

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**

KINDERGYM

Parent participation is essential in assisting your child with basic gymnastics skills, songs, parachute play, social interaction and developing gross motor skills. This is a one parent to child program.

KINDERGYM 2

This continuation of Kindergym will further develop your child's gross motor and social interaction skills. Parent participation required.

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.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Kindergym	1.5 - 2.5Y	7	Sat	Jan 14	9 - 10 a.m.	RTRC	86397	\$50.15	\$80.15
Kindergym	2.5 - 3.5Y	7	Sat	Jan 14	10 - 11 a.m.	RTRC	86396	\$50.15	\$80.15
Kindergym	1.5 - 2.5Y	8	Wed	Jan 18	9:30 - 10:30 a.m.	RTRC	86394	\$56.60	\$86.60
Kindergym	2.5 - 3.5Y	8	Wed	Jan 18	10:30 - 11:30 a.m.	RTRC	86395	\$56.60	\$86.60
Kindergym 2	2.5 - 4.5Y	7	Sat	Jan 14	11:15 - 12:15 p.m.	RTRC	86415	\$56.60	\$86.60
Preschool Gymnastics	3 - 5Y	7	Mon	Jan 9	9:30 - 10:30 a.m.	G	86961	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Jan 9	10:30 - 11:30 a.m.	G	86971	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Jan 9	4 - 5 p.m.	G	86963	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Jan 9	5 - 6 p.m.	G	86964	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Jan 9	6 - 7 p.m.	G	86969	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Mar 5	9:30 - 10:30 a.m.	G	86970	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Mar 5	10:30 - 11:30 a.m.	G	86962	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Mar 5	4 - 5 p.m.	G	86972	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Mar 5	5 - 6 p.m.	G	86973	\$123	\$153
Preschool Gymnastics	3 - 5Y	7	Mon	Mar 5	6 - 7 p.m.	G	86974	\$123	\$153

Kindergym	1.5 - 2.5Y	8	Wed	Apr 4	9:30 - 10:30 a.m.	RTRC	86411	\$56.50	\$86.50
Kindergym	2.5 - 3.5Y	8	Wed	Apr 4	10:30 - 11:30 a.m.	RTRC	86412	\$56.50	\$86.50
Kindergym	2.5 - 3.5Y	8	Sat	Mar 31	10 - 11 a.m.	RTRC	86413	\$56.50	\$86.50
Kindergym	1.5 - 2.5Y	8	Sat	Mar 31	9 - 10 a.m.	RTRC	86414	\$56.50	\$86.50
Preschool Gymnastics	3 - 5Y	8	Mon	Apr 30	9:30 - 10:30 a.m.	G	86965	\$133	\$163
Preschool Gymnastics	3 - 5Y	8	Mon	Apr 30	10:30 - 11:30 a.m.	G	86966	\$133	\$163
Preschool Gymnastics	3 - 5Y	8	Mon	Apr 30	4 - 5 p.m.	G	86967	\$133	\$163
Preschool Gymnastics	3 - 5Y	8	Mon	Apr 30	5 - 6 p.m.	G	86968	\$133	\$163
Preschool Gymnastics	3 - 5Y	8	Mon	Apr 30	6 - 7 p.m.	G	86990	\$133	\$163

RTRC - Ray Twinney Recreation Complex MC - Magna Centre G - Gymalaya



skating. The program teaches skating skills through the use of simple instruction, music, games and toys.

SKATE – LEARN TO SKATE

This fun, recreational, learn-to-skate program provides instruction for boys and girls in the early years of

SKATE – PRIVATE LESSONS

Private Lessons will run for 20 minutes on Tuesday's & Wednesday's. Morning and afternoon times available.

