

## **Preschool**

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

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

Location: Sportsplex

Cost: \$85.00 Monthly registration

Get 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.

### **Princess For a Day (3 - 5 yrs)**

Date: Feb 19<sup>th</sup> Saturday  
@10:00- 11:15am

Location: Sportsplex

Cost: \$25.00/1

Treat your little princess to a morning of fun! We will have a fashion show with games, tiaras, cookies, crafts, and so much more. Come dressed in your favourite princess outfit and join in the fun.

### **Super Hero For A Day (3—5 yrs)**

Date: Feb 5<sup>th</sup> @ 10:00—11:15am

Location: Sportsplex

Cost: \$25.00/1

Children get their face painted like their favourite super hero and then fly, jump, and spin their way into a variety of super games and creative activity. Come dressed as your favourite Super Hero and come prepared to battle.

### **Little Sneakers (3 – 5 yrs)**

Date: Jan 13<sup>th</sup> – Feb 3<sup>rd</sup> (4 sessions)  
Feb 17<sup>th</sup> — Mar 10<sup>th</sup> (4 sessions)  
Thursdays @10:00am – 10:45am

Location: Sportsplex

Cost: \$20.00/4

Lace up your little preschooler's sneakers and bring them out for a fun filled, active program where they will get to sample a variety of new sports each week. Emphasis on fun and play with crafts and songs as well.

### **Family Gym (Walking—5 yrs with Adult)**

Date: Jan 13<sup>th</sup>—Mar 17<sup>th</sup>  
Thursdays @ 10:30—12:00noon

Location: Sportsplex

Cost: \$2.00 drop-in fee

Join us for toddler-friendly challenges, as adults and tots play together with preschool equipment. Discover and explore motor skills and learn the basics of movement.

### **Creative Movement and Dance (3 – 4 yrs)**

Date: Jan 11<sup>th</sup> – Feb 10<sup>th</sup>  
Feb 15<sup>th</sup> – Mar 17<sup>th</sup>

**Tuesdays & Thursdays @4:30—5:00pm**

Location: Sportsplex

Cost: \$40.00/10

Your little one will develop skills and confidence in this fun and imaginative class. He or she will have a great time dancing while an introduction to ballet and jazz are presented. Join Caitlyn and meet new friends while having fun and learning to move.

### **Dance Express (5-6 yrs)**

Date: Jan 13<sup>th</sup> – Feb 10<sup>th</sup>  
Feb 15<sup>th</sup> – Mar 17<sup>th</sup>

**Tuesdays & Thursdays @5:15-6:00pm**

Location: Sportsplex

Cost: \$40.00/10

Develop skills and confidence in this fun and imaginative class. He or she will have a great time dancing while an introduction to the basic technical steps of dance and creating choreography is presented.

## **Senior**

### **Senior Tai Chi with Peter**

Date: Jan 10<sup>th</sup> – Feb 7<sup>th</sup>  
Feb 14<sup>th</sup> —Mar 14<sup>th</sup>  
Mondays @ 10:30am—11:30am

Location: Sportsplex

Cost: Register \$2.75 a class or drop in @ \$3.25 a 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.

### **Fit After 50**

Date: Jan 4<sup>th</sup> – Feb 11<sup>th</sup>  
Feb 15<sup>th</sup>—Mar 11<sup>th</sup>  
Tuesdays and/or Fridays  
@10:30am – 11:15am

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 stay in shape as the weather gets colder and it is harder to get outside.

\*\*HST will be added to applicable programs

Revised December 9, 2010



# Terrace Sportsplex

## Winter Programs 2011



 Terrace Sportsplex

Call 250-615-3000 for more information

## General

### **Intro to Squash (14+) Limited to 4 per session.**

Date: Jan 11th—Mar 1st  
Tuesdays @ 5:45—6:30pm or 6:30—7:15pm  
Location: Kiva /College  
Cost: \$60.00/8 plus HST  
Learn the basics of Squash: grip, forehand, backhand, strokes, volleys, serve and return of serve as well as basic tactics.

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

Date: Jan 5th— Jan 26th— Fox Trot  
Feb 2nd — Feb 23rd — Quick Step  
Mar 16th — Apr 6th — Jive  
Apr 13th—May 4th— Waltz  
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.

### **Guitar/Bass Lessons with Jonathan Rosebush (14+ yrs)**

Date: Jan 10<sup>th</sup> – Mar 14<sup>th</sup>  
Mondays @ 5:00pm – 6:00pm  
Location: Sportsplex  
Cost: \$50.00/10 plus HST  
This program is an introductory program taught in a class setting. Learn the basics of playing chords and single note melodies. Jonathan will also build on and advance your current skills.

### **Ballet Fit (16+ yrs)**

Date: Jan. 10<sup>th</sup> – Mar. 14<sup>th</sup>  
Mondays @ 7:30pm – 8:30pm  
Location: Art In Motion Dance Studio  
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. Class will focus on stretch, strength, coordination and artistry.

## General cont.

### **Power Pilates**

Date: Jan 6<sup>th</sup> – Jan 27<sup>th</sup>  
Location: Sportsplex @6:15pm – 7:30pm (1½ hours)  
Cost: \$80.00/4 (plus HST)  
Back by popular demand Lorna has a fast-paced class that will incorporate short, low impact cardio intervals with longer intermediate Pilates exercise intervals. The Pilates exercises will incorporate mat and band exercises learned last year that will leave you feeling invigorated.

### **Mixed League Volleyball (16+yrs)**

Date: January – March  
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 play. Indicate your teams level of play at registration.

## Youth

### **Guitar/Bass Lessons with Jonathan Rosebush (10—13 yrs)**

Date: Jan 10<sup>th</sup>—Mar 14<sup>th</sup>  
Mondays @4:00pm—4:45pm  
Location: Sportsplex Cost: \$45.00/10 plus HST  
This introductory program taught in a class setting. Learn the basics of playing chords and single note melodies.

### **Vegetarian Cuisine for Teens (12—15 yrs)**

Date: Jan 31at—Feb 21st  
Mondays @4:00—5:00pm  
Location: Sportsplex Cost: \$45.00/4  
Shake, mix and stir your way to a ton of fun in the kitchen. For an adventure in vegetarian cooking join us and learn how to prepare some basic vegetarian dishes for after school or ideas to help out with dinner for the whole family. Kitchen safety is also covered.

### **Home Alone (9 – 12 yrs)**

Date: Feb. 12<sup>th</sup>  
Saturday @9:00am – 1:00pm  
Location: Kalum School House  
Cost: \$25.00/1  
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: Jan 22nd & Jan 29th  
Feb 19th & Feb 26th  
Saturdays @9:00am – 3:15pm  
Location: Kalum School House  
Cost: \$70.00/2  
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.

### **Spring Break Adventure Kamp (6—8 yrs)**

Date: Mar 21st—Mar 25th  
Monday—Friday @ 9:00am—12:00 noon  
Location: Sportsplex Cost: \$50.00/5  
Get active this spring with our Adventure 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 March 11th.

### **Spring Break Adventure Kamp (9—12)**

Date: Mar 21st—Mar 25th  
Mondays—Fridays @ 1:00pm—4:00pm  
Location: Sportsplex Cost: \$50.00/5  
Get active this spring with our Adventure 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 March 11th.



**\*\*HST added where applicable\*\***