

Preschool

Busy Bees with Jennifer (Ages 3 – 5 yrs)

Date: Jan, Feb, March. @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.

Musical Moments (6 months -3 yrs with Adult)

Date: Jan 12th – Feb 2nd (4 sessions)

Feb 9th – Mar 2nd (4 sessions)

Tuesdays @11:00am – 11:30am

Location: Sportsplex

Cost: \$15.00

Singing, movement and lots of hands on music making with rhythm instruments will be a part of this interactive musical adventure.

Family Gym (Walking – 5 years with Adult)

Date: Jan 14th – Feb 25th (8 sessions)

Mar 18th – May 6th (8 sessions)

Thursdays @11:00am – 12:00noon

Location: Sportsplex

Cost: \$2.00 drop-in fee

It's playtime for pre-schooler and their grown-ups. The playroom is full of riding toys, tumbling mats, balls, slides and more. Parents are responsible for their children and must stay at all times.

Valentines Day Special-Preschool Craft (3-5 yrs with Adult)

Date: Feb 11th (1 session)

Thursday @10:30am – 12:00noon

Location: Sportsplex

Cost: \$8.00

This special day doesn't have to be for sweethearts.

Put on your best red outfit and join us in making beautiful roses and chocolates for someone special to enjoy.

Creative Movement and Dance (3 - 5 yrs)

Date: Jan 12th – Feb 11th (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: Jan 14th – Feb 4th (4 sessions)

Mar 11th—Apr 1st (4 sessions)

Thursdays @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: Jan 5th – Feb 25th

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: Jan 4th—Mar 1st

Mondays@8:45am – 9:45am

Location: Terrace Sportsplex

Cost: \$20.00 or \$2.75 drop in

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



Terrace Sportsplex

3320 Kalum St
Terrace, BC
V8G 2X8

Phone: 250-615-3000

Fax: 250-615-3010

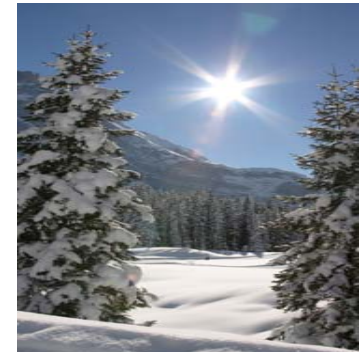
E-mail: leisureservices@terrace.ca

Website: www.terrace.ca



Terrace Sportsplex

Winter Programs 2010



Call 250-615-3000 for more information

Youth

All Sorts of Sports (8 – 12 yrs)

Date: Jan 14th – Feb 25th (7 sessions)
Thurs @3:30pm – 4:30pm

Location: Sportsplex

Cost: \$30.00(Set I)/ \$22.50(Set II)

What a great way to burn off some energy in a non-competitive environment. Leaders will organize fun sporting activities, learning the basics for all sports like basketball, baseball, swimming, and soccer.

Dance Express (6 - 8 yrs)

Date: Jan 12th – Feb 11th (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: Jan 23rd & Jan 30th (2 sessions)
Feb 20th & 27th (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.

Valentines Day Special-Youth Craft (6 – 8 yrs)

Date: Feb.11th (1 session)
Thursday @4:30pm - 6:00pm

Location: Sportsplex

Cost: \$8.00

This special day doesn't have to be for sweethearts. Put on your best red outfit and join us in making beautiful roses and chocolates for someone special to enjoy.

Kids in the Kitchen (8 - 12 yrs)

Date: Feb 1st – Feb 22nd (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 (6 - 8 yrs)

Date: Feb 3rd – Feb 24th (4 sessions)
Wednesdays @4:00pm – 5:00pm

Cost: \$20.00

Location: Sportsplex

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

Home Alone (9 – 12 yrs)

Date: Feb 13th (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 Saver's Certificate.

Crafty Candles (8+ yrs)

Date: February 20th (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 daughter or son and share a day of creativity together.

Spring Break Fitness Adventure Kamp (6-8/9-12yrs)

Date: March 8th – March 12th
Monday – Friday @12:00noon – 4:00pm

Location: Sportsplex

Cost: \$50.00

Get active this spring with our Fitness Kamp 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 February 25th.

Creative Kids (Easter Craft) (8-12 yrs)

Date: March 27th (1 session)
Saturday @10:00am – 12:00noon

Location: Sportsplex

Cost: \$15.00

Get the kids crafting and making an Easter delight for your home this year. An excellent way to be creative while meeting new friends and having some fun.

General

Adult Ballet (16+)

Date: Jan 4th – Mar 1st (9 sessions)
Mondays @8:15pm – 9:15pm

Location: Skeena School

Cost: \$90.00 - Registration ONLY

Intermediate Pilates with Lorna (16+)

Date: Jan 4th – Jan 28th (8 sessions)
Feb 1st – Feb 18th (6 sessions)

Mondays & Thurs @6:30pm – 7:30pm

Location: Sportsplex

Cost: \$64.80 (Set I) - Registration ONLY
\$48.60(Set II)

Adult Social Dance-Latin with Richard & Kelly

Date: Jan 6th- Jan 27th- Fox Trot
Feb 3rd- Feb 24th- Quick Step
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

Yamuna Body Rolling Workshop (16+)

Date: Jan 4th– Jan 28th (8 Sessions)
Feb 1st – Feb 18th (6/3 sessions)
Mondays &/or Thursdays @5:30pm – 6:15pm

Location: Sportsplex

Cost: \$80.00/\$40.00 Set I)
\$60.00/\$30.00 Set II)