SKATE – SEMI-PRIVATE LESSONS

Semi-Private lessons will run for 20 minutes on Tuesday's and Wednesday's. Mornings and afternoon times available.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Skate - Learn to Skate...	3 - 5Y	8	Tue	Jan 10	10 - 10:30 a.m.	MC	85104	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Tue	Jan 10	10:30 - 11 a.m.	MC	85105	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Tue	Jan 10	1 - 1:30 p.m.	MC	85110	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Tue	Jan 10	1:30 - 2 p.m.	MC	85111	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Jan 11	10 - 10:30 a.m.	MC	85106	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Jan 11	10:30 - 11 a.m.	MC	85107	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Jan 11	1 - 1:30 p.m.	MC	85108	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Jan 11	1:30 - 2 p.m.	MC	85109	\$110	\$140
Skate - Private Lesson...	3 - 5Y	8	Tue	Jan 10	10 - 11:20 a.m.	MC	85112	\$150	\$180
Skate - Private Lesson...	3 - 5Y	8	Tue	Jan 10	1 - 2:20 p.m.	MC	85113	\$150	\$180
Skate - Private Lesson...	3 - 5Y	8	Wed	Jan 11	10 - 11:20 a.m.	MC	85114	\$150	\$180
Skate - Private Lesson...	3 - 5Y	8	Wed	Jan 11	1 - 2:20 p.m.	MC	85115	\$150	\$180
Skate - Semi-Private...	3 - 5Y	8	Tue	Jan 10	10 - 11:20 a.m.	MC	85133	\$120	\$150
Skate - Semi-Private...	3 - 5Y	8	Tue	Jan 10	1 - 2:20 p.m.	MC	85134	\$120	\$150
Skate - Semi-Private...	3 - 5Y	8	Wed	Jan 11	10 - 11:20 a.m.	MC	85135	\$120	\$150
Skate - Semi-Private...	3 - 5Y	8	Wed	Jan 11	1 - 2:19 p.m.	MC	85136	\$120	\$150

Skate - Learn to Skate...	3 - 5Y	8	Tue	Mar 27	10 - 10:30 a.m.	MC	85121	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Tue	Mar 27	10:30 - 11 a.m.	MC	85122	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Mar 28	10 - 10:30 a.m.	MC	85123	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Mar 28	10:30 - 11 a.m.	MC	85124	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Mar 28	1 - 1:30 p.m.	MC	85125	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Wed	Mar 28	1:30 - 2 p.m.	MC	85126	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Tue	Mar 27	1 - 1:30 p.m.	MC	85127	\$110	\$140
Skate - Learn to Skate...	3 - 5Y	8	Tue	Mar 27	1:30 - 2 p.m.	MC	85128	\$110	\$140
Skate - Private Lesson...	3 - 5Y	8	Tue	Mar 27	10 - 11:20 a.m.	MC	85129	\$150	\$180
Skate - Private Lesson...	3 - 5Y	8	Tue	Mar 27	1 - 2:20 p.m.	MC	85130	\$150	\$180
Skate - Private Lesson...	3 - 5Y	8	Wed	Mar 28	10 - 11:20 a.m.	MC	85131	\$150	\$180
Skate - Private Lesson...	3 - 5Y	8	Wed	Mar 28	1 - 2:20 p.m.	MC	85132	\$150	\$180
Skate - Semi-Private...	3 - 5Y	8	Tue	Mar 27	10 - 11:20 a.m.	MC	85137	\$120	\$150
Skate - Semi-Private...	3 - 5Y	8	Tue	Mar 27	1 - 2:20 p.m.	MC	85138	\$120	\$150
Skate - Semi-Private...	3 - 5Y	8	Wed	Mar 28	10 - 11:20 a.m.	MC	85139	\$120	\$150
Skate - Semi-Private...	3 - 5Y	8	Wed	Mar 28	1 - 2:20 p.m.	MC	85140	\$120	\$150

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.

TINY TOT TIME

With Parent participation, this is a creative program for tots 1.5 to 2.5 years of age emphasizing gross and fine motor skills. Activities include playtime for socializing, intro to basic arts and crafts activities, stories and special events. This is a one parent to child participative program.



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.

TRY THE TRI TRIATHLON

A sport event designed to offer an opportunity to experience the sport of Triathlon in a non-competitive environment. Participants swim, bike, and run different distances for each age category. All abilities are welcome. \$30/person at early bird price or \$35/person after March 31. For dates and race kit pick up information visit www.newmarket.ca.

