

PRESCHOOL

CREATIVE MOVEMENTS 3-4YRS

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 are presented. Dance in bare feet or ballet slippers.
Cost: \$36.00/9
Location: Sportsplex
Time: July 5-Aug 4
 Tuesdays & Thursdays @4:30pm-5:00pm

TINY TOT SOCCER 3-5YRS

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. Emphasis on fun, fundamental skills and participation.
Cost: \$20.00/4
Location: Sportsplex
Time: June 7-June 28
 Aug 2-Aug 23
 Tuesdays @4:00-4:30pm & 4:40-5:10pm

TIKES T-BALL 3-5YRS

Get your superstar out in the field and ready to catch balls! Participants will learn basic T-ball skills and learn to work in a team-orientated environment. Drills include throwing, catching, running and hitting.
Cost: \$20.00/4
Location: George Little Park
Time: June 9-June 30
 August 4-August 25
 Thursdays @4:00-4:30pm & 4:40-5:10pm

SUPER HERO FOR A DAY 3-5YRS

Children get their face painted like their favourite super hero and the fly, jump and spin their way into a variety of super games and creative activity. Come dressed as your favourite Super Hero and come prepared to battle!
Cost: \$25.00/1
Location: Sportsplex
Time: Wednesday Aug 3 @10:00am - 11:30am

PRINCESS FOR A DAY 3-5YRS

Treat your little princess to a morning of fun! We will have a fashion show with games, tiaras, cookies, crafts and so much more. Come dressed in your favourite princess outfit and join in the fun!
Cost: \$25.00/1
Location: Sportsplex
Time: Friday Aug 5 @10:00am - 11:30am

LEARN TO SKATE 3-5YRS

Back by popular demand! We will take you from beginner to star with our two week summer program; our trained instructors will have you ready to join Figure Skating or Hockey for the fall sessions. Register early - limited spaces.
Cost: \$25.00/5
Location: Hibber Arena
Time: Aug 29-Sept 2
 Monday - Friday @1:45pm-2:15pm

YOUTH

GUITAR/BASS WITH JONATHAN 10-13YRS

This is an introductory program taught in a class setting. Learn the basics of playing chords and single note melodies.
Cost: \$36.00/8
Location: Sportsplex
Time: June 6-July 25
 Mondays @ 4:00-4:45pm

BHANGRA DANCE 8-14YRS

Learn Bhanga and get a great physical workout at the same time. Simple, easy to follow instructions as you learn traditional and authentic Bhanga moves. Bhanga will strengthen and tone your muscles, increases your stamina with "FUN".
Cost: \$36.00/8
Location: Sportsplex
Time: June 7 - July 26
 Tuesdays @4:15-5:15pm & 5:15-6:15pm

SUMMER DAZE 6-12YRS

"With our HIGH FIVE trained leaders"
Cost: \$80.00 1 week sessions
 *Short week \$64.00
Location: Parkside School
Times: July 4-July 8
 July 11-July 15
 July 18-July 22
 July 25-July 29
 Aug 2-Aug 5 *short week
 Aug 8-Aug 12
 Aug 15-Aug 19
 Aug 22-Aug 26
 Monday - Friday @9:00am-3:30pm

HOME ALONE 9-12YRS

Does your child know how to make emergency phone calls? Does he/she have skills to use the kitchen safely? This course covers all this and more. Reduce your worries by giving them responsible problem solving skills when they are alone.
Cost: \$25.00/1
Location: Kulum School House
Time: July 21
 Aug 11
 Tuesday @9:00am - 1:00pm

RED CROSS BABYSITTING 11+YRS

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 issues that will be covered.
Cost: \$70.00/2
Location: Kulum School House
Time: July 20 & 22
 Aug 10 & 12
 Wednesday & Friday @9:00am-3:15pm

DANCE EXPRESS 5-7YRS

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 are presented. Dance in bare feet or ballet slippers.
Cost: \$36.00/9
Location: Sportsplex
Time: July 5-Aug 4
 Tuesdays & Thursdays @5:30pm-6:00pm

REAL "ROCK BAND" CAMP 9-16YRS

First time ever offered Rock Band Camp for those who always wanted to play in a rock band, or existing Rock Bands interested in improving their on stage performance skills. "Release your inner rocker" with this 2 1/2 day camp, starting with a Meet and Greet followed by a performance of Speed Control's history of rock show "Rags to Rock". The next two days you will be in workshops and then on the last day there will be Rock Camp SHOWCASE for your family and friends.
Cost: \$50.00/2.5
Location: Sportsplex
Time: July 19, 20 & 21
 Tuesday 7:00pm-9:00pm & Wednesday & Thursday @10:00-5:30pm
 Show Time 7:00-9:00pm

