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Shelburne Arena News

Who would want to go walking outside in such horrible weather?

Staying fit this season isn't as hard as you would expect.

Join the Active Nordic walk!

Have you tried it? Well, now is your chance. It takes place on Wednesday mornings right after Zumba at 10.45 in the Town and Country room.

It's a fun and active new way to work your body in ways you never felt before.

Take the chance. You won't regret it.

To register, call (416) 540-1269 or Email Barry at barry@activenordicwalk.com

HIE-YAH!

Join our kid's tournament style Taekwondo classes right here in the Centre Dufferin Recreation Complex. Bring your little ones in to learn some self defense and fighting skills.

You can't go wrong learning skills such as these.

Classes are on Mondays and Wednesdays at 6:30.

Say?nara!

THE MUSKIES

The Senior AA Shelburne Muskies Hockey Club is back and they are playing against Ripley on Saturday, January 23, at 8:00 pm at the CDRC.

They will need all the cheers and support they can get.

Come out and show some love for your local hockey team.

Go Muskies Go!

FREE SKATING

Are you looking for something fun to do with the whole family, but don't want to spend any money?

The CDRC has the perfect thing for you.

Every Sunday there is FREE public skating from 1 to 1:50 p.m. All you need is some friends and family, skates, and a desire for a great time.

Why miss such an opportunity? And if you have toddlers who aren't ready to be skating with the big kids, come on Thursdays from 2:30 to 3:20 for free Parents and Tots skating.

GET YOUR BOOTY MOVING

Join Zumba at the CDRC on Monday and Wednesday mornings from 9:30 to 10:30 a.m.

If you're more of a night dancer, join us on Tuesdays and Thursdays from 7:30 to 8:30 p.m.

Bring your friends and have a blast dancing and getting into that summer shape you've been hoping for. Admission is $5 and your first class is free!

GET THE WORD OUT

Do you have a business that is in desperate need of advertising? Do you want to get the word out about the amazing services you provide? Now is your chance!

The Centre Dufferin Recreation Complex has some new advertising opportunities available for you. Please Contact Kim Fraser at (519) 925-2400 or email her at kfraser@shelburne.ca inquiring about the availabilities and fees.

This is an amazing opportunity that you really don't want to miss.

By Lexy Roballo