All proceeds of this activity are directed to the Town of Newmarket Financial Assistance and Accessibility Fund.

YOGA FOR PRESCHOOLERS

Preschoolers who love to role-play will love this program. Children will make sounds with the yoga poses, including the hissing snake pose and the roaring lion pose. In addition to yoga, the program uses music, drama, story telling, drawing, relaxation and visualization to maximize your child's imagination.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Tiny Tot Time	1.5 - 2.5Y	8	Mon	Jan 9	9:30 - 11 a.m.	RTRC	86389	\$56.60	\$86.60
Tot Gymnastics	1.5 - 3Y	7	Mon	Jan 9	9:30 - 10:30 a.m.	G	86951	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Jan 9	10:30 - 11:30 a.m.	G	86952	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Jan 9	4 - 5 p.m.	G	86953	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Jan 9	5 - 6 p.m.	G	86954	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Jan 9	6 - 7 p.m.	G	86955	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Mar 5	9:30 - 10:30 a.m.	G	86956	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Mar 5	10:30 - 11:30 a.m.	G	86957	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Mar 5	4 - 5 p.m.	G	86958	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Mar 5	5 - 6 p.m.	G	86959	\$123	\$153
Tot Gymnastics	1.5 - 3Y	7	Mon	Mar 5	6 - 7 p.m.	G	86960	\$123	\$153
Tot Karate	4 - 7Y	8	Mon	Jan 9	5:30 - 6:15 p.m.	RTRC	87124	\$135.88	\$165.88
Tot Karate	4 - 7Y	8	Wed	Jan 11	5:30 - 6:15 p.m.	MC	87125	\$135.88	\$165.88
Yoga for Preschoolers	3.5 - 5Y	8	Wed	Jan 18	11 - 11:45 a.m.	MC	86945	\$59.88	\$89.88

Tiny Tot Time	1.5 - 2.5Y	8	Mon	Mar 26	9:30 - 11 a.m.	RTRC	86406	\$56.60	\$86.60
Tot Gymnastics	18 - 3Y	8	Mon	Apr 30	9:30 - 10:30 a.m.	G	86991	\$133	\$163
Tot Gymnastics	18 - 3Y	8	Mon	Apr 30	10:30 - 11:30 a.m.	G	86992	\$133	\$163
Tot Gymnastics	18 - 3Y	8	Mon	Apr 30	4 - 5 p.m.	G	86993	\$133	\$163
Tot Gymnastics	18 - 3Y	8	Mon	Apr 30	5 - 6 p.m.	G	86994	\$133	\$163
Tot Gymnastics	18 - 3Y	8	Mon	Apr 30	6 - 7 p.m.	G	86995	\$133	\$163
Tot Karate	4 - 7Y	8	Mon	Apr 16	5:30 - 6:15 p.m.	RTRC	87126	\$135.88	\$165.88
Tot Karate	4 - 7Y	8	Wed	Apr 11	5:30 - 6:15 p.m.	MC	87127	\$135.88	\$165.88
Try the TRi Triathlon	3 - 5Y	1	Sat	Jun 9	8 a.m. - 8 p.m.	RTRC	87375	Refer to description	
Yoga for Preschoolers	3.5 - 5Y	10	Wed	Apr 11	11 - 11:45 a.m.	MC	86946	\$73.60	\$78.60

RTRC - Ray Twinney Recreation Complex MC - Magna Centre DRC - Denne Recreation Centre SJRC - St. John Chrysostom Recreation Centre
G - Gymalaya CRC - Crossland Recreation Centre



ARTS & CULTURE

BALLET

Twirl and plié your way through this class that teaches the fundamentals of ballet in a fun and encouraging environment. Participants are encouraged to complete level one before entering into to level two. Ballet shoes are required.

HIP HOP - LEVEL 1 & 2

Boys and girls will love this fun, energetic dance class that will teach rhythm, musicality, coordination, and age-appropriate choreography with no suggestive lyrics or movement. A progression based choreography will lead to a final performance for friends and family.

