

Recreation & Wellness



Municipality of
Emerson-Franklin

SUMMER 2026



LEISURE GUIDE

WELCOME TO RECREATION & WELLNESS

To promote health, recreation and wellness opportunities for the residents of the Municipality of Emerson-Franklin. As a department we will endeavor to deliver diverse and equitable programs and services to people of all ages and abilities

Tara Kerda
Senior Resource Coordinator
Tuesday - Friday
204-542-0689
tara.kerda@emersonfranklin.com

Donna Samborski
Tenant Resource Coordinator
Healthy Living Center
Monday, Tuesday, Friday
204-542-0689
trc@emersonfranklin.com

Kath Baczynsky
**Recreation & Wellness
Team Coordinator**
Monday-Friday
204-427-2557
kath@emersonfranklin.com

Where to find us:

Municipal Website: www.emersonfranklin.com

Municipal Offices: Dominion City - 115 Waddell Ave 204-427-2557
Emerson - 104 Church St. 204-373-2002

Online Registration: app.univerusrec.com/emersonfranklinpub/account/index.asp

Social Media:  [recreation.and.wellness](https://www.instagram.com/recreation.and.wellness)  Municipality of Emerson-Franklin Recreation and Wellness

How to register online:

1. Visit app.univerusrec.com/emersonfranklinpub/account/index.asp
2. Click on the **Course** tab
3. Browse online course options on the left side of the page
4. Click on a category to see the options offered
5. Choose **Register Now** to register or **View Details** for course information

If you need help with funding for kid's programs please see below:



KidSportMB@sportmanitoba.ca



jumpstart.canadiantire.ca



www.roceastman.ca

SUMMER DATES

JULY

- June 15-24 - Emerson Afternoon Aquacise
- June 29-August 26 - Emerson Evening Aquacise
- June 30-August 27 - Aquacise, Dominion City
- July 1 - Canada Day, Emerson
- July 2, 9, 16, 30 - Free Crafts in the Park, Dominion City
- July 2-30 - Kids Golf League, Emerson
- July 4 - Kids & Senior Activities at Dominion City Summerfest
- July 6-August 24 - Drop-in Pickleball, Dominion City
- July 7 - Pool Camp, Emerson
- July 8 - Berry Picking Bus Trip
- July 8-August 26 - Youth Soccer, Emerson
- July 17 - Youth Pickleball by Pickleball Manitoba, Emerson
- July 21 - Craft Camp, Emerson
- July 23 - Prairie Dog Central Train Ride
- July 23 - Pickleball in the Park, Emerson

AUGUST

- August - Folklorama Bus Trip, stay tuned for details!
- August 6-27 - Kids Golf League, Dominion City
- August 14 - U-Pick Flowers Bus Trip, Arnaud
- August 18 - Nature Camp, Emerson
- August 18 - Pressed Flower Bookmark Craft, Tolstoi
- August 18-20, 25-27 - Bronze Medallion and Bronze Cross, Dominion City
- August 19 - Pressed Flower Bookmark Craft, Dominion City
- August 20 - Pickleball in the Park, Emerson
- August 30 - Sunflower Expo, Ste. Adolphe

SEPTEMBER

- Programs returning in September: Chair Yoga, Mobility, Karate, Wrestling, Cancer Support - check our social media for program updates!
 - September 1 - Beeswax Wraps, Roseau River
 - September 9 - Soup for the Soul, Dominion City
 - September 13 - Rainbow Stage Matinee Bus Trip
 - September 14-October 7 - Kids Soccer, Dominion City
 - September 15 - Beeswax Wraps, Emerson
 - September 23 - Assiniboine Park Zoo Bus Trip
 - September 30 - Soup for the Soul, Ridgeville
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SPORTS

Fall Kids Soccer

When: September 14-October 7

Mondays & Wednesdays

Time: 6:00-6:30pm (preschool)

6:00-7:00pm

Cost: \$30 (\$15 preschool)

Stay tuned for details!

