



www.terrace.ca

# SPRING TIME AT TERRACE'S SPORTSPLEX ACTIVE IS... WHAT YOU MAKE IT!

250-615-3000



## The City of Terrace Welcomes all Athletes to the 2010 WINTER GAMES

There are no Programs at the SPORTSPLEX during the 2010 WINTER GAMES\*\* March 1st – March 7th  
(except Monday 1st Free Skating @ 3:30 - 5:15pm & Noon Hour Hockey @11:30 -1:00pm)

### PRESCHOOL

#### BUSY BEES – CREATIVE PLAYTIME (3 – 5 YRS)

**Date:** March, April, May & June  
@9:00am – 11:00am  
Mondays, Wednesdays & Fridays

**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. Space limited so register early.

#### LITTLE SNEAKERS (3 – 5 YRS)

**Date:** March 11th – April 1st (4 sessions)  
April 13th – May 4th (4 sessions)  
May 18th – June 8th (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, crafts and games. Come out and play with us!

#### CREATIVE MOVEMENT AND DANCE (3 - 5 YRS)

**Date:** March 16th – April 8th (8 sessions) Set I  
April 20th – May 20th (10 sessions) Set II  
Tuesdays & Thursdays @4:30pm – 5:15pm

**Location:** Sportsplex  
**Cost:** \$32.00 Set I/\$40.00 Set II  
Join Kate and meet new friends while having fun and learning to dance. Come and experience an introduction to dance (Ballet). This program will develop skills in the basic technical steps of dance and creating choreography. Register early to avoid disappointment, space is limited.

#### TINY TOTS SOCCER (3-5 YEARS)

**Cost:** \$20.00 for 1 day a week or \$35.00 for 2 days a week  
**Location:** Christy Park  
**Time:** Tuesdays May 4th – May 25th @4:00pm – 4:30pm  
or 4:40pm – 5:10pm  
Thursdays May 6th – May 27th @ 4:00pm – 4:30pm  
or 4:40pm – 5:10pm

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.

### YOUTH

#### SPRING BREAK FITNESS ADVENTURE KAMP (6-8 YRS)

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

**Location:** Sportsplex  
**Cost:** \$40.00  
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.

#### SPRING BREAK FITNESS ADVENTURE KAMP (9-12 YRS)

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

**Location:** Sportsplex  
**Cost:** \$40.00  
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.

#### DANCE EXPRESS (6 - 8 YRS)

**Date:** March 16th – April 8th (8 sessions) Set I  
April 20th – May 20th (10 sessions) Set II  
Tuesdays & Thursdays @5:30pm – 6:15pm

**Location:** Sportsplex  
**Cost:** \$32.00 Set I/\$40.00 Set II  
Join Kate and meet new friends while having fun and learning to dance. Come and experience an introduction to dance (Ballet). This program will develop skills in the basic technical steps of dance and creating choreography.

#### RED CROSS BABYSITTING (11 – 14 YRS)

**Date:** TBA (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. NOTE: There maybe changes to the schedule with the Musical Festival.

#### ARTSY ACTION CLUB (9 - 12 YRS)

**Date:** April 7th – April 28th (4 sessions)  
Wednesdays @4:00pm – 5:30pm

**Cost:** \$40.00  
**Location:** Sportsplex  
Children will love this hour and a half of muckin' and messin' and experience new mediums of artsy play like Tie dying, fabric art and painting etc.

#### HOME ALONE (9 – 12 YRS)

**Date:** TBA (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. 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.

#### 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 you can come alone and surprise her with this amazing gift you made especially for Mom. All supplies included, please come dressed for mess.

#### 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 Clipboard for home or at work. Bring your Dad and share a day of creativity together or you can come alone and surprise him with this amazing gift you made especially for Dad. All supplies included, please come dressed for mess.

#### YOUTH WEEK (12-19 YEARS)

May 1st – May 7th watch for our Youth Forum soon to be on our Website www.terrace.ca. There will be refreshments, games, prizes and new friends to be made. Come out and share your ideas of how to make our Community more Youth Friendly.

#### SAFE KIDS WEEK 2010 MAY 31ST – JUNE 5TH

Got Wheels? Get A Helmet!

### GENERAL

#### ADULT BALLET (16+)

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

**Location:** Skeena School  
**Cost:** \$90.00 - Registration ONLY  
Improve your posture, strength and flexibility and move with grace and stability. Options for advanced levels offered so all levels are encouraged to join from beginners to advanced.

#### INTERMEDIATE PILATES WITH LORNA (16+)

**Date:** March 29th – May 6th (11 sessions)  
Mondays & Thursdays @6:30pm – 7:30pm

**Location:** Sportsplex  
**Cost:** \$88.00 - Registration ONLY  
Join Lorna for this workshop and add more advanced skills to your solid base of Pilates. Stretch and strengthen your core the right way. Limited spaces available so registered early to avoid disappointment - must have completed Pilates Camp or Beginner level to attend.

#### YAMUNA BODY ROLLING WORKSHOP (16+)

**Date:** March 29th – May 3rd (5 sessions)  
Mondays @7:30pm – 8:15pm

**Location:** Sportsplex  
**Cost:** \$50.00 – Registration ONLY  
Join Lorna and learn this self-massage technique that will lengthen soft tissue, relieve pain, and re-align the body to increase range of motion in tight joints and correct postural issues. Unlike other ball exercises, YBR goes far beyond random movement and stretch.

#### 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.

#### SLO-PITCH LEAGUE – REGISTRATION

Interested in registering a team, contact Jennifer Darby at 250-638-1415, with league play to begin in May. Team fee \$225.00.

#### ADULT SOCIAL DANCE-LATIN WITH RICHARD & KELLY (16+ YEARS)

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

**Location:** Sportsplex  
**Cost:** \$40.00 per couple/each set - Registration ONLY

You may not be "Dancing with the Stars" but you will be "Dancing like a Star" with these last two set of dancing lessons. These are the last of four different dances taught and your last chance to dance until the fall session starts so get ready for fun and fitness with friends.

#### 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.

#### MOVE FOR HEALTH WEEK

**Date:** May 14th  
Friday @ 12:10pm & 1:10pm starts with warm-ups

**Location:** Grand Trunk Pathway – Millennium Trail  
(1.6 or 3.2km round trip)

**Cost:** FREE  
Walk with us for your Health on the City's Health Day, raise awareness for health and wellness for all. There will be refreshments, prizes and friends included. Runners welcome – bring the kids, stroller and dog friendly. Call 250-615-3000 for more information or check out the website www.terrace.ca.

### SENIORS

#### FIT AFTER 50

**Date:** Mar 16th – May 6th  
May 11th – June 24th  
Tuesdays &/or Thursdays @10:30am – 11:15am

**Location:** Sportsplex  
**Cost:** Register for \$2.00 per class or drop in for \$2.75 per class

For anyone looking for a non-impact workout then this is the one for you. Stretching, strength, cardio and balance will all be covered. Great way to take keep in shape as the snow falls. See our Fall Fitness Schedule or call for more information.

#### SENIOR TAI CHI WITH PETER

**Date:** March 15th – May 3rd (6 sessions)  
May 10th – June 21st (6 sessions)  
Mondays @8:45am – 9:45am

**Location:** Sportsplex  
**Cost:** Register @\$2.00 per class or Drop in @\$2.75 per class

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. Tai Chi is very effective at relieving stress.

#### 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.