

Youth Continued...

Bhangra Dance (8—15yrs)

Date: Sept 12th – Nov 21st
Jan 9th—Mar 12th
Mondays @4:00pm—5:00pm
@5:00pm—6:00pm

Location: Sportsplex

Cost: \$40.00/10

Learn how to do Bhangra moves and get a great physical workout at the same time. Simple and easy to follow instructions as you learn traditional and authentic Bhangra moves.

*No class on Stat holidays.

Dance Express (5—6 yrs)

Date: Sept 12th – Oct 5th
Oct. 17th – Nov 9th
Nov. 14th – Dec 7th
Mondays & Wednesdays @ 2:15—3:00pm
Location: Sportsplex

Cost: \$32.00/8

Your little one will develop skills and confidence in this fun and imaginative class. He/She will have a great time dancing while an introduction to ballet and jazz are presented. Join for fun and friendship! *No class on Stat holidays.

Home Alone (9—12 yrs)

Date: TBA
Saturday @9:00am – 1:00pm

Location: Kalum School House

Cost: \$25.00/1 plus HST

Does your child know how to make emergency calls? He/she will learn 1st 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: TBA
Saturdays @9:00am – 3:15pm

Location: Kalum School House

Cost: \$70.00/2 plus HST

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.

Preschool

Creative Movements (3—4 yrs)

Date: Sept 12th – Oct 5th
Oct. 17th – Nov 9th
Nov. 14th – Dec 7th
Mondays & Wednesdays @ 1:30— 2:00pm

Location: Sportsplex

Cost: \$32.00/8

Meet new friends while having fun and learning to dance. An introduction to Jazz and Ballet are presented. *No class on Stat holidays.

Busy Bees / Creative Playtime(3—5 yrs)

Date: September —June (No classes in December.)
@9:00am – 11:00am
Monday, Wednesday & Friday

Location: Sportsplex

Cost: \$85.00 Monthly registration

Get your child ready for kindergarten. Shapes, numbers, letters and more will be taught through play, group art activities and circle time, focusing on weekly themes. Please bring a snack and indoor shoes.

*No classes for the month of December or on stat holidays.

Fairy for a Day (3—5 yrs)

Date: Saturday Oct 22nd
@10:00am - 11:30am

Location: Sportsplex

Cost: \$15.00/1

I do believe in Fairies! I do! I do believe in Fairies! Come join in the fun at Fairyland and grow your wings and take a magical flight to start sprinkling the pixie dust...Come dressed to fly into a new world of wonder, flowers, colourful toad stools, butterflies and Fairies of course!

Pirate For A Day (3—5 yrs)

Location: Sportsplex
Time: Saturday Oct 29th
@10:00am – 11:30am

Cost: \$15.00/1

Shiver me timbers! Ahoy ye hearties and avast thy chase for a booty or pirate party fun. For all sea dog pirates who are ready to search for treasure, swab the deck, cannonball toss or walk the plank! Come dressed and ready for FUN!



everyone. active. every day.™

Terrace Sportsplex

Fall Programs 2011



Call 250-615-3000 for more information

General

Clubs Day

Date: Thursday, Sept 1st @ 5:00pm—9:00pm

Location: **Terrace Sportsplex (New Location)**

Cost: \$30.00 plus HST

Looking for an opportunity to promote your club or organization? Or maybe you're looking for "One Stop Shopping" for registering you or your children in sports then come and see us. — Call for more information or to book your table 250 615-3000.

31st Annual Terry Fox Run, 1km, 5km & 10km

Date: Sunday, September 18th

Registration @ 12:30pm & Run @ 1:00

Location: George Little Park

Cost: Donations/Forms available at all City locations & on site

Come out and keep the dream alive. Hope to see you at the Park. Call for more info. 250 615-3000.

Ballet Fit (16+)

Date: Sept 26th – Dec 5th

Mondays @ 8:00pm – 9:00pm

Location: Skeena School

Cost: \$95.00/10 plus HST— Registration ONLY

This class is suited to teens and adults with no prior ballet experience who want to increase their fitness level, increase mobility and flexibility and move with grace and poise. *No class on Stat holidays.

Adult Social Dance-With Richard & Kelly (16+)

Date: Sept 14th– Oct 5th— Rumba

Oct 12th– Nov 2nd— Cha Cha

Nov 16th —Dec 7th—Samba & Mambo Mixed

Wednesdays Beginners @ 6:45pm – 7:45pm

Wednesdays Beginners Plus @ 8:00pm – 9:00pm

Location: Sportsplex

Cost: \$38.00 plus HST— per couple/each set
Registration ONLY

You may not be "Dancing with the Stars" but you will be "Dancing like a Star" with these 3 sets of dance lessons. Choose one or all three and be ready for fun and fitness.

General continued..

Mixed League Volleyball (16+yrs)

Date: Mid September

Wednesday Evenings (2nd night optional)

Location: Thornhill Jr Sec. School

Cost: \$75.00 per team plus HST

Indoor volleyball is a great way to get and stay in shape while enjoying a social sport. Competitive teams will play separate from recreational teams to ensure fun and good fair plan.

Squash (16+)

Date: Nov. 1st—Nov 24th

Tuesdays & Thursdays @ 7:00pm—8:00pm

Location: Kiva @ NWCC

Cost: \$60.00/8

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

Hip Hop (11+)

Date: Sept . 14th— Oct 5th

Oct 19th— Nov 9th

Nov 23rd—Dec 14th

Time: Wednesdays 8:00pm –9:30pm

Location: Skeena School Dance Room

Cost: 40.00/4

Learn Hip Hop moves and get a great workout at the same time.

L.L. will teach you some fun choreography and hip hop technique.

This class is open to all experience levels.



Senior

Fit After 50

Date: Sept 13th – Oct 27th

Nov. 1st —Dec 8th

Tuesdays & Thursdays

@10:30am – 11:30am

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 keep in shape as the weather gets cooler.

Senior Continued..

Senior Tai Chi with Peter

Date: Sept 12th – Dec 12th

Mondays @10:30am – 11:30 am

Location: Sportsplex

Cost: Register or drop in \$3.25

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. *No class Oct. 10th.



Youth

Need For Speed (6—17 yrs)

Date: Oct 6th—Dec 10th

Jan 12th—Mar 17th

Thursdays @ 7:15pm—8:15pm

Saturday @ 3:45pm—4:45pm

Location: Hidber Arena (Sportsplex)

Cost: \$72.00/18

Canadians won the most Medals in Speed Skating! This Speed Skating program is designed to meet the needs of skaters beginner or advanced, recreational or competitive. (No class Oct 15 & 22)

