



## COUGAR DOME CHATTER – 12<sup>th</sup> EDITION

Well Chatter Readers, with all that's been happening here at the Dome, I managed to completely miss the November Edition of Cougar Dome Chatter; my sincerest apologies!

It's been a whirlwind few weeks filled with the return of some of our winter visitors (welcome back CC Riders Soccer), school visits, some new trial events and programs, and Christmas/2015 New Year's planning!

Having begun the first week of November, our new co-ed "All Sorts of Sports" Rec Nights are off to a great start, and will continue in the New Year, as long as demand warrants. For those who have not given our "All Sorts of Sports" a try, the premise is as follows... For a drop-in fee of \$5.00/hr, we offer the following, each week:

- Bocce
  - o Wednesdays – 2:00pm-3:00pm
    - Adult
- Flag Football
  - o Thursdays
    - Youth (7-10 years) – 5:00pm-6:00pm
    - Youth (11-14 years) – 6:00pm-7:00pm
    - Adult (15 years+) – 7:00pm-8:00pm
- Lacrosse
  - o Fridays
    - Youth (Under 15) – 6:00pm-7:00pm
    - Adult (15 years+) – 7:00pm-8:00pm
- Pickleball
  - o Wednesdays – 9:00am-11:00am
  - o Fridays – 6:00pm-8:00pm
  - o Saturdays – 9:00am-11:00am
    - Adult
- Ultimate Frisbee
  - o Thursdays
    - Adult (15 years+) – 8:00pm-9:00pm

All Rec Sports are offered in the name of fun, with all ability levels welcome. For each, Coaches and/or Cougar Dome staff are on site to get things rolling, to offer tips, tricks and/or skill sessions for those that may be new! All sports operate on an honor system, and new teams are created each week, based on who is in attendance! Those that have given our "All Sorts of Sports" Rec Nights a try, have loved it – now it's your turn!

Of note, we are looking to add to our repertoire of Rec Sports, and are thinking co-ed soccer may be the answer! If you'd be interested in playing, please let us know, and/or if you have some thoughts on some other rec sports that may be a good fit, please send your ideas our way...

Speaking of soccer, we are now offering "Bubble Bump Soccer," which many of you may not have heard of before, but for lack of a better description, it's kind of like soccer mixed with sumo wrestling (i.e. you're playing full-contact soccer, while protected inside your own personal inflatable bubble)! It's a great workout, and a tonne of fun! In fact, it's so much fun that our own Cougar Dome staff voted, and we will be giving this new version of the World's game a try during our Christmas Party later this month (video footage and pics to follow 😊)! If you want to check it out, give us a call or drop us an email, and we'll get you booked!

Having referenced our staff Christmas party, I am reminded that I have not yet filled you in on all that is happening over the holidays...

First and foremost, Tennis Nova Scotia will be returning to the Cougar Dome on December 7<sup>th</sup>, from 2:00pm-4:00pm, to offer a Blue Court Christmas Festival Fundraiser! We've got four coaches, four courts, four games, hundreds of balls, Christmas goodies and tonnes of fun! All ability levels are welcome, but space is limited, with only 24 to be had. That said, should you be interested in joining us, sign-up now, before it's too late!

For those who may prefer Pickleball, we will also be hosting a Pickleball Mixer on Friday, December 12<sup>th</sup>, from 6:00pm-9:00pm. Once again, all ability levels are welcome, with a maximum of 24 spots available. Christmas goodies and creative Christmas attire are encouraged – no ba-humbugs allowed!

In addition to our weekend holiday events, we will also be offering Winter Day Camps for those aged 5-12. The dates are December 22, 23, 29, 30 and January 2. Drop-offs are scheduled for 8:00am, with pick-up at 5:00pm. Each day is themed with sports, crafts, movies and more! The kids will love it!

Following the holidays, and leading in to January of 2015 we will once again be offering tennis lessons for those aged 3 to 103! Tennis Tim will be leading the charge, with weekly visits from Marijke Nel, of Tennis NS, and other guest coaches! Lessons begin January 13<sup>th</sup> for six weeks, and the first 25 to register receive 15% off!

In celebration of our one-year anniversary (January 2<sup>nd</sup>), we are also offering discounted golf memberships for all-inclusive range use; a perfect Christmas gift! Heather Cameron will be back on site in the New Year as well, leading regular and SNAG adult, youth and family golf lessons, as well as "Toonie Tip Tuesdays" – drop a toonie in the can, and Heather will give you a helpful tip to better your game!

2015 is shaping-up to be a very exciting year, and we'll have more to share with you then, but in the meantime, we want to wish you, your family and friends a very Merry Christmas, and a Happy New Year! Enjoy the holidays!