

Preschool

Tiny Tot Soccer 3 – 5 years

Kick your way to fun and new learning experiences this summer. Your little soccer star will be taught soccer skills while playing games and best of all having Fun!

Cost: \$20.00/\$30.00 /4

Location: Sportsplex

Time: June 1st – June 24th

July 8th – July 29th

Tuesdays and/or Thursdays 4:00-4:30 or 4:40-5:10pm

Creative Movements with Brooke 3 – 5 years

Join Brooke and meet new friends while having fun and learning to dance. Come and experience an introduction to ballet and jazz. This program will develop skills in the basic technical steps of dance and creating choreography. Register early to avoid disappointment as space is limited.

Cost: \$40.00/8

Location: Sportsplex

Time: May 25th – June 17th (#14278)

July 6th – July 29th (#14279)

August 3rd – August 26th (#14280)

Tuesdays & Thursdays @4:30-5:15pm

Little Sneakers (3 – 5 yrs)

We will be exploring the local parks and trails. Everyday will be a new adventure outside with games, crafts and sports. To be held inside if weather not permitting.

Cost: \$20.00/4

Location: Sportsplex

Date: July 7th – July 28th

@ 9:00am – 11:00am

Wednesdays

Tikes T-ball 3 - 5 years

Get your superstar out in the field and ready to catch balls! Participants will learn basic t-ball skills and learn to work in a team-orientated environment. Drills include throwing, catching, running and hitting.

Cost: \$20.00/4 Sessions

Where: George Little Park

Time: July 6th – July 27th

Aug. 3rd – Aug. 24th

Tuesdays 4:30-5:15pm

Princess For A Day 3 – 5 years

Dig out your favourite Princess Dress and come dressed for a Royal Tea Party. Decorate your own Tiara - your way. We will have high tea and a fashion show, with games, crafts and friends.

Cost: \$25.00/1

Location: Sportsplex

Time: Saturday August 14th

@10:00am – 12:00noon

Super Hero For A Day 3 – 5 years

It's Batman, no Superman...it's all your favourite Superheroes ready to fight crime. Come dressed as your favourite Superhero! Learn to make Kryptonite, race against other heroes. Includes games, crafts and show and tell about your hero.

Cost: \$25.00/1

Location: Sportsplex

Time: Saturday August 21st

@10:00am – 12:00noon

Learn to Skate 3 – 5 years

Back by popular demand! We will take you from beginner to star with our two week summer program; our trained instructors will have you ready to join Figure Skating or Hockey for the fall sessions. Register early – limited spaces.

Cost: \$50.00/10

Location: Hidber Arena

Time: T.B.A in August

Monday - Friday

General

High Five Training 15+ years

A must for any sports or recreational provider of children 6-12 years! This course will teach parents, coaches and recreational professionals the Principles of Healthy Child Development. Be a leader not a