INTRO TO TENNIS 9-13YRS

New to the game or never had any formal instruction? Learn the basics, including the rules, forehand and backhand strokes as well as some games strategy for this great summer game. Bring your own racket!
Cost: \$60.00/8
Location: Halliwell Courts
Time: July 5-July 29 @5:45-6:45pm
 Tuesdays & Fridays

SKATEBOARDING 8-13YRS & 14+YRS

Just learning or more advanced our helpful instruction can guide you. Whether you're learning to pop an ollie or already stomping some tricks, our two outdoor skate parks are the place to be with Kris. Safety is emphasized; a helmet is required with elbow & knee pads highly recommended.
Cost: \$40.00/4
Location: Skate Parks/Sportsplex
Time: July 4-25
 Aug 8-29
 Mondays @ 6:30-7:30pm/7:30-8:30pm

RIPPIN' RIDERS 8-12YRS

Introduction to the sport of mountain biking, improve overall abilities by teaching basic to intermediate bike skills at the Skills Park. Matt will help build your confidence by setting achievable goals in a safe environment. If you are just learning, helpful instruction can guide you. Safety is emphasized; a helmet is required with elbow and knee pads highly recommended.
Cost: \$60.00/3
Location: Bike Skills Park from Ferry Island
Time: July 11-13 Monday-Wednesday @6:00-9:00pm

FUTURE STARS ATHLETIC BASKETBALL CAMP 7-10YRS

Focus on Individual Skill Development. Instructor Brody Bishop, former Prince Rupert Rainmakers Provincial 'AA' Champion and Professional Player, British Basketball League will be here to promote sports development in our community. This camp will provide participants with the highest level of developing skills. Players will have an opportunity to develop their basketball skills - shooting, passing, dribbling, rebounding and defence. It is our goal to ensure that each participant has an enjoyable experience and reaches their fullest potential.
Cost: \$140.00/5 (includes Future Stars t-shirt and certificate)
Location: Skeena Jr. Senior Secondary
Time: July 18 - July 22
 Monday - Friday @9:00am-11:30am

FUTURE STARS CANADA BASKETBALL CAMP 11-15 YRS

Focus on Team Skills Development. Instructor Brody Bishop, former Prince Rupert Rainmakers Provincial 'AA' Champion and Professional Player, British Basketball League will be here to promote sports development in our Community. This camp is designed for players who aspire to compete at a higher level. This is achieved by incorporating advanced sport specific techniques with practical game conditions. The focus is on the development of the individual athlete's ability to understand their role within a team.
Cost: \$140.00/5 (includes Future Stars t-shirt and certificate)
Location: Skeena Jr. Senior Secondary
Time: July 18-July 22 Monday - Friday @ 12:00pm-2:30pm

VEGETARIAN CUISINE FOR TEENS 11-15YRS

Shake, mix and stir your way to a ton of fun in the kitchen. For an adventure in vegetarian cooking join us and learn how to prepare some basic vegetarian dishes for breakfast, lunch and dinner for the whole family. Kitchen safety is also covered in this program.
Cost: \$30.00/3
Location: Sportsplex
Time: Aug 17-Aug 31
 Wednesdays @ 6:30pm-8:00pm

LEARN TO SKATE 6-8YRS

Back by popular demand! We will take you from beginner to star with our two week summer program; our training instructors will have you ready to join Figure Skating or Hockey for the fall sessions.
Cost: \$25.00/5
Location: Sportsplex
Time: August 29-Sept 2 Monday - Friday @1:00pm-1:45pm

SUMMER SPANISH CLUB 7-11YRS

Learning Spanish can be fun and easy with our 4 week workshop! Join our native speaker and experienced instructor and learn fun basics and some grammar. They will play games, do crafts, sing song, learn greetings, alphabet, colors, animal names & days of the week etc. All materials included.
Cost: \$180.00/12
Location: Sportsplex
Time: July 5-July 28
 Mondays, Wednesdays & Thursdays @1:00-4:00pm

GENERAL

DROP IN ROLLER HOCKEY 16+YRS

Maintain your hockey skills or just keep in shape by participating in this weekly inline hockey program. All skill levels welcome. All participants must wear full gear.
Cost: \$5.00 drop in
Location: Sportsplex
Time: May 3-July 26
 Tuesdays @8:30pm-10:00pm

GUITAR/BASS WITH JONATHAN 14+YRS

This is an introductory program taught in a class setting. Learn the basics of playing chords and single note melodies.
Cost: \$36.00/8
Location: Sportsplex
Time: June 6-July 25
 Mondays @8:30pm-10:00pm

MEDITERRANEAN CUISINE 16+YRS

Andam Thwaites is the author of a fabulous cookbook called "Taste the Mediterranean". She is here to show us how healthy and balanced the Mediterranean cuisine can be, cooking with us and demonstrating many of the dishes presented in her book.
Cost: \$80.00/1
 *Includes cookbook and all supplies
Location: Sportsplex
Time: June 15
 June 29
 Wednesdays @6:30-9:30pm