JAZZ

Broaden your dance skills and come out to this progressive jazz program, designed to teach the fundamentals of jazz.

TOTAL DANCE REVOLUTION

Hip Hop, Jazz, and Modern all in one class. Each week we will work towards our final dance performance. Learning popular dance moves from the above mentioned genres your dance will be fun and unique!

YOUNG REMBRANDTS DRAWING

Young Rembrandts instructors provide a nurturing and strong learning environment that expands the participants view. See the chart below for the focus of the classes. Participants will learn to draw objects relative to their age and interests. Drawing being the bedrock of visual arts, children will be taught how to draw.

GENERAL

BABY SIGN LANGUAGE

Learn baby sign language so you can communicate with your child before they can talk. We will learn sign language through songs, games and stories. This program requires parent/caregiver and child participation.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Ballet - Level 1	3 - 5Y	8	Sat	Jan 14	9 - 9:45 a.m.	DRC	86809	\$57.40	\$87.40
Ballet - Level 1	3 - 5Y	8	Tue	Jan 17	5 - 5:45 p.m.	RTRC	86816	\$57.40	\$87.40
Ballet - Level 2	3 - 5Y	8	Sat	Jan 14	9:45 - 10:30 a.m.	DRC	86810	\$57.40	\$87.40
Hip Hop - Level 1	3 - 5Y	8	Sat	Jan 14	9 - 9:45 a.m.	SJRC	87030	\$57.40	\$87.40
Jazz	3 - 5Y	8	Mon	Jan 16	6 - 6:45 p.m.	CRC	87037	\$57.40	\$87.40
Total Dance Revolution	3 - 5Y	8	Wed	Jan 18	5:15 - 6 p.m.	MC	86863	\$57.40	\$87.40
Young Rembrandts...	3 - 5Y	8	Sat	Jan 21	9:30 - 10:15 a.m.	MC	86868	\$119	\$149
Baby Sign Language	2M - 3Y	6	Mon	Jan 16	1 - 2 p.m.	MC	84922	\$75	\$105

Ballet - Level 1	3 - 5Y	8	Sat	Apr 14	9 - 9:45 a.m.	DRC	87093	\$57.40	\$87.40
Ballet - Level 2	3 - 5Y	8	Sat	Apr 14	9:45 - 10:30 a.m.	DRC	87094	\$57.40	\$87.40
Ballet - Level 1	3 - 5Y	8	Tue	Apr 17	5 - 5:45 p.m.	RTRC	87100	\$57.40	\$87.40
Hip Hop - Level 1	3 - 5Y	8	Sat	Apr 14	9 - 9:45 a.m.	SJRC	87054	\$57.40	\$87.40
Jazz	3 - 5Y	8	Mon	Apr 16	6 - 6:45 p.m.	CRC	87061	\$57.40	\$87.40
Total Dance Revolution	3 - 5Y	8	Wed	Apr 18	5:15 - 6 p.m.	MC	87500	\$57.40	\$87.40
Young Rembrandts...	3 - 5Y	8	Sat	Apr 14	9:30 - 10:15 a.m.	MC	87080	\$119	\$149
Baby Sign Language	2M - 3Y	6	Mon	Mar 26	1 - 2 p.m.	MC	88286	\$75	\$105

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.

FIDGET

This is an exciting program for children 2.5 to 5 years of age. This class includes: active games, quiet games, crafts, songs and special events. A great way to prepare your child for school! Participation is without parents.

GYMCRAFTICS

This program is designed for the active 3 to 5 year old combining gym activities with creative crafts. Activities will include various take-home crafts and time in the gym for games and socialization. Participation is without parents.

KINDERGARTEN KICK OFF

This exciting class is designed for children ages 3 to 5 years old to assist with preparing them for school. This class will focus on colours, numbers, letters, shapes and more through the use of fun activities, crafts and games.

TODDLER FUN

This program is designed for the active 2.5 to 4 year old without parent participation. Activities in this exciting program include: socializing, learning and sharing through crafts, songs and creative play.

