group is 9-17. Junior team focuses on learning the technique, teaching swimmers new strokes, dives, start, and turn. There are fun races for them. Senior team is for more experienced swimmers, focus is on skill and competition. There are out of town swim meets.

## **Nunavut Volkssport Club**

Contact Person: John Maurice, 979-1226

Location: Iqaluit

Day & Time: June 2004 10 km Family Hike

The third Saturday in June, hikers, walkers, physical fitness fanatics and enthusiasts of outdoor exercise get together for the annual 10 km Volksmarch to spend some quality time outdoors, or get involved with the Volkssport club to help promote other healthy activities like hiking, bicycling, swimming, and all other sports for all ages.

# Sports Clubs

## **Iqaluit Speed Skating Club**

Contact Person: John Maurice, 979-1226

Location: Arctic Winter Games Complex

Day & Time: Mondays & Thursdays 4:30-6pm,  
Saturdays 9-10:30am

This is a group for the promotion of the sport speed skating in Nunavut. Programs are available for children five years of age all the way to adults. If you are interested in physical activity, competition, participation and healthy exercise, come out and try speed skating.

## **Frobisher Bay Kayaking Club**

Contact Person: Amy Elgersma, 979-5620

Email: a.elgersma@city.iqaluit.nu.ca

Club Fees: \$20.00 Youth, \$40.00 Adult, and \$70.00 Family

Location: October to June Iqaluit Swimming Pool

Day & Time: Every 2nd Sunday 9-11am youth, every 2nd Monday 7-9pm adult.

Whether you are interested in sea kayaking or river kayaking, the Frobisher Bay Kayaking Club will teach you the basics. You will be introduced to paddling strokes and skills, rolling, safety, rescue and equipment. **A new program addition to the club is that it offers advanced youth who know how to do a kayak roll the chance to learn Traditional Greenlandic Kayak Skills.** Full day sessions are offered in calm water outside in the summer. Experienced, certified instructors teach classes.

## **Iqaluit Minor Hockey Association**

Contact Person: Glen Higgins, 975-6403

Email: ghiggins@gov.nu.ca

Fees: \$150.00

Location: Arnaituq Arena & Arctic Winter Games Complex

Day & Time: Varies

The amateur hockey association provides opportunities for children five years and older to play league hockey. The leagues (Mites, Novice, Atom, Peewee, Bantam and Midget) are divided according to age. There is also girls and women's hockey.

## **Iqaluit Old Timers Hockey Club**

Contact Persons: Erwin Wilson, 979-7530

Club Fees: \$200.00

Location: Arnaituq Arena & Arctic Winter Games Complex

Day & Time: Mondays & Wednesdays 8:30-10:00pm &  
Fridays 8:00-9:30pm

The club is for hockey players over the age of 35. It offers a night of exercise and enjoyment and a little competition for its members.

## **Senior Men's Hockey League**

Contact Person: Joe Enook, 979-4251

Club Fees: \$350.00

Location: Arctic Winter Games Complex & Arnaituq Arena

Day & Time: Tuesday & Thursday 8:30-10:30pm,  
& Sunday 3-7pm

A 5-team hockey league for men to compete in during the winter months.

## **Broomball Club**

Contact Persons: Marco Dussalt, 979-3340 &  
Jacques D'Auteuil, 979-0758

Club Fees: \$150.00

Location: Arnaituq Arena

Day & Time: Wednesdays 7:15-8:15pm & Saturdays 2-3pm

This is fun and entertaining sport and wonderful way to get some exercise.



# Sports Clubs

## **Aerobics Club**

Contact Person: City of Iqaluit Recreation Dept 979-5617

Club Fees: \$50.00 per session or \$5.00 drop-in fee

Location: School Year Middle School, Summer Session TBA

Day & Time: Tuesdays, Thursdays 6:30-7:30pm & Saturdays 10:30-11:30am

There are four different sessions: a fall session, winter session, spring session and summer session. A qualified fitness instructor teaches the sessions.

