

## □ CHILDREN: ACTIVE

### 🏌️ GO GOLF

GoGolf is an exciting introductory golf program. Progressive, active, safe and most importantly, fun. The Go Golf program uses a simple acronym: Grip Aim Stance Posture (GASP) This acronym lays the foundation for proper technique form. Combines structured techniques (GASP), with activity, by using golf drills, exercises, and games. All equipment is supplied.

### 🤸 JUNIOR GYMNASTICS

Learn gymnastics skills using various gymnastics apparatuses. This structured program helps children develop strength, flexibility, coordination and balance through educational and fun progression skills in a non-competitive environment.

### 🥋 KARATE - INTRODUCTION

Self-defence, self-confidence, fitness and lots of fun await students in this introductory karate program in partnership with Chito-Ryu Karate and Fitness. You and your family members will have an opportunity to learn basic movements including blocking, kicking & striking as well as a variety of comprehensive techniques and strategies to help you feel safe, secure and in great shape! Participants 5 to 7 years of age must have an adult family member (18+ years) also signed up and attending this class.

### 🏑 PLAYBALL - BALL HOCKEY

A great skill-building program where girls and boys of all

abilities will develop the knowledge and skills needed to play hockey in a fun, safe and energetic indoor environment.

### 🛼 SKATE - LEARN TO SKATE

This fun, recreational learn-to-skate program provides instruction of basic skating skills for boys and girls in a structured group environment. This program is CSA approved. Please note: hockey helmets must be worn.

### 🛼 SKATE - POWER SKATING

This program is suitable for skaters from house league to rep levels looking to improve on speed and stride. Skaters must be able to skate forwards, backwards and have controlled stops.

### 🎾 TEN TEN TENNIS

Ten Ten Tennis is an active, indoor mini-tennis program that teaches the fundamentals of tennis in an entertaining way. TenTen teaches ball skills, technical instruction, drills and exercises. All equipment is provided.

## □ SPORTS

### 🏀 BASKETBALL - INSTRUCTIONAL REC CHILDREN

On a week-to-week basis, kids will start with group and individual warm-ups and drills that work on all aspects of the game and finish with pick-up games that will highlight team play and sportsmanship.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Go Golf	5-7Y	8	Sat	Sep 24	9 - 10 a.m.	CRC	85058	\$120	\$150
Go Golf	8-12Y	8	Sat	Sep 24	10 - 11 a.m.	CRC	85059	\$120	\$150
Junior Gymnastics	5-6Y	13	Mon	Sep 12	4 - 5 p.m.	G	85007	\$181	\$211
Junior Gymnastics	5-6Y	13	Mon	Sep 12	5 - 6 p.m.	G	85008	\$181	\$211
Junior Gymnastics	5-6Y	13	Mon	Sep 12	6 - 7 p.m.	G	85009	\$181	\$211
Karate - Introduction	8-12Y	8	Mon	Sep 19	6:30 - 7:30 p.m.	RTRC	84969	\$89.96	\$119.96
Karate - Introduction	8-12Y	8	Tue	Sep 20	6:25 - 7:25 p.m.	SJRC	84970	\$89.96	\$119.96
Karate - Introduction	8-12Y	8	Sat	Sep 24	10 - 11 a.m.	ARC	84976	\$89.96	\$119.96
Playball - Ball Hockey	6-8Y	10	Thu	Sep 22	6:30 - 7:30 p.m.	DRC	84932	\$123.81	\$153.81
Skate - Learn to Skate	5-12Y	8	Thu	Oct 13	5:30 - 6:20 p.m.	MC	85101	\$115	\$145
Skate - Power Skating	6-12Y	8	Thu	Sep 22	6 - 7 p.m.	RTRC	85791	\$115	\$145
Ten Ten Tennis	5-7Y	8	Sat	Sep 24	11 a.m. - Noon	CRC	85061	\$120	\$150
Ten Ten Tennis	8-12Y	8	Sat	Sep 24	Noon - 1 p.m.	CRC	85062	\$120	\$150
Basketball - Instructi...	9-12Y	10	Wed	Sep 21	6:45 - 7:45 p.m.	SJRC	85021	\$64.50	\$94.50

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.

### **FENCING - CHILDREN**

En garde! Fencing is a challenging sport that emphasizes fitness of body and quickness of mind, plus it's fun. All equipment and expert instruction will be provided. Tues: Beginner class Wed: Experienced class

### **VOLLEYBALL - INSTRUCTIONAL REC CHILDREN**

Serve, set and bump...essential skills to learn and perfect. Through weekly instruction you will develop basic skills, work as a team and have a great time. Both girls and boys with lots of energy will have fun during warm ups, scrimmages & instructional demonstrations.

## **FAMILY: SPORTS**

### **ARCHERY - FAMILY (FEE PER PERSON)**

Challenge each other through a series of fun archery games and mini competitions. Robin Hood isn't the only one that can learn to use a bow and arrow really well. Now, you can too! Learn the archery basics in a fun, safe, family environment. Fee is per person. Children 12yrs and under must be accompanied by an adult.

### **FAMILY SPORTS NIGHT (FEE PER PERSON)**

Bring the whole family along for 8 weeks of non competitive sporting fun! Be active as a family and enjoy different sports each week like soccer, hockey, basketball, badminton, frolf, ultimate frisbee and much more! Fee is \$15 per family member, each family must include a minimum of one (18+) adult and one (5 to 17 yrs.) child.

**Great Big Theatre Company**

# ACTING CLASSES

**Fall / Winter / Spring 2011-12**  
For ages 6 to 14 / 10-week & 15-week sessions



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1994!



### **KARATE (PROGRESSIVE)** (FEE PER PERSON)

Self-defense, self-confidence, fitness and lots of fun await students in this karate program. It is designed to offer children and/or adults a chance to learn in a progressive and continued program. Participant will be graded. Program provided by Chito-Ryu Karate & Fitness.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Fencing - Children	10-12Y	10	Tue	Sep 20	6:30 - 7:30 p.m.	SNRC	84771	\$129	\$159
Fencing - Children	10-13Y	10	Wed	Sep 21	6:30 - 7:30 p.m.	SNRC	84772	\$129	\$159
Volleyball - Instruction...	9-12Y	10	Tue	Sep 20	6:30 - 7:30 p.m.	CRC	84930	\$64.50	\$94.50
Volleyball - Instruction...	9-12Y	10	Sat	Sep 24	12:30 - 1:30 p.m.	ARC	84931	\$64.50	\$94.50
Archery - Family	6Y+	8	Wed	Sep 21	6 - 7:30 p.m.	NYC	85013	\$105	\$135
Family Sports Night	5Y+	8	Fri	Sep 23	6 - 8 p.m.	MC	85141	\$15	\$45
Karate (Progressive)	6Y+	12	Tue	Sep 20	7:30 - 8:30 p.m.	SJRC	84972	\$132.44	\$162.44
Karate (Progressive)	6Y+	10	Thu	Sep 22	7:30 - 8:30 p.m.	SJRC	84973	\$111.20	\$141.20
Karate (Progressive)	6Y+	9	Sat	Sep 24	11 a.m. - Noon	ARC	84974	\$100.58	\$130.58

**CRC** - Crossland Recreation Centre    **ARC** - Armitage Recreation Centre    **NYC** - Newmarket Youth Centre    **SNRC** - St. Nicholas Recreation Centre  
**MC** - Magna Centre    **SJRC** - St. John Chrysostom Recreation Centre