BEYOND BEGINNER PILATES WITH LORNA (16+)

Join Lorna for this workshop and add more advanced skills to your solid base of Pilates. Stretch and strengthen your core the right way. Must have completed a Pilates Camp or Beginner level to attend.
Cost: \$30.00/3 - Registration ONLY
Location: Sportsplex
Date: June 20-22
 July 18-20
 Monday, Tuesday & Wednesday @6:00pm - 7:00pm

INTRO TO TENNIS 14+YRS

New to the game or never had any formal instruction? Learn the basics, including the rules, forehand and backhand strokes as well as some games strategy for this great summer game. Bring your racket!
Cost: \$60.00/8
Location: Halliwell Courts
Time: July 8-July 29
 @7:00-8:00pm Tuesdays & Fridays

AQUATIC CENTRE GENERAL PROGRAMS

CPR-C FULL COURSE (can accommodate Health Care Provider level)

Dates: Set I: Jun 18, Set II: July 16, Set III: Aug 20
 Saturday 9:00 am - 4:00 pm
Location: Aquatic Centre Board Room
Cost: \$72.80
 This certification course covers skills needed to recognize and respond to cardiovascular emergencies and choking emergencies in adults, children and infants. Also includes AED training.

CPR-C RECERTIFICATION CLINIC

Date: Set I: Jun 22, Set II: Jul 20, Set III: Aug 24
 Wednesday evening 5:30 pm - 9:30 pm
Location: Aquatic Centre Board Room
Cost: \$47.54

CHILD CARE EMERGENCY FIRST AID (RED CROSS)

Date: Set I: Jul 9, Set II: Aug 13
 Saturday 9:00 am - 5:00 pm
Location: Aquatic Centre Board Room
Cost: \$100.00
 This 8-hour course provides an overview of first aid and CPR techniques for individuals who care for infants or children, and for parents or any family member who cares for a baby or child.

RED CROSS FIRST AID INSTRUCTOR TRANSFER COURSE

Date: Jun 17 - Jun 19
 Friday, 9:00 am - 5:00 pm
 (SFA/CPHPC recertification and skill testing)
 Saturday and Sunday, 8:00 am - 5:00 pm
Location: Terrace Firehall Training Room
Cost: \$450.00 (includes SFA and CPR-HCP recertification and manuals)
 \$375.00 (includes manuals - SFA and CPR-HCP must be current)

This First Aid Instructor course is for individuals who have proven teaching experience - water safety instructors, first aid instructors with other organizations or those with expired certificates.

RFABC POOL OPERATOR II COURSE

Date: Jun 17 - 19
 Friday, Saturday and Sunday
Location: Terrace Aquatic Centre Board Room
Cost: \$342.40 (RFABC members)
 \$462.24 (non-members)
 A comprehensive workshop that introduces advanced principles in swimming pool operations.

JR. LIFEGUARD CAMP

Date: Set I: Jul 19 - Jul 30
 Tuesday - Saturday, 2:00 - 6:00 pm
Date: Set II: Aug 15 - Aug 26
 Monday - Friday, 2:00 pm - 6:00 pm
Location: Board Room and Main Pool
Cost: \$150.00 + tax
 If you are 8 years of age and older, can swim 50 meters (2 lengths) and tread water for 1 minute - then come on down to the aquatic centre and have some SERIOUS FUN! Learn skills & techniques that could save a life - make new friends and have fun! Set I will participate in the Riverboat Days parade and do CPR demonstrations in the park after the parade.

SPECIAL EVENT DAYS AT THE AQUATIC CENTRE

(See Bulletin Boards for Detailed Information)

June Senior's Month - help celebrate our Seniors
June 6 - 11 Water Safety Week
July 1 Canada Day Swim
July 16 - 23 Drowning Prevention Week
July 22 Swim to Survive Challenge