SPORTS

PLAYBALL - SPORT COACHING FOR KIDS

This comprehensive program emphasizes the foundations and skills of popular sports including: baseball, basketball, hockey, soccer, tennis and volleyball. Playball is structured to teach competent and happy participation in a non-competitive, fun-filled environment.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Fidget	2.5 - 5Y	8	Thu	Jan 19	9:30 - 11:30 a.m.	RTRC	86398	\$56.60	\$86.60
Gymcraftics	3 - 5Y	8	Mon	Jan 9	9:30 - 11:30 a.m.	MC	86385	\$65.24	\$95.24
Gymcraftics	3 - 5Y	8	Tue	Jan 17	9:30 - 11:30 a.m.	MC	86386	\$65.24	\$95.24
Gymcraftics	3 - 5Y	8	Tue	Jan 17	1 - 3 p.m.	MC	86387	\$65.24	\$95.24
Gymcraftics	3 - 5Y	8	Thu	Jan 19	9:30 - 11:30 a.m.	MC	86388	\$65.24	\$95.24
Kindergarten Kick Off	3 - 5Y	8	Mon	Jan 9	1 - 3 p.m.	RTRC	86390	\$56.60	\$86.60
Kindergarten Kick Off	3 - 5Y	8	Wed	Jan 18	12:30 - 2:30 p.m.	RTRC	86391	\$56.60	\$86.60
Kindergarten Kick Off	3 - 5Y	8	Thu	Jan 19	1 - 3 p.m.	RTRC	86392	\$56.60	\$86.60
Toddler Fun	2.5 - 4Y	8	Wed	Jan 18	9:30 - 11:30 a.m.	MC	86393	\$56.60	\$86.60
Playball - Sport Coach...	3 - 4Y	10	Mon	Jan 9	10 - 10:45 a.m.	RTRC	87009	\$123.81	\$153.81
Playball - Sport Coach...	4 - 5Y	10	Mon	Jan 9	11 - 12 p.m.	RTRC	87010	\$123.81	\$153.81
Playball - Sport Coach...	3 - 4Y	10	Thu	Jan 19	10 - 10:45 a.m.	RTRC	87007	\$123.81	\$153.81
Playball - Sport Coach...	4 - 5Y	10	Thu	Jan 19	11 - 12 p.m.	RTRC	87008	\$123.81	\$153.81

Fidget	2.5 - 5Y	12	Thu	Apr 5	9:30 - 11:30 a.m.	RTRC	87430	\$82.40	\$112.40
Gymcraftics	3 - 5Y	12	Mon	Mar 26	9:30 - 11:30 a.m.	MC	86402	\$95.36	\$125.36
Gymcraftics	3 - 5Y	12	Tue	Apr 3	9:30 - 11:30 a.m.	MC	86403	\$95.36	\$125.36
Gymcraftics	3 - 5Y	12	Tue	Apr 3	1 - 3 p.m.	MC	86404	\$95.36	\$125.36
Gymcraftics	3 - 5Y	12	Thu	Apr 5	9:30 - 11:30 a.m.	MC	86405	\$95.36	\$125.36
Kindergarten Kick Off	3 - 5Y	12	Mon	Mar 26	1:15 - 3:15 p.m.	RTRC	86407	\$82.40	\$112.40
Kindergarten Kick Off	3 - 5Y	12	Wed	Apr 4	12:30 - 2:30 p.m.	RTRC	86408	\$82.40	\$112.40
Kindergarten Kick Off	3 - 5Y	12	Thu	Apr 5	1:15 - 3:15 p.m.	RTRC	86409	\$82.40	\$112.40
Toddler Fun	30 - 4Y	12	Wed	Apr 4	9:30 - 11:30 a.m.	MC	86410	\$82.40	\$112.40
Playball - Sport Coach...	3 - 4Y	10	Thu	Apr 12	10 - 10:45 a.m.	RTRC	87015	\$123.81	\$153.81
Playball - Sport Coach...	4 - 5Y	10	Thu	Apr 12	11 - 12 p.m.	RTRC	87016	\$123.81	\$153.81

CRC - Crossland Recreation Centre **ARC** - Armitage Recreation Centre **SJRC** - St. John Chrysostom Recreation Centre **MC** - Magna Centre
RTRC - Ray Twinney Recreation Complex **G** - Gymalaya

PLAYBALL - TWO CAN DO!

