

RECEIVE A **tax rebate**

The coin beside each title denotes programs that qualify for the Children's Fitness Tax Credit, as outlined by the Canada Revenue Agency as "prescribed programs of physical activity". Submit your Program Registration Receipt within the calendar year the program was paid for and reap the benefits taking part! Eligible children are under 16 years at the beginning of the year, or are under 18 and are eligible for the disability tax credit.

At a glance, a program must be:

- Ongoing (8 weeks in length or 5 consecutive days)
- Supervised and active



For more info on tax credit eligibility or how to submit claims, visit www.cra-arc.gc.ca

□ **PRESCHOOL: ACTIVE**

PRESCHOOL GYMNASTICS

Children are introduced to the joy of gymnastics through innovative games, activities and circuits in a fun and encouraging setting. This structured program concentrates on teaching basic gymnastics skills using various apparatuses including tumble trampoline, beam, bars, mini-trampoline and floor exercise.

TOT GYMNASTICS

In this fun-filled class, toddlers develop strength, balance and coordination in a safe, joyful and encouraging environment. Physical development activities include crawling, climbing, swinging, rolling and jumping. Active parent participation is required.

TOT KARATE

Give your kids the opportunity to have fun, get fit and be introduced to martial arts with this program. Students will learn self-defense, self-confidence and a fit lifestyle in this program designed to teach the fundamentals of the martial arts to children. Program provided in partnership with Chito-Ryu Karate and Fitness.

□ **SPORTS**

PLAYBALL - SOCCER NURSERY

Specialists in sport skills for young kids 3-4.5 years. The perfect introduction to soccer skills and team participation for your child. If this is your little one's first time in sports, a positive and happy experience will help ensure your child's future sports participation. Make sure your child is part of the TEAM!

PLAYBALL-SOCCER NURSERY - 2'S CAN PLAY TOO!

This is a fun introduction to the basic soccer skills for your 2 year old, expertly guided by our experienced coaches. Parent participation required.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Preschool Gymnastics	3 - 5Y	8	Tue	Jul 10	4 - 5 p.m.	G	88172	\$133	\$163
Preschool Gymnastics	3 - 5Y	8	Tue	Jul 10	5 - 6 p.m.	G	88173	\$133	\$163
Preschool Gymnastics	3 - 5Y	8	Tue	Jul 10	6 - 7 p.m.	G	88174	\$133	\$163
Tot Gymnastics	18M - 3Y	8	Tue	Jul 10	4 - 5 p.m.	G	88167	\$133	\$163
Tot Gymnastics	18M - 3Y	8	Tue	Jul 10	5 - 6 p.m.	G	88168	\$133	\$163
Tot Gymnastics	18M - 3Y	8	Tue	Jul 10	6 - 7 p.m.	G	88169	\$133	\$163
Tot Karate	4 - 7Y	8	Thu	Jul 5	6:20 - 7:20 p.m.	RTRC	88159	\$92.52	\$122.52
Playball - Soccer Nursery	3 - 4.5Y	10	Mon	Jun 11	5:30 - 6:15 p.m.	SNRC	88148	\$123.81	\$153.81
Playball - Soccer Nursery	3 - 4.5Y	10	Mon	Jun 11	6:30 - 7:15 p.m.	SNRC	88149	\$123.81	\$153.81
Playball - Soccer Nursery	3 - 4.5Y	10	Sat	Jun 9	10:15 - 11 a.m.	SNRC	88150	\$123.81	\$153.81
Playball... Two Can do!	2Y	10	Mon	Jun 11	5:30 - 6 p.m.	SNRC	88151	\$123.81	\$153.81
Playball... Two Can do!	2Y	10	Sat	Jun 9	9 - 9:30 a.m.	SNRC	88152	\$123.81	\$153.81
Playball... Two Can do!	2Y	10	Sat	Jun 9	9:35 - 10:05 a.m.	SNRC	88153	\$123.81	\$153.81

RTRC - Ray Twinney Recreation Complex **SNRC** - St. Nicholas Recreation Centre **G** - Gymalaya 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.