LEGENDARY WATER FIGHTS - LAST FRIDAY OF THE MONTH, 1:00 - 3:00 PM

Summer Swimming Lessons

Program	Mon - Fri Jul 4 - Jul 15	Mon - Fri Jul 18 - Jul 29	Mon - Fri Aug 2 - Aug 12	Mon - Fri Aug 15 - Aug 26
			No Class Aug 1st	
Parent Participation				
Starfish (6mths-18mths)	11:00am 6:00pm	6:00pm	11:00am 6:00pm	6:00pm
Duck (18mths-36mths)	11:00am 6:00pm	6:00pm	11:00am 6:00pm	6:00pm
Sea Turtle	10:00am 5:30pm	10:00am 4:00pm 5:00pm	10:00am 5:30pm	10:00am 4:00pm 5:00pm
Preschool 3-5 years				
Sea Otter	9:00am 11:00am 4:00pm 6:00pm	9:00am 11:00am	9:00am 11:00am 5:00pm	9:00am 11:00am
Salamander	9:30am 10:30am 4:30pm	9:30am 10:30am 4:30pm	9:30am 10:30am 4:00pm	9:30am 10:30am 4:30pm
Sunfish	10:00am 5:00pm	10:00am 5:00pm	9:00am 4:30pm	10:00am 5:00pm
Crocodile	10:30am 5:30pm	9:00am 5:30pm	10:00am 5:30pm	9:00am 5:30pm
Whale	9:00am 5:30pm	9:30am 5:30pm	9:30am 5:30pm	9:30am 5:30pm
Swim Kids				
Swim Kids 1	10:00am 10:30am 5:00pm	10:00am 4:00pm	9:30am 10:30am 4:30pm	10:00am 5:00pm
Swim Kids 2	9:30am 10:00am 4:00pm	9:00am 10:30am 4:30pm	9:00am 10:30am 5:00pm	9:00am 10:30am 5:30pm
Swim Kids 3	9:00am 11:00am 4:30pm	9:30am 11:00am 5:00pm	10:00am 11:00am 4:00pm	9:30am 11:00am 4:00pm
Swim Kids 4	9:30am 10:30am 6:00pm	10:30am 5:30pm	10:30am 5:30pm	10:30am 4:30pm
Swim Kids 5	11:00am 5:30pm	11:00am 6:00pm	11:00am 6:00pm	11:00am 6:00pm
Swim Kids 6 *	9:00am 9:45am 4:00pm	10:45am 10:00am	9:45am 4:00pm	10:00am 10:30am
Swim Kids 7 *	4:45pm	9:00am	4:45pm	9:00am
Swim Kids 8 *	4:45pm	9:00am	4:45pm	9:00am
Swim Kids 9 *	4:00pm	9:45am	4:00pm	9:45am
Swim Kids 10 *	4:00pm	9:45am	4:00pm	9:45am
Canadian Swim Patrol *		4:00pm		4:00pm
Bronze Star *		5:00pm		5:00pm
Swim Lesson Fees:		30 min \$45	45 min * \$55	

Swim and Fitness Schedule July 3rd-Aug 31st

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim	6:30-8:00 am	6:30-8:00 am	6:30-8:00 am	6:30-8:00 am	6:30-8:00 am		
AquaFit (Fitness)		8:00 - 8:50am 8:00 -8:50pm*		8:00 - 8:50am 8:00 -8:50pm*			
Healthy Hearts	8:00 - 8:50 am		8:00 - 8:50 am		8:00 - 8:50 am		
Children Lessons	9:00 - 11:30am	9:00 - 11:30am	9:00 - 11:30am	9:00 - 11:30am	9:00 - 11:30am		
Noon Hour Lengths	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	12:30-2:00pm*
Family Swim	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	
Toddler Pool Only						1:00-2:00 pm	2:00-3:00 pm*
Family Swim							
Children Lessons	4:00-6:30 pm	4:00-6:30 pm	4:00-6:30 pm	4:00-6:30 pm	4:00-6:30 pm		
Everyone Welcome Swim	1:00 - 4:00 pm 6:30 - 8:00 pm	1:00 - 4:00 pm 6:30 - 8:00 pm	1:00 - 4:00 pm 6:30 - 8:00 pm	1:00 - 4:00 pm 6:30 - 8:00 pm	1:00 - 4:00 pm 6:30 - 8:00 pm	2:00-4:30 pm	3:00-5:00pm 6:00-8:00pm*
Adult Only Lengths	8:00-9:00pm	8:00-9:00pm*	8:00-9:00pm	8:00-9:00pm*	8:00-9:00pm*		6:00-8:00pm*
Free Teen Swim					9:00-11:00pm		
Private Rentals						4:30-5:30pm	5:00-6:00pm

* Shared Pool

Summer Fitness Schedule Aug 8 - Sept 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Complete Cardio Mix 6:00-6:45am Val		Complete Cardio Mix 6:00-6:45am Val		Complete Cardio Mix 6:00-6:45am Val
	Athletic Land 9:00-10:00am Donna		Strength Circuit 9:00-10:00am Donna		Step & Pump 9:00-10:00am Donna
Evening	Bhangra Fit 5:15-6:15pm Inder	Zumba 5:15-6:15pm Iliana	Bhangra Fit 5:15-6:15pm Inder	Zumba 5:15-6:15pm Iliana	Yoga 6:30-7:30pm Tatina
		Yoga 6:30-7:30pm Tatiana		Yoga 6:30-7:30pm Tatina	

**No Classes in July- back again in August...