Registration opens August 10

Register online

app.univerusrec.com/emersonfranklinpub/index.asp

or email kath@emersonfranklin.com

Kids Golf League

When: Thursdays

Time: 9:30-12:30pm

Emerson - July 2, 9, 16, 23, 30

Dominion City - August 6, 13, 20, 27

Cost: \$15/week

Register online

app.univerusrec.com/emersonfranklinpub/index.asp

or email kath@emersonfranklin.com



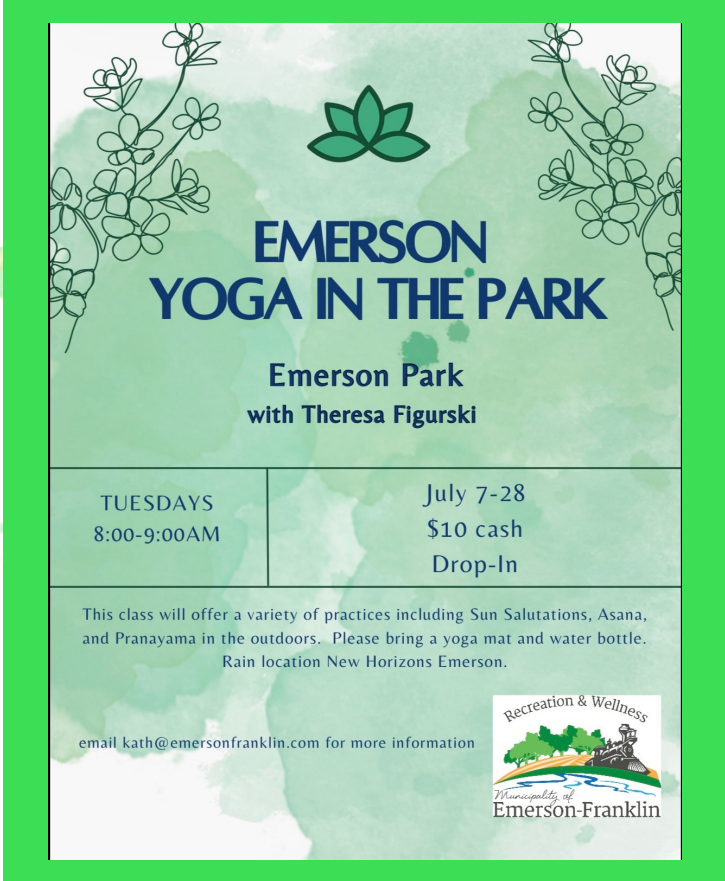
Free!

Pickleball

Dominion City

Monday's
July 6 - August 24
6:45-8:00pm
RCHP Park

Everyone welcome!!



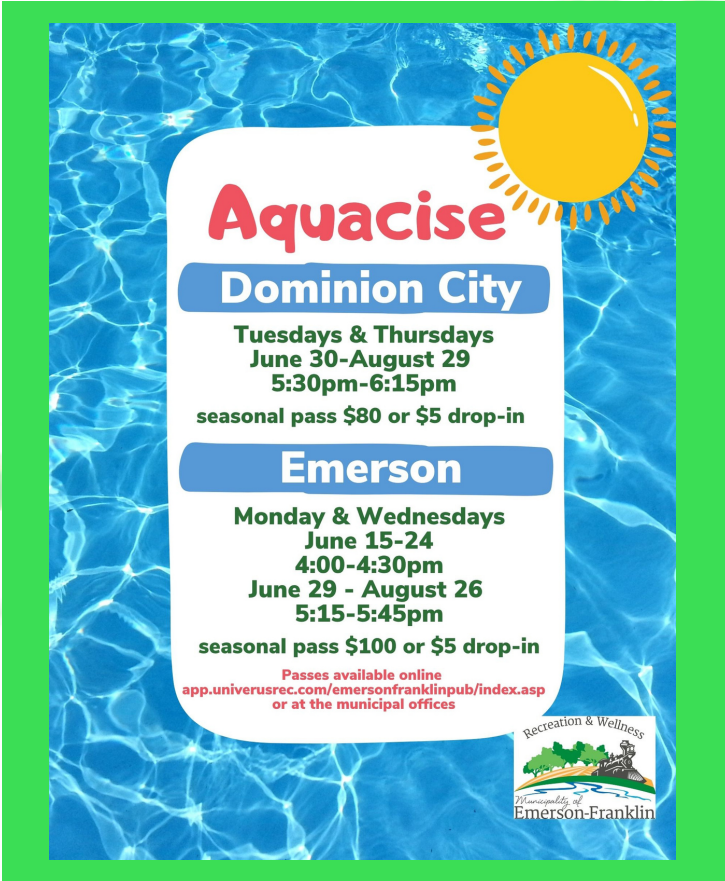
EMERSON YOGA IN THE PARK

Emerson Park
with Theresa Figurski

TUESDAYS 8:00-9:00AM	July 7-28 \$10 cash Drop-In
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This class will offer a variety of practices including Sun Salutations, Asana, and Pranayama in the outdoors. Please bring a yoga mat and water bottle.
Rain location New Horizons Emerson.

