



Winter 2020

Registered Programs—For Ages 3-5 Years						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	KINDER CLUB 10:00AM-12:00PM				DANCE 9:35AM-10:10AM	
ALL SORTS OF SPORTS 4:30PM-5:00PM	GYMNASTICS 4:30PM-5:00PM	ALL SORTS OF SPORTS 5:00PM-5:30PM	GYMNASTICS 4:30PM-5:00PM		GYMNASTICS 10:10AM—10:40AM	
	GYMNASTICS 5:40PM-6:10PM		GYMNASTICS 5:05PM-5:35PM		DANCE 10:40AM-11:10AM	
			GYMNASTICS 5:40PM-6:15PM		GYMNASTICS 10:45AM—11:15AM	
			GYMNASTICS 6:15PM-6:45PM		GYMNASTICS 10:20AM—11:50AM	
					GYMNASTICS 11:45AM—12:15AM	
					ALL SORTS OF SPORTS 2:00PM-2:30PM	

Drop In Programs - No Registration Required							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child Minding 6 Weeks - 5 Years	8:30AM - 1:00PM	8:30AM - 1:00PM	8:30AM - 1:00PM	8:30AM - 1:00PM	8:30AM - 1:00PM	9:30AM - 1:00PM	
	4:15PM-7:45PM	4:15PM-7:45PM	4:15PM-7:45PM	4:15PM-7:45PM	4:45PM-7:45PM		
Drop In Play 1 Year - 3 Years		Gymnastics 5:00PM-5:30PM	Family Open Gym 4:30PM-5:30PM	Dance 5:00PM-5:30PM		Gymnastics 9:30AM-10:00AM	
						Dance 10:10AM-10:40AM	
Family Play Room 1 Year - 8 Years	All Day	5:30AM-4:00PM	All Day	5:30AM-4:00PM	5:30AM-4:00PM	12:30PM-6:00PM	All Day

YOUTH Ages 0-5



WINTER 2020

YOUTH Ages 6+

Registered Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
						GYMNASTICS 11:55AM—12:40PM	JAZZ 11:15AM-12:00PM	ADVENTURES IN COOKING 10:00AM-12:00PM
						GYMNASTICS 12:20PM-1:05PM	JAZZ 12:30PM-1:15PM	ADVENTURES IN COOKING 12:15AM-2:15PM
		GYMNASTICS 4:35PM-5:20PM		GYMNASTICS 4:35PM-5:20PM		GYMNASTICS 1:20PM-2:05PM	HIP HOP 1:20AM-2:05PM	
	ALL SORTS OF SPORTS 5:05PM-5:50PM	GYMNASTICS 5:30PM-6:15PM	ALL SORTS OF SPORTS 5:35PM-6:20	GYMNASTICS 5:30PM-6:15PM		GYMNASTICS 2:10PM—2:55PM	HIP HOP 2:10PM-2:55PM	
	BASKETBALL 6:05PM-6:50PM		ALL SORTS OF SPORTS 6:25PM-7:10PM				FLOOR HOCKEY 2:45PM-3:30PM	
	BASKETBALL 6:55PM-7:40PM	KARATE 6:30PM-7:30PM	INTERMEDIATE JUDO 6:30PM-8:00PM	BEGINNER JUDO 6:30PM-7:15PM		SOCCER 3:35PM-4:20PM		
	ADVANCED JUDO 6:30PM-8:30PM	KARATE 7:30PM-9:00PM	VOLLEYBALL 7:20PM-8:05PM	BEGINNER JUDO 7:15PM-8:00PM		<p>Program Age Groups</p> <ul style="list-style-type: none"> 6-7 Years 12+ Years 8+ Years 13-17 Years 		
	BASKETBALL 7:45PM-8:30PM		INTERMEDIATE JUDO 8:00PM-9:30PM					

