

## **Preschool**

### ***Busy Bees with Jennifer (3-5 yrs)***

Date: March, April, May & June  
@9:00am – 11:00am  
Monday, Wednesday & Friday

Location: Sportsplex

Cost: \$85.00 Monthly registration

Get ready for kindergarten. Shapes, numbers, letters, and more will be taught through play, group art activities and circle time, focusing on weekly themes.

### ***Little Sneakers (3-5 yrs)***

Date: Mar 29 – Apr 19  
May 3 – May 24  
June 7 – June 28  
Tuesdays @10:00am–10:45am

Location: Sportsplex

Cost \$20.00/4

Lace up your little preschooler's sneakers and bring them out for a fun filled, active program where they will get to sample a variety of new sports each week. Emphasis on fun and play with crafts and songs as well.

### ***Creative Movement and Dance (3-5yrs)***

Date: Apr 19 – May 19  
Tuesdays & Thursdays @4:30pm-5:00pm

Location: Sportsplex

Cost: \$40.00/10

Your little one will develop skills and confidence in this fun and imaginative class. He or she will have a great time dancing while an introduction to ballet and jazz are presented. Join Caitlyn and meet new friends while having fun and learning to move.

### ***Tiny Tots Soccer (3-5yrs)***

Date: May 3 - May 24  
Tuesdays @4:00pm–4:30pm or 4:40pm–5:10pm  
May 5 – May 26  
Thursdays @4:00pm-4:30pm or 4:40pm–5:10pm

Location: Christy Park

Cost: \$20.00 for 1 day a week or \$35.00 for 2 days a week

The Tiny-tot version of the big field game! Your preschooler will have an opportunity to get introduced to the different skills and participate in a variety of interactive soccer games.

### ***Dance Express (5-6yrs)***

Date: Apr 19 – May 19  
Tuesdays & Thursdays @5:15pm–6:00pm

Location: Sportsplex

Cost: \$40.00/10 Your little one will develop skills and confidence in this fun and imaginative class. He or she will have a great time dancing while an introduction to the basic technical steps of dance and creating choreography is presented.

### ***Tykes T-Ball (3-5yrs)***

Date: May 3 – May 24  
Tuesdays @4:00pm-4:30pm

Location: George Little Park

Cost: \$20.00/4

T-Ball is the introduction to the exciting sport of Softball. Children will be introduced to the basics of softball through games, activities and obstacles. Parent participation is also encouraged. Space is limited.

### ***Family Gym (Walking—5 yrs with Adult)***

Date: Mar 31st — April 28th  
Thursdays @ 10:30—12:00noon

Location: Sportsplex

Cost: \$2.00 drop-in fee

Join us for toddler-friendly challenges, as adults and tots play together with preschool equipment. Discover and explore motor skills and learn the basics of movement.

### **Senior**

#### ***Senior Tai Chi with Peter***

Date: Mar 28 – May 9  
May 16 – June 20  
Mondays @ 10:30am—11:30am

Location: Sportsplex

Cost: Register \$2.75 a class or drop in @ \$3.25 a class.

Tai Chi is recognized as helping you accumulate energy, leaving you feeling refreshed when you finish. The slow dance like speed of Tai Chi creates balance, flexibility and calmness.

#### ***Fit After 50***

Date: Mar 29 – May 12  
May 17 – June 23  
Tuesdays and/or Thursdays  
@10:30am – 11:15am

Location: Sportsplex

Cost: Register or drop in \$3.25

For anyone looking for a non-impact workout, then this is the one for you. Stretching, strength, cardio and balance are all covered in this workout. A great way to stay in shape as the weather gets colder and it is harder to get outside.

#### ***Move for Health Day***

Date: May 13  
Friday @ 12:10pm & 1:10pm starts with warm-ups

Location: Grand Trunk Pathway – Millennium Trail (1.6 or 3.2km round trip)

Cost: **FREE**

Walk with us for your Health on the City's Health Day, raise awareness for health and wellness for all. There will be refreshments, prizes and friends included. Runners welcome – bring the kids, stroller and dog friendly. Call 250-615-3000 for more information or check out the website [www.terrace.ca](http://www.terrace.ca).

# Terrace Sportsplex

## Spring Programs



Call 250-615-3000 for more information

## General

### **Bhangra Fit (16+)**

Date: Mar 31 – June 2  
Thursdays @5:30pm-6:30pm

Location: Sportsplex

Cost: Drop In or register at the Sportsplex

Learn how to do desi Bhangra moves and get a great physical workout at the same time. Bhangra strengthens and tones your muscles, your stamina and gives you a fun workout.