email kath@emersonfranklin.com for more information



Aquacise

Dominion City

Tuesdays & Thursdays
June 30-August 29
5:30pm-6:15pm
seasonal pass \$80 or \$5 drop-in

Emerson

Monday & Wednesdays
June 15-24
4:00-4:30pm
June 29 - August 26
5:15-5:45pm
seasonal pass \$100 or \$5 drop-in

Passes available online
app.univerusrec.com/emersonfranklinpub/index.asp
or at the municipal offices



SPORTS

Swimming Lesson Registration: RCHP (Dominion City) & Emerson

When: Opens April 20

Time: 8:00am

Register online:

app.univerusrec.com/emersonfranklinpub/account/index.asp

For more information please email kath@emersonfranklin.com



**2026
BRONZE MEDALLION
& BRONZE CROSS**

LIFEGUARD TRAINING

Where: RCHP Pool, Dominion City
Date: August 18-20, 25-27
Times: 5:30m-9:30pm (August 18-20 & 25-26)
6:00-9:00pm (August 27)

Cost: \$165 includes all supplies/manuals

Register online at: app.univerusrec.com/emersonfranklinpub/index.asp
Registration Deadline: June 30, 2026

Contact kath@emersonfranklin.com with any questions

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**YOUTH
SOCCER**

Emerson

Wednesdays
July 8 - Aug 26
11:00-12:00pm

Emerson School
Ages 11 & up

Registration opens online May 11
app.univerusrec.com/emersonfranklinpub/index.asp

Limited Spots available
email kath@emersonfranklin.com

\$40 or \$5/week

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CAMPS

Summer Camp Registration Opens

When: May 11, 2026

Time: 8:00am

Limited Spots

Register online: app.univerusrec.com/emersonfranklinpub/index.asp

email kath@emersonfranklin.com

Pool Camp - July 7, Emerson

Craft Camp - July 21, Emerson

Nature Camp - August 18, Emerson

ACTIVITIES

U-Pick Flower Bus Trip Field & Bloom, Arnaud

When: August 14

Time: 8:00am

Cost: \$45, includes bus fare and flowers

Limited Spots

To register call or email Tara

204-542-0689

tara.kerda@emersonfranklin.com

Sunflower Expo at Amazin Corn, Ste. Adolphe

When: August 30

Time: stay tuned

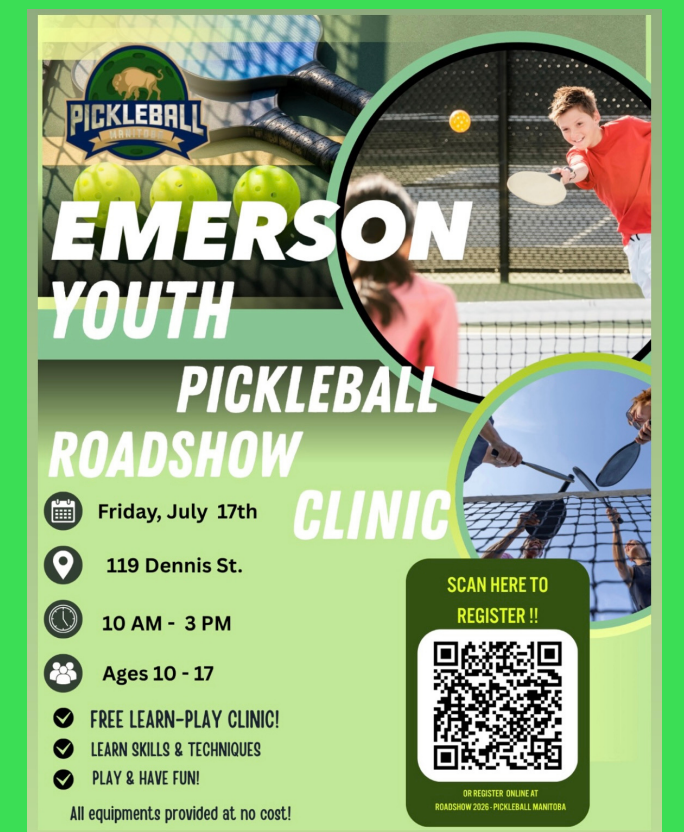
Cost: \$30, includes bus fare, admission,
a fresh cut sunflower and tram ride to
the flower field