Drop In Programs - No Registration Required

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Play Room 1 Year - 8 Years	All Day	5:30AM-4:00PM	All Day	5:30AM-4:00PM	5:30AM-4:00PM	12:30PM-6:00PM	All Day
Youth Drop In 6 Years - 17 Years	5:00PM - 7:45PM	5:00PM - 7:45PM	5:00PM - 7:45PM	5:30PM - 7:45PM		9:30AM-1:00PM	
Free Teen Fridays 13 Years - 17 Years					5:00PM-10:00PM		



YOUTH

REGISTERED PROGRAMS

Adventures in Cooking

Designed by the Health Unit, this 10 week course teaches kids all about cooking including nutrition, kitchen safety, and of course, tasty food! \$40 fee applies to cover food costs.

All Sorts of Sports

This program is a great way to develop the fundamental skills for any and all sports children might get into later in life. Our focus on developing physical literacy will help develop competent and confident athletes who love to be active!

Basketball

Dribble, bounce and shoot! Youth basketball will teach the fundamental skills and strategies of the sport, the rules, and exercises to improve your game!

Dance

This class combines dance technique with a whole lot of fun! Through upbeat music and choreography, dancers will develop coordination, rhythm, flexibility, and self-expression.

Floor Hockey

Take Canada's favourite sport indoors! Learn new skills, and have a blast playing team games.

Gymnastics

One of the best all around activities to develop bodily awareness, strength and coordination! Gymnastics has all kinds of progressions to keep you coming back year after year on bars, floor, beams and vault. Gymnasts can continue to develop skills in our advanced gymnastics classes. Ask us how to join these classes!

Judo

Judo develops self-discipline and respect for self and others. This program focuses on developing falling skills, and conditioning. Participants progress towards earning coloured belts as they advance.

Karate

Karate teaches discipline and focus through a popular martial arts form. Participants will learn karate skills and work towards different belts.

Kinder Club

Fun, friendship and learning through games, crafts, songs and stories, encouraging social interaction and creativity. Children must be potty trained.



YOUTH

REGISTERED PROGRAMS

Soccer

It's the worlds most popular sport for good reason! Join us to build skills, teamwork, strategy and of course to have tons of fun!

Volleyball

Members will start each week with drills to improve skill followed by a fun game to finish off the night!



YOUTH

DROP-IN PROGRAMS

Drop in programs are here for your convenience and enjoyment. Join us any day you'd like, for as much or as little time as you'd like. Whether you want to try something different, can't commit to a regular schedule or just want fun options for your kids while you work out, these programs will be a hit for everyone!

Child Minding (Ages 6 Weeks to 5 Years)

The Child Minding service is fantastic for members with young children! Drop off your kids with our caring staff while you get some alone time to exercise, swim, shower and sauna! Both children and adults must present membership cards at sign in, and the maximum length of stay per child is two hours.

Drop In Dance (Ages 1-3)

Tots can come dance to the beat and explore movement and rhythm with guidance from our fun team of instructors. Parent participation is required.

Drop In Family Play Room (Ages 1-8)

Our NEW Family Play Room allows kids the chance to explore and play on all kinds of fun equipment under the supervision of their parent or guardian. Just ask for the key at the front desk!

Drop In Gymnastics (Ages 1-3)

Come and explore the world of gymnastics with your little one. Tots can come in to try different activities and skills on floor, beam, bars and vault with the help of our team of coaches. Parent participation is required.

Family Open Gym (Ages 1-5)

Enjoy the open space of the gym with your little one. Run around, play a game together, and explore movement with some of our sports equipment. Parent supervision is required.

Youth Drop In (Ages 6+)

Youth Drop In is a fun and stimulating environment for parents to leave their children in the safe hands of our qualified and caring staff.

Teen Night (Ages 13+)

Teens can take part in activities such as sports, gym games, and swimming or talk to our staff about any other program ideas they want to put in place. Open for free to members and non-members, so bring your friends!