Step is a Total body conditioning with a special focus on the lower body. All levels can enjoy this class. Taeboxercise is a High-energy class for all fitness levels. The Punches and kicks work toward core muscle development. Step n' sculpt is a combination of a step class with intervals of sculpting, using bands. Taeboxercise/Step/Scuplt is a combination of all three forms of exercise that utilizes all the muscles in the body and can be enjoyed by all fitness levels. It will be a combination of Taeboxercise, Step, and a sculpting class, using bands. Each class will be 1/2 hour in length and can be enjoyed individually or together in which the participants stay for each workout.

## **Iqaluit Minor Soccer Association**

Contact Person: City of Iqaluit Recreation Department

Fee: \$40.00 1st child, \$25.00 each for additional

Location: Aqsarniit Middle School

Day & Time: Mondays 5:30-7:30pm & Wednesdays 5:30-8:00pm

Volunteer coaches, indoor soccer program. Practice and instruction during the weeknights. Once kids have adjusted, they start team play on Sundays.



# Leisure Clubs

## **Moms & Tots Group**

Contact Person: Geraldine Penney, 979-6501

Location: Nunatta Residence 3rd Floor

Day & Time: Wednesdays, Thursdays, and Fridays 10-Noon.

The groups gets together September to June, there is no fee or registration required just bring your child and drop in for a good time.

## **Girl Guides of Canada**

Contact Person: Nancy Campbell, 975-2442

Email:guides\_iqaluit@yahoo.ca

Fee: \$50.00

Group for girls aged five to fifteen. Provides fun and fellowship as well as training for various skills. In Guides you can find adventure, fun, challenge and friendship.

## **Scouts Canada**

Contact Person: Shona Barkley, 975-4879

Organization built around a lively variety of games, crafts, music, story telling, play-acting, spiritual fellowship and the outdoors. Meetings are held once a week during the school year.

## **Royal Canadian Air Cadets Squadron 795**

Contact Person: Leo Twerdin, 979-0795

Fee: Free

Location: Cadet Hall

Day & Time: Tuesday 6:30pm, Saturday Fun Day

Lots of activities and fun for youth ages 12-18.

## **Iqaluit Music Society**

Contact Persons: Lorraine Thomas, 979-6452

Email: lorraine@nunanet.com

The Iqaluit Music Society runs a summer music camp for children and evening sessions for adults. Events include Coffee House Concerts throughout the year with local performers. The Society runs musicals, community choir and orchestras as well. Their mandate is to promote musical opportunities for youth and the entire community.

## **Iqaluit Social Dance Club**

Contact Persons: Belinda Mack, 975-5810

Email:bmack@gov.nu.ca

Fee: \$20.00

Location: Catholic Church Hall

Day & Time: Mondays 7-9pm

An enjoyable night of dancing you learn and practice various dance steps.

## **Gaming Club**

Contact Person(s): Stephen Lowe, 979-3123

Russel Munro, 979-0744

The Iqaluit Gaming Club plays imagination-based role-playing games twice a week, year round. No experience or training. Train as you play. Good imagination and acting skills is an asset.

## **Breastfeeding Resource Group**

Contact Person: Shannon Partridge, 979-3922

Email: shannonp@nunanet.com

Fee: No Fee

Age Group: For woman of any age who would like to know more, support, or share about breastfeeding, breastmilk and infant nutrition and parenting.

Location: Contact Shannon

Day & Time: Contact Shannon

Our monthly group meetings take place in a relaxed, friendly and confidential environment where women can find mutual support, technical information and problem solutions about breastmilk and breastfeeding. Women who are pregnant, breastfeeding, bottle-feeding or 'retired' are most welcome to be a part of the sharing and support that is so important in helping each of us find our best way to be a mother to our natural or adopted children. You are welcome!