Limited Spots

To register call or email Tara

204-542-0689

tara.kerda@emersonfranklin.com



PICKLEBALL

EMERSON YOUTH

PICKLEBALL ROADSHOW CLINIC

 Friday, July 17th

 119 Dennis St.

 10 AM - 3 PM

 Ages 10 - 17

- ✓ FREE LEARN-PLAY CLINIC!
- ✓ LEARN SKILLS & TECHNIQUES
- ✓ PLAY & HAVE FUN!

All equipments provided at no cost!

SCAN HERE TO REGISTER !!



OR REGISTER ONLINE AT
ROADSHOW 2025 - PICKLEBALL MANITOBA



BUS TRIP TO PRAIRIE DOG CENTRAL JULY 23, 2026

HERITAGE VILLAGE PICNIC IN GROSSE ISLE

Cost: \$70.00 per person
includes bus fare and picnic lunch

Bus pick-ups start at 8 a.m.

Call or email Tara to register
tara.kerda@emersonfranklin.com
204-542-0689 ext 102





CRAFTS IN THE PARK

ROSEAU CROSSING HERITAGE PARK
DOMINION CITY

THURSDAYS
JULY 2, 9, 16, 30
AUGUST 13

9:30AM-12:30PM

free!!



PICKLEBALL IN THE PARK

EMERSON PARK

THURSDAY
JULY 23 & AUG 20

9:30AM-12:30PM

free!!



ACTIVITIES

Rainbow Stage Matinee Bus Trip

Stay tuned for details!

When: September 13

For more information call or email Tara
204-542-0689

tara.kerda@emersonfranklin.com

Bus Trip to The Berry Patch in Woodmore

Cost: \$10 for bus fare



Join us for a "berry" fun day picking

strawberries!

July 8, 8:00am

Register by email at
tara.kerda@emersonfranklin.com
or call 204-542-0689 ext 102

Craft Workshop

PRESSED FLOWER BOOKMARKS



August 18 - Tolstoi Seniors
Centre, Tolstoi

August 19 - Healthy Living
Centre, Dominion City



Join us for a fun 'crafternoon'

- \$10 per participant
- All materials provided



Register by email at
tara.kerda@emersonfranklin.com
or call 204-542-0689

55+ Bus Trip to the Assiniboine Park Zoo

When: September 23

Time: tbd

Cost: \$35, includes bus and zoo ticket

For more information call or email Tara:
204-542-0689

tara.kerda@emersonfranklin.com

HEALTHY LIVING CENTER

Bingo

When: 2nd & 4th Thursday of the month

Where: Healthy Living Center, Dominion
City

Time: 2:00pm

Cost: .25\$/card

Everyone welcome!

Coffee Connection

When: Mondays

Where: Healthy Living Center, Dominion
City

Time: 1:30pm

Cost: Free!

Join us for free coffee & dainties!

Everyone welcome!

EMERSON-FRANKLIN CONGREGATE MEAL PROGRAM

Open weekdays (excluding holidays) at the Healthy Living Center, Dominion City

\$9.00 dine in, \$10 take-out

Contact 204-542-0689 to book your meal - 2 days notice is appreciated

Scan this QR code for the menu!



COMING IN FALL!

Chair Yoga
Mobility

Dominion City Skating Lessons
Tai Chi

Dominion City Rec Hockey
Wrestling
Karate

CAMPGROUNDS

Roseau Crossing Heritage Park (Dominion City)

Full Service Campground, \$20/day
email: shirleyberrinton@gmail.com or
rchp.dcpool@gmail.com
Heated pool, playground, basketball court

Roseau River Park

\$15/day, water and washrooms with
showers
no booking required, first come/first serve
playground, canopy available for rent

Emerson Park

Full Service \$30/day, Serviced \$25/day,
Un-Serviced \$15/day
email: emersonoffice@emersonfranklin.com
Heated pool, playground, tennis courts

**LIKE & FOLLOW US ON SOCIAL MEDIA AND CHECK IT OFTEN FOR PROGRAM
INFORMATION & UPDATES**



EMAIL KATH@EMERSONFRANKLIN.COM FOR MORE INFORMATION