**What is Happening at the MacGregor Recreation Centre**

**In the Summer?**

800 Lakeshore Drive – More information call 344-1908 email [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)

**Like us on Facebook “MacGregor Rec” to always know what is going on!**

**MORNING YIN YOGA**

**Mondays and Saturdays 9:30-11:00am**

**$12/class drop in or $10 with session rates**

“Meet you on the mat” Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of yoga. This slow-paced style of yoga allows postures to be held for a longer period of time stretching muscles, releasing the fascia and improving joint mobility. Any questions please contact Diane Gordon at 683-3016 or [dgordon@tbaytel.net](mailto:dgordon@tbaytel.net)

**ADULT BOXING FITNESS AND BOOTCAMP**

**Mondays and Thursdays 5:30-6:30pm -Starts July 8th**

**Everyone welcome!**  Keep your workouts close to home or camp this summer! Are you ready to improve your cardio, endurance and co-ordination? Join Coach Dayna, for a fun and active workout! Depending on the weather we will either join in outside boot camp challenge circuits including ropes, kettle bells and tires or on rainy days we will be indoors to box it out. Gloves and equipment provided. $15 drop in rate per class or $100/month for 8 classes (Mondays and Thursdays 2x a week for 4 weeks). Contact Dayna at 632-2254 for more information.

**SUMMER DAY CAMP**

**Monday-Friday 8am- 5pm July 8th-August 16th**

**$150 per week- includes t-shirt, snacks and field trips**

Shuniah Summer Day Camp is back for it’s second year with even more great activities planned to keep your child busy over the summer holidays! For more information on theme weeks and space availability call 683-4545 or check the website for registration forms [www.shuniah.org](http://www.shuniah.org)

**SPARKS AND BROWNIES AND NOW GUIDES!!**

The First Shuniah Sparks and Brownies are thrilled to announce that our unit will be expanding in September to include Girl Guides! These are girls aged 9 to 11 who start grades 4-6 in the fall. Of course, girls entering SK to grade 3 will still be welcome to enrol in Sparks and Brownies too. Visit [girlguides.ca](http://girlguides.ca) and find our unit to sign up! The unit is capped at 25 girls so don't wait if your girl is especially eager! We will begin in mid-September. Meetings will be Thursdays at 6:30 at MacGregor Rec. For more info contact Martha at [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca).

**SHUNIAH COMMUNITY YARD SALE**

**SATURDAY JULY 13TH 9AM-1PM**

**MACGREGOR RECREATION CENTRE PARKING LOT**

800 Lakeshore Drive

**RESERVE A SPOT FOR YOUR VEHICLE BY**

**EMAIL** [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)

**COACH’S CORNER**

No "Lazy Days" this summer

Everyone works hard to be in tiptop shape for summer. Once the sun is out people are ready to get outside and enjoy the days. With BBQ’s, ice cream and cold drinks a plenty. It is easy to let your fitness slip. Here are some tips on keeping the lazy days of summer a bit more active.

1) Get up and get it done. If you are doing any type of exercise plan. Try and get it finished in the morning. It is cooler and it opens your day. No excuses that you got busy or something came up or it's too hot.

2) Wear loose fitting moisture wicking clothing. It will keep you dry and comfortable.

3) Make it fun. Lots of team sports during summer.  Baseball, basketball even frisbee games can be found. There are organized teams or start a pick-up team.

4) Get the family involved. Even bike rides or trips to the playground can become a fun way to burn off those extra calories.

On average we have approx 80 summers to enjoy. Make the best memories of fun in the sun while staying fit and healthy.

Until next time

Coach Dayna

Spring classes of Family Music at the MacGregor Centre were a lot of fun. We had some new families join in with the former students which made for a larger group and lively activities! We sang and played some songs about spring animals, explored moving our bodies to music and played various instruments.   
We will resume the Musikgarten Family Music classes this coming September on Mondays at 10:15. Come and join in the fun!!