This program which requires parent participation is a great introduction to gross motor and sport skills. Provides a wide range of suitable activities which stimulate and improve locomotion, balance, body awareness, muscular development and fine motor skills.

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.

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.

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.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Playball - Two Can Do!	2.5M - 3Y	10	Mon	Jan 9	9:15 - 9:45 a.m.	RTRC	87041	\$123.81	\$153.81
Playball - Two Can Do!	2M - 2.5Y	10	Thu	Jan 19	9:15 - 9:45 a.m.	RTRC	87042	\$123.81	\$153.81
Go Golf	5 - 7Y	8	Sat	Jan 14	9 - 10 a.m.	CRC	87229	\$120	\$150
Go Golf	8 - 12Y	8	Sat	Jan 14	10 - 11 a.m.	CRC	87230	\$120	\$150
Junior Gymnastics	5 - 7Y	7	Mon	Jan 9	9:30 - 10:30 a.m.	G	86975	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Jan 9	10:30 - 11:30 a.m.	G	86976	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Jan 9	4 - 5 p.m.	G	86977	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Jan 9	5 - 6 p.m.	G	86978	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Jan 9	6 - 7 p.m.	G	86979	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Mar 5	9:30 - 10:30 a.m.	G	86985	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Mar 5	10:30 - 11:30 a.m.	G	86986	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Mar 5	4 - 5 p.m.	G	86987	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Mar 5	5 - 6 p.m.	G	86988	\$123	\$153
Junior Gymnastics	5 - 7Y	7	Mon	Mar 5	6 - 7 p.m.	G	86989	\$123	\$153
Karate - Introduction	5Y+	8	Sat	Jan 14	10 - 11 a.m.	ARC	87114	\$135.88	\$165.88
Karate - Introduction	5Y+	8	Mon	Jan 16	6:30 - 7:30 p.m.	RTRC	87112	\$135.88	\$165.88
Karate - Introduction	5Y+	8	Tue	Jan 17	6:25 - 7:25 p.m.	SJRC	87113	\$135.88	\$165.88

Playball - Two Can Do!	2 - 35M	10	Thu	Apr 12	9:15 - 9:45 a.m.	RTRC	87044	\$123.81	\$153.81
Go Golf	5 - 7Y	8	Sat	Apr 14	9 - 10 a.m.	CRC	87232	\$120	\$150
Go Golf	8 - 12Y	8	Sat	Apr 14	10 - 11 a.m.	CRC	87233	\$120	\$150
Junior Gymnastics	5 - 7Y	8	Mon	Apr 30	9:30 - 10:30 a.m.	G	86980	\$133	\$163
Junior Gymnastics	5 - 7Y	8	Mon	Apr 30	10:30 - 11:30 a.m.	G	86981	\$133	\$163
Junior Gymnastics	5 - 7Y	8	Mon	Apr 30	4 - 5 p.m.	G	86982	\$133	\$163
Junior Gymnastics	5 - 7Y	8	Mon	Apr 30	5 - 6 p.m.	G	86983	\$133	\$163
Junior Gymnastics	5 - 7Y	8	Mon	Apr 30	6 - 7 p.m.	G	86984	\$133	\$163
Karate - Introduction	5Y+	8	Sat	Apr 14	10 - 11 a.m.	ARC	87117	\$135.88	\$165.88
Karate - Introduction	5Y+	8	Mon	Apr 16	6:30 - 7:30 p.m.	RTRC	87115	\$135.88	\$165.88
Karate - Introduction	5Y+	8	Tue	Apr 17	6:25 - 7:25 p.m.	SJRC	87116	\$135.88	\$165.88

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.