# Community Services

## **Nunatta Sunakkutaangit Museum Society**

Contact Person: Brian Lunger, 979-5537

Email: museum@nunanet.com

Fee: \$20.00 Individual & \$30.00 Family Membership, \$100.00 Corporate

Location: Museum, BLDG #212

Day & Time: Regular Hours Tuesday – Sunday 1-5pm

A non-profit organization for the purpose of collecting, exhibiting, and preserving items and information which represent the natural and cultural history of the community of Iqaluit, Apex, and the Baffin Region. Monthly Board of Directors meetings, Annual General Meeting. Volunteer opportunities are available.

## **Niqinik Nuatsivik Nunavut Food Bank**

Contact Person: Jen Hayward, 975-4511 or 979-6593

Email: nnnfb@hotmail.com

Location: DOME

Day & Time: Every 2nd Saturday 12-1pm

Food Bank organizes and distributes food for those in need. Volunteers needed for handing out food, fundraising, collecting & sorting donations, etc.

## **Iqaluit Centennial Library**

Contact Person: Tori-Lynn Evans, 979-5400

### **Library Hours:**

Monday-Thursday	3:00-8:00pm
Friday	3:00-6:00pm
Saturday & Sunday	1:00-4:00pm

Offers free borrowing of books and music for members of all ages. On Tuesday morning there is a regularly scheduled Preschool Story Hour at 10:30am.

## **St. John Ambulance Volunteer Division**

Contact Person: Jocelyn Bona 979-2700

Email: julmer@gov.nu.ca

Location: Middle School

Day & Time: Tuesday 7:30-9:30pm Adults (16 & up), Saturday 12:30-3pm Youth (10-13)

Offers first aid courses, people with the course can be part of the volunteer group for adults and youth.

## **Kamatsiaqtut Nunavut Help Line**

Contact Person: Sheila Levy, 979-5281 ext 232

Day & Time: Nightly from 7:00pm – Midnight

“Helping Others Help Themselves”, a confidential & anonymous telephone help line. Service offering support, help, information, etc. to Nunavumiut who need a caring listening ear. Help line will deal with any issue that the caller wants to talk about from relationship issues, grief, depression, suicide, housing, family problems, etc. Everyone is welcome to call locally at 979-3333 or 1-800-265-3333. Volunteer training is available to interested persons 16 and over who have an empathetic ear.



# Makkuttukkuvik YOUTH CENTRE

## A place for teens!



*Makkuttukkuvik Youth Centre is a place where teens can relax and hang out with freinds*

Youth can participate in Inuit Games competitions, pool or table tennis tournaments or play games like foosball or PS2. Skating or pick up hockey are some of the popular sporting events at the centre.



Equipped with a library and resource centre, youth can do homework, research a topic, take computer workshops or chat on-line. Staff are always available to help.



### HOURS

Ages 13-18	
Monday -Thursday	4:00-10:00pm
Friday	4:00-12:00am
Saturday	12:00-4:00pm & 6:30-12:00am
Sunday	2:00-8:00pm

Ages 9-12	
Sat	4:00-6:00pm

\*Hours subject to change.

Join the cooking club and have fun cooking nutritious meals and snacks for your family and friends.



The Iqaluit Youth Council plays an important role in running the Youth Centre. Made up of an elected group of youth and the Youth Coordinator, they represent the youth of Iqaluit and help make important decisions regarding the centre and its activities.

**For more information  
contact:  
Youth Coordinator  
City of Iqaluit  
P.O. Box 460  
Iqaluit, NU  
X0A 0H0  
(867) 979-5620**

# Community Services

## **Nunavut AIDS Information Line**

Contact Person: Sheila Levy, 979-5281

Counselling on sexually transmitted diseases, including AIDS and HIV. The line is open 7-9pm every evening. Call 1-800-661-0795. Training is provided for volunteers with good listening or counselling skills over age 16.

## **Iqaluit Recycling Society**

Contact Person: Elise Maltin, 979-0418 &  
Lynn Peplinski, 979-3396

Email: emaltin@nunanet.com

A non-profit organization dedicated to educating and developing a recycling program in Iqaluit.

# Service Organizations

## **B.P.O Elks Lodge #570**

Contact Person: Dave Angrove, 979-2385  
Doug Sitland, 975-5341

The Elks Lodge is a national progressive charitable organization. The Elks Club's main charitable focus is to raise funds in aid of the national children's fund and the hearing impaired persons. Members meet on the 2nd and 4th Tuesdays of every month at the Elks Lodge. The members also participate in various fundraising activities throughout the year. If you would like more information on how you can become a member call.

## **Royal Purple of Canada Iqaluit Lodge # 353**

Contact Person: Margaret Craigie, 979-3416  
Elizabeth Sitland 979-2270

Fees: \$60.00 per year plus \$20.00 for Sunshine Project

Royal Purple of Canada is a national women's volunteer organization that serves women, children and the community. Members are women eighteen or older who have an interest in volunteering and a willingness to participate in and commit to activities and fundraising. Meetings are the first and third Tuesdays of the month (except July & August) at the Elks Lodge. National charity is the Elks & Royal Purple Fund for Children. To join, come to a meeting or contact a member.

## **Iqaluit Literacy Committee**

The Iqaluit Literacy Committee is an organization that meets once a month to organize events and promote literacy. Events include literacy week and aboriginal language month. They also do fundraising for various causes.

## **Royal Canadian Legion Branch 4**

Contact Person: Alan McRae, 979-6215

The Royal Canadian Legion is an association for those who are serving or have served Her Majesty's armed forces or any auxiliary force, and their descendants. The purpose is to perpetuate the memory and deeds of the fallen and those who will die in the future. Members are varied, but the minimum age of members is 19. Meetings are the third Thursday of the month, September through May. Members should have willingness to volunteer – bylaws are available on membership. Special events include Remembrance Day at the Cadet Hall, and New Years Levee, for members only. Weekly pool tournaments are held, and there is music and dancing every night. Contact the office for membership applications.

## **Rotary Club of Iqaluit**

Contact Person: Terry Forth

The Rotary Club of Iqaluit is a charitable organization dedicated to community service. Members meet in the Royal Canadian Legion's Quiet Lounge on Wednesdays from 12:00-1:00pm. Special event fundraisers include the Fall Carnival, biannual brunches, a vet clinic and steak & lobster dinners.



# Recreation Seasonal Programs

## Summer Camp

The summer camp provides an active daily schedule of fun supervised events for kids five to twelve years of age. It is based at the curling club. Activities include hiking, swimming, games, crafts, sports, story telling and singing. Registration for camp is at the beginning of June. Camp starts right after Canada Day and runs until mid-August.

## Summer Activities

Look for various sports tournaments such as Basketball, Soccer and Ball Hockey that happen throughout the summer, organized by the Recreation Department.

## T-Ball/ Baseball Program

A fun sporting experience for children aged five to twelve. This program is run by the Recreation Department but we are looking for parents to help us operate this program. Get involved!!

## Minor Soccer

Provides an opportunity for children 5 to 12 years old to learn the basic techniques of soccer and team play. The program operates with parent coaches in conjunction with the Recreation Department. Volunteer coaches are needed, and certification training is available. Sign up at mass registration.

## Elders' Qamvak

The Elders Society operates from the Legion Elders Facility, Building 226 and is open for drop in every afternoon from 1:00 pm to 4 pm. Elder programs include a hot lunch program (for a nominal charge), bingo, crafts, games, and special events. Groups or individuals wishing to visit the center should book in advance by calling Recreation at 979-5617.

***NOTE: All visitors are required to bring a translator with them.***

For Information regarding Programs offered by the City of Iqaluit Recreation Department, please call 979-5617.