### **Squash (16+)**

Date: May 3 – May 24  
June 7 – June 28  
Tuesdays @6:30pm-7:15pm

Location: Kiva @NWCC

Cost: \$30.00/4

Learn the basics of squash: grip, forehand, backhand, strokes, volleys, serve and return of serve as well as basic tactics. **Limited space.**

### **Guitar/Bass Lessons (14+)**

Date: Mar 28 – May 30  
Mondays @5:00pm-6:00pm

Location: Sportsplex

Cost: \$50.00/10

This is an introductory program taught in a class setting. Learn the basics of playing chords and single note melodies.

### **Ballet Fit (16+ yrs)**

Date: Mar 28 – May 30  
Mondays @7:30pm-8:30pm

Location: AIM Dance Studio

Cost: \$75.00/8 - **Registration ONLY**

This class is suited for teens to adults with no prior ballet experience who want to increase their fitness level, increase mobility and flexibility and move with grace.

### **Let's Start Running (16yrs+)**

Date: Mar 28 – May 30  
Mondays 12:10pm-12:50pm

Location: Sportsplex

Cost: \$60.00/10 (includes 10x gym pass)

This fun program is the way to gradually make the shift from walk to a comfortable 30 minute run. Following a 10 week program you will be expected to walk/run on your own as well as with your instructor.

## General cont.

### **Let's Keep Running (16yrs+)**

Date: Mar 30 – June 1  
Wednesdays @5:30pm-6:30pm

Location: Sportsplex

Cost: \$60.00/10 (includes 10x gym pass)

Take your running to the next level. If you can comfortably run for 20 minutes three times per week and want to challenge yourself to run longer and stronger this class is for you.

### **Body Rolling Workshop (16+)**

Date: Mar 21 – Mar 23  
Monday, Tuesday & Wednesday @5:00pm-6:00pm

Location: Sportsplex

Cost: \$30.00/3 – **Registration ONLY**

Join Lorna and learn this self-massage technique that will lengthen soft tissue, relieve pain, and re-align the body to increase range of motion in tight joints and correct postural issues.

## Youth

### **Tri-Athlete Kids (9–13yrs)**

Date: Apr 9 – May 29 (**Race Day**)  
Saturdays @9:00am–12:00pm  
Thursdays @4:00pm-5:00pm

Location: Sportsplex/Aquatic Centre

Cost: \$50.00/16

Ever wanted to try a Tri-Athlon or just train like a Tri-Athlete? Now in your chance to get fit or compete in all three disciplines swim, bike and run with Crystal (Tri-Coach certified) and feel great. Race Day is Sunday May 29, 2011.

### **Bhangra Dance (9-14yrs)**

Date: Mar 29 – May 31  
Tuesdays @5:30pm-6:30pm

Location: Sportsplex

Cost: \$40.00/10

Learn how to do Bhangra moves and get a great physical workout at the same time.

### **Guitar/Bass Lessons (10-13 yrs)**

Date: Mar 28th–May 30th  
Mondays @4:00pm–4:45pm

Location: Sportsplex

Cost: \$45.00/10 plus HST

This introductory program taught in a class setting. Learn the basics of playing chords and single note melodies.

### **Community Circus Camp (9+)**

Date: Apr 4 – Apr 8  
Monday - Friday @3:30-7:30pm

Location: Caledonia School Gym

Cost: TBA/5

Juggle, clown, balance and perform in the dramatic, the athletic and the eclectic world of the Circus Northwest Camp. Tightrope, trapeze, stilt walking, unicycle riding, juggling are what you can experience at the week-long camp with a performance held on the Friday.

### **Home Alone (9-12 yrs)**

Date: Apr 9th  
Saturday @9:00am – 1:00pm

Location: Kalum School House

Cost: \$25.00/1

He/she will learn 1<sup>st</sup> Aid and Fire & Home safety. Reduce your worries by giving them responsible problem solving skills for when they are alone. Each participant receives a Red Cross People Saver's Certificate.

### **Red Cross Babysitting (11-14 yrs)**

Date: May 7th & 14th  
Saturdays @9:00am – 3:15pm

Location: Kalum School House

Cost: \$70.00/2

This is an excellent way to prepare young adults to be responsible and confident babysitters. Skills necessary for caring for children and safety skills are a few items that will be covered in this 2 day course.

### **Spring Break Adventure Kamp (6-8 yrs)**

Date: Mar 21st–Mar 25th  
Monday–Friday @ 9:00am–12:00 noon

Location: Sportsplex Cost: \$50.00/5

Get active this spring with our Adventure Leaders. This camp will be a "smorgasport" of fitness adventures from ball sports, dance swimming, skating and much, much more. **Space is limited** so register before March 11th.

### **Spring Break Adventure Kamp (9-12)**

Date: Mar 21st–Mar 25th  
Mondays–Fridays @ 1:00pm–4:00pm

Location: Sportsplex Cost: \$50.00/5

Get active this spring with our Adventure Leaders. See description above.