

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 19th 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 5th Saturday @ 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 13th – Feb 3rd (4 sessions)
Feb 17th — Mar 10th (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 13th—Mar 17th
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 11th – Feb 10th
Feb 15th – Mar 17th
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 13th – Feb 10th
Feb 15th – Mar 17th
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 10th – Feb 7th
Feb 14th —Mar 14th
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 4th – Feb 10th
Feb 15th—Mar 17th
Tuesdays and/or Thursdays
@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 30, 2010



Terrace Sportsplex

Winter Programs 2011



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 10th – Mar 14th
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. 10th – Mar. 14th
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 6th – Jan 27th
Thursdays @6:15pm—7:30pm (1.5 hours)

Location: Sportsplex

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 10th—Mar 14th
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. Jonathan will also build on and advance your current skills.

Vegetarian Cuisine for Teens (12-15 yrs)

Date: Jan 30th—Feb 20th
Sundays @4:00—5:30pm

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.

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

Home Alone (9-12 yrs)

Date: Feb. 12th
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 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.

Red Cross Babysitting (11-14 yrs)

Date: Jan 15th & Jan 22nd
Mar 5th & Mar 12th
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.

