

Preschool

Busy Bees with Jennifer (Ages 3 – 5 yrs)

Date: Mar/Apr/May/June @9:00am – 11:00am
Monday, Wednesday & Friday

Location: Busy Bees Room @ Terrace Sportsplex

Cost: \$85.00 Monthly registration

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

Tiny Tots Soccer (3-5 years)

Date: May 4th – May 25th
Tuesdays and/or Thursdays
@ 4:00pm – 4:30pm or 4:40pm – 5:10pm

Location: Christy Park

Cost: \$20.00 for 1 day /\$30.00 for both

Your preschooler will have an opportunity to get introduced to the different skills and participate in a variety of interactive soccer games. Register early to avoid disappointment, space is limited.

Creative Movement and Dance (3 - 5 yrs)

Date: April 20th—May 20th (10 sessions)
Tuesdays & Thursdays @4:30pm-5:15pm

Location: Sportsplex

Cost: \$40.00

Learn all sorts of dance moves, modern, jazz and a little ballet. Join Kate and meet new friends while having fun and learning to dance.

Little Sneakers (3 – 5 yrs)

Date: April 13th—May 4th 4 sessions)
May 18th—June 18th (4 sessions)
Tuesdays@10:00am – 10:45am

Location: Sportsplex

Cost: \$20.00

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

Senior

Fit After 50

Date: Mar 16th—May 6th
May 11th—June 24th
Tues &/or Thurs @10:30am – 11:15am

Location: Sportsplex

Cost: Register -\$2.00 a class or drop in- \$2.75 a class

For anyone looking for a non-impact workout then this is the one for you.

Senior Tai Chi with Peter

Date: Mar 15th—May 3rd
May 10th—June 21st
Mondays@8:45am – 9:45am

Location: Terrace Sportsplex

Cost: Register - \$2.00 a class or drop in - \$2.75 a class

Helps give you energy, leaving you feeling refreshed when you finish.

Senior Walking Club

Date: April 6th – June 24th
Tuesdays & Thursdays @10:00am-11:00am

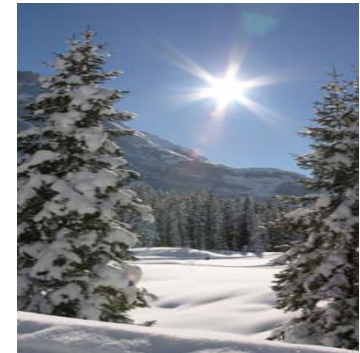
Location: Sportsplex

Cost: \$2.00 drop in

Instructor led walks through various parks and trails. Come out and explore the City. Feel better and meet new friends.



Spring Programs 2010



Terrace Sportsplex

3320 Kalum St
Terrace, BC

Phone: 250-615-3000

Fax: 250-615-3010

E-mail: leisureservices@terrace.ca

Website: www.terrace.ca



Call 250-615-3000 for more information

Youth

Dance Express (6 - 8 yrs)

Date: **April 20th—May 20th (10 sessions)**
Tues & Thurs @5:30pm – 6:15pm

Location: Sportsplex

Cost: \$40.00

Come and experience an introduction to various styles of dance. This program will develop skills in the basic technical steps of dance and creating choreography.

Red Cross Babysitting (11 – 14 yrs)

Date: Apr.24th & May 1st (2 sessions)
Saturdays @9:00am – 3:15pm

Location: Kalum School House

Cost: \$70.00

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.

Kids in the Kitchen (8 - 12 yrs)

Date: April 12th—May 3rd (4 sessions)
Mondays @4:00pm – 5:00pm

Cost: \$45.00

Location: Sportsplex

For an adventure in cooking join Kate and learn some basic cooking ideas along with making some children's favorites.

Artsy Action Club (9-12 yrs)

Date: April 7th—April 28th (4 sessions)
Wednesdays @4:00pm – 5:00pm

Cost: \$40.00

Location: Sportsplex

Children will love this hour of muckin' and messin' and experience new mediums of artsy play.

Home Alone (9 – 12 yrs)

Date: April 10th (1 session)
Saturday @9:00am – 1:00pm

Location: Kalum School House

Cost: \$25.00

Does your child know how to make emergency calls? He/she will learn 1st Aid and Fire & Home safety. Each participant receives a Red Cross People

Mother's Day Candles (8+ yrs)

Date: May 8th (1 session)
Saturday @10:00am – 12:00noon

Location: Sportsplex

Cost: \$15.00

Come out and explore your creative side with this candle making class. We will make "ice" candles and rolled "bee wax" candles. Bring your Mom and share a day of creativity together or come alone and surprise Mom with your talent.

Father's Day Craft (8+yrs)

Date: June 19th (1 session)
Saturday @10:00am – 12:00noon

Location: Sportsplex

Cost: \$15.00

Come out and explore your creative side and make your Dad a Sporty Magnetic Clip Board for home or work. Bring your Dad and share a day of creativity together or come alone and surprise him with your talent.

General

Adult Ballet (16+)

Date: March 15th—May 17th (9 sessions)
Mondays @8:15pm – 9:15pm

Location: Skeena School

Cost: \$90.00 - Registration ONLY

Adult Social Dance-Latin with Richard & Kelly

Date: Mar 17th- Apr 7th—Jive
Apr 14th- May 5th—Waltz
Beginners @6:45pm – 7:45pm
Beginners Plus @8:00pm – 9:00pm

Location: Terrace Sportsplex Banquet Room

Cost: \$40.00 per couple

Fitness Fusion (16+)

Date: March 30th—May 6th (6 Sessions)
Tuesdays @6:30pm – 7:30pm

Location: Sportsplex

Cost: \$24.30 or \$5.50 drop-in

Fitness Fusion combines Yoga with Pilates for an overall core workout.

BOSU Athletic Training (16+)

Date: May 4th – May 25th (4 sessions)
Tuesday @6:00am – 6:45am

Location: Sportsplex

Cost: \$32.00 - **Registration ONLY**

A combination of high-intensity cardio strength moves on the BOSU balance trainer for a time efficient total body workout. The BOSU incorporates balance and core strength in all movements. This class will appeal to those looking for cross-training workouts and intermediate to advance fitness levels.

Beginner Walk/Run Program

Date: April 6th – June 10th
Tuesdays & Thursdays @12:10pm-12:50pm

Location: Sportsplex

Cost: \$58.00 (includes 10x gym pass)

This 10 week program will take you from walking to running a 5km safely in just 10 weeks. This program will guide you through the correct steps to safely learn how to run without injury. You will be lead by an instructor twice a week to learn technique, running routes, cool downs and stretches. What are you waiting for?

Intermediate Running Program

Date: April 6th – June 10th
Tuesdays & Thursdays @12:10pm-12:50pm

Location: Sportsplex

Cost: \$58.00 (includes 10x gym pass)

This 10 week program will train you for hills and speed 10 weeks. This program will guide you through the correct steps to safely learn how to run hill effectively and speed train without injury. You will be lead by an instructor twice a week to learn technique, running routes, cool downs and stretches. Join us for fitness with friends.