

## Preschool

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

Date: Sept 8th—June 29th  
@9:00am – 11:00am  
Monday, Wednesday & Friday

Location: Sportsplex

Cost: \$85.00 Monthly registration

Social interaction and creativity are integral in this program, complete with simple crafts, physical activities, games and stories.

### **Halloween Hoot (3 - 5 yrs)**

Date: Oct 30<sup>th</sup> Saturday  
@10:30- 12:00noon

Location: Sportsplex

Cost: \$8.00/1

Calling all Goblins, Ghouls and Ghosts! This is a special time when all creatures can come out and play. We will have games, crafts and story time guaranteed to get you ready for Halloween night.

### **Little Sneakers (3 – 5 yrs)**

Date: Oct 5<sup>th</sup> – Oct 26<sup>th</sup> (4 sessions)  
Nov 2<sup>nd</sup>—Nov 23<sup>rd</sup> (4 sessions)  
Tuesdays @10:00am – 10:45am

Location: Sportsplex

Cost: \$20.00/4

We will explore all sorts of sports. Everyday will be a new adventure with activities & games. Come out and play today.

### **Creative Movements (3 – 5 yrs)**

Date: Sept 7<sup>th</sup> – Sept 30<sup>th</sup>  
Oct. 5<sup>th</sup> – Oct 28<sup>th</sup>  
Nov. 2<sup>nd</sup> – Nov 29<sup>th</sup>  
Tuesdays & Thursdays @4:30—5:15pm

Location: Sportsplex

Cost: \$32.00/8

Meet new friends while having fun and learning to dance. Come and experience an introduction to ballet and jazz. This program will develop skills in the basic technical steps of dance and creating choreography. Register early to avoid disappointment as space in limited.

## Youth

### **Dance Express (6 - 8 yrs)**

Date: Sept 7<sup>th</sup> – Sept 30<sup>th</sup>  
Oct. 5<sup>th</sup> – Oct 29<sup>th</sup>  
Nov 2<sup>nd</sup> – Nov 29<sup>th</sup>  
Tuesdays & Thursdays @5:30-6:15pm

Location: Sportsplex

Cost: \$32.00/8

Join in and meet new friends while having fun and learning to dance. Come and experience an introduction to ballet and jazz. This program will develop skills in the basic technical steps of dance and creating choreography. Register early to avoid disappointment as space in limited.

### **Home Alone (9 – 12 yrs)**

Date: Nov 6<sup>th</sup>  
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 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: Nov 13<sup>th</sup> & Nov 20<sup>th</sup>  
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.

### **Guitar/Bass Lessons with Jonathon (8-12 yrs)**

Date: Sept 20<sup>th</sup>—Nov 29<sup>th</sup> (No class Oct 11<sup>th</sup>)  
Mondays @4:30pm—5:30pm

Location: Sportsplex

Cost: \$50.00/10 plus HST

Join Jonathon and learn the basics you will need to play for friends and family. Have some fun jammin' with the group, learning basic cords and your favourite songs.



## Fall Programs 2010



Call 250-615-3000 for more information

## General

### Clubs Day

Date: Saturday, Sept 4th @ 10:00am—2:00pm

Location: Skeena Mall

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.

### 30th Annual Terry Fox Run, 1km, 5km & 10km

Date: Sunday, September 19th, 2010

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.

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

Date: Sept 8th– Sept 29th– Sumba

Oct 6th– Oct 27th– Rumba

Nov 17—Dec 8th—Cha Cha

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 sets of dance lessons.

### Beginner's Run Club (10 week program)

Date: Sept 13<sup>th</sup> – Nov 17<sup>th</sup>

Mondays & Wednesdays

@12:10pm – 12:50pm

Location: Sportsplex

Cost: \$55.00 plus HST (includes 10x gym pass)

Go from walking to running a 5km in just 10 Weeks. This program will guide you through the correct steps to safely learn to run without injury.

## General cont.

### Adult Ballet (16+)

Date: Sept 20<sup>th</sup> – Nov 29<sup>th</sup>

Mondays @ 8:15pm – 9:15pm

Location: Skeena School

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

Join Tatiana for fun and fitness while learning the basic ballet moves. Options for advanced levels offered so all levels are encouraged to join from beginners to advanced.

### Mixed League Volleyball (16+yrs)

Date: Sept 15th– Nov 17th

Wednesday Evenings

(2nd night optional)

Location: Thornhill Jr Sec. School

Cost: \$75.00 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 play.

## Senior

### Fitness Park

Date: Sept 8th—weather permitting

Monday/Wednesday/Friday

@10:30—11:30am

Location: George Little Park/Library Park

Cost: FREE

Instructor led warm up, strength training and cool down. Come out to learn how to use the outdoor gym equipment and feel better while meeting new friends.

### Fit After 50

Date: Sept 7<sup>th</sup> – Oct 28<sup>th</sup>

Nov. 2nd—Dec 14th

Tuesdays and/or 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 cont.

### Senior's Walking Club

Date: Sept 7<sup>th</sup> - weather permitting

Tuesdays @10:00am – 11:00am

Location: Sportsplex

Cost: \$3.25 drop in

Instructor led walks through various parks and trails. Come out and explore the City.

Feel better and meet new friends.

### Senior Tai Chi with Peter

Date: Sept 13th – Nov 29th

Mondays @8:45am – 9:45am

Location: Sportsplex

Cost: Register \$24.75 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.