# Annual Recreation Events

## Mass Registration

This event is a chance for everyone to come out and see what Iqaluit has to offer! In September clubs and community organizations gather under one roof to show what they're all about and take registration for fall and winter programs. If you or your organization would like to book a table to take registration or to find out exact event dates call 979-5617.

## Terry Fox Run

The Terry Fox Run is held yearly to commemorate Terry Fox's 1980 Marathon of Hope. Participants gather pledges and jog, walk or bike to raise funds for cancer research. The run is held in September on the second Sunday following Labour Day. Pledge sheets are available at various locations around the city and at the Recreation Office. For more information or to volunteer to help organize the run contact 979-5617.

## Spook-a-rama

This is an annual drug and alcohol free Halloween dance for teens aged 13-18 years or over. Teens meet at the high school and are then driven to the secret location by bus! The event takes place on Halloween night. Volunteers wanted, to help out please call 979-5617.

## Volunteer Recognition Reception

Mayor and council for the City of Iqaluit would like to recognize all of those individuals and organizations that do outstanding volunteer service for the community. Individuals will be recognized in 3 categories; youth (13-19), arts & culture, and sport & recreation. A service organization will be



recognized as well. To nominate an individual or organization for recognition please contact the Recreation Department at 979-5617 and to get a nomination form. Reception will take place in November

## Santa Claus Parade

Come on out and join in the parade, show your community spirit, and have fun! Cash prizes will be awarded for various categories. Refreshments are available and kids can meet with Santa right after the parade. If you would like to be a part of this year's parade or volunteer to help please call 979-5617.

## Qaumakuluit Decorating Contest

This fun new event makes Iqaluit a brighter place during Christmas! The contest is announced the first week in December and volunteer judges from the community go around town rating each participant just before Christmas. Great Prizes are donated from local organizations and businesses. Call the Recreation Department to find out more 979-5617!

## Christmas Games

This is an action-packed week of fun traditional dancing and games. Look for schedules in our local paper, radio announcements and posters. Volunteers are needed to make these events successful. To help, call 979-5617.

## Toonik Tyme

This annual festival celebrates the return of long hours of sunshine. Festivities evolve around traditional community events and include such things as igloo building, dog team races, and dancing and games. The Recreation Department will be looking for individuals to help us organize, or assist in running the events. If you can help in any way, please contact the Recreation Department at 979-5617.

## Rick Hansen Wheels in Motion Event

The first Rick Hansen Wheels in Motion Event took place in 2003 with 190 events happening across Canada. Canadians participated and wheeled along designated courses on bicycles, wheelchairs, in line skates and scooters, or walked or jogged to raise awareness and funds to make a difference. To date, over half a million dollars has been raised through Wheels In Motion 2003, and funds are still rolling in. All funds raised goes towards spinal cord research and there are funds that go directly back to the community holding the

# Annual Recreation Events

event. Look for more information regarding the 2004 RHWIM Event in May; pledge forms can be picked up at the Recreation Department or at several locations in town. For more information or to volunteer please call 979-5617.

## Canada Day Festivities

Come out and celebrate our nation's birthday with music, games, food and friends. The day begins with a pancake breakfast & flea market followed by the parade and then by a Canada Day Ceremony, and children's games and an evening of musical entertainment. Volunteers are needed to help organize and plan activities and to assist with events on Canada Day. If you can help, please call 979-5617.

## Recreation Dates to Remember 2003-2004

(All Dates Below Are Tentative and Are Subject to Change)

### Toonik Tyme

April 19 - 24, 2004

### Summer Programs Registration (Curling Rink)

Thursday, June 3, 2004

### Rick Hansen Wheels in Motion Event

Sunday, June 13, 2004

### Summer Camp

July 5 – August 20, 2004

### T-Ball Program

July 9 – August 14, 2004

### Mass Registration

Saturday, September 11, 2004

### Terry Fox Run

Sunday, September 19, 2004

