



COUGAR DOME CHATTER – 16th EDITION

BRRR!!! It's cold out there, BUT it's warm in here at the Dome!!! I must admit, personally, I was crying when I saw the snow hitting the ground earlier this week (I love the heat), but I am very happy to know I have a warm space to work and play, during the fall/winter months! That said, what do we have going on for all to take advantage of during our 'cold season!?' Let me fill you in!!!

Where to start... Let's begin with the fun stuff... Wait... It's all fun, so let's just start with what's new!

First and foremost, we have a new All Sorts of Sports lunch league beginning the week of November 9th! For those looking to get away from the office for some fun, team activity, this is made for you! Register as a team, or an individual (we'll place you on a team) to compete in a different sport each week. We have dodgeball, soccer, flag football, tennis, pickleball and ultimate frisbee! The best part - we look after all of the logistics! You merely have to register, and play! The Winning Team will receive a trophy and, of course, bragging rights! What better way to spend your lunch hour!?

Beginning November 12th, we'll be taking Bubble Bump soccer to a whole new level – League play! This six week session will run on Thursday nights, and it is going to be a blast!!! For those who have not yet tried it, think soccer, mixed with sumo wrestling, and a whole lot of fun! It's completely safe, a great workout, and you'll never laugh harder! Register as an individual, or a team, and we'll look after the rest!

For all those daycares out there (or at least those who may not yet have heard) we are now offering FREE transportation, and a FREE hour of Run-Jump-Throw, Le Petit Tennis, parachute fun, and more, for those aged 18 months to 5 years! Thanks to the generous contribution of the Province of Nova Scotia, via their Facility Access Grant, we now have the ability to offer our early years youngsters an hour of fun, physical activity, each week, for six weeks, at no cost! All that is required is confirmation of interest, as well as your preferred days and times; don't miss out!

As it relates to the little ones, due to popular demand, we are offering another round of Tumblebugs for those aged 18 months and up! With our own Jessica Thibodeau leading the charge, your tots will enjoy an hour of physical activity filled with games, and activities focused on basic movement skills. Sessions run Saturdays from 10:00am-10:45am. My little one (she's 3) can't wait to join the mix; the kids love it!

We have a new round of tennis lessons available for those aged 3 years to senior, and with a full Team of GREAT Instructors offering a wide array of classes ranging from Blue Court Fun to Advanced, there is a lesson to suit every taste! In addition to our lesson programs, our in-demand Mix-N-Match leagues continue, as well as our socials and Mixers, Adult and Youth competitive events. For a full schedule of events, and the program schedule, please visit our website at www.cougardome.ca.

Moving back to the new for just a minute, I would say our most exciting news is the start-up of the first-ever Atlantic Canada Tennis Academy. Joining forces with the Daniel Nestor Tennis Centre (DNTC), and with support from Tennis Nova Scotia, Tennis Canada and HEAD, our Academy launched on October 12th, with four new Red Performance Development players, and six Green Dot Performance Development players, who are now in two to three times per week high performance training. The goal of the Academy is to produce National and International calibre players, following the Tennis Canada progressive tennis teachings. With two of the top Coaches in the country leading the charge, our players will partake in their regular weekly sessions, as well as monthly regroupings with the Academy selects at DNTC. Tryouts for the Academy are held every 12 weeks, for those aged eight and under (no tennis experience required). The next tryouts are scheduled for January 2016, when we look forward to welcoming some new athletes to the courts. In the meantime, please visit the Cougar Dome website, and meet our current Academy stars!

Ok, I have lots more I could go on about (you know I like to chat), but I must save some of our exciting news for the next Edition. That said, until then, I look forward to seeing you here at the Dome!

P.S. Noting that I've only touched on a few items this month, please take the time to look at our full brochure online at cougardome.ca – there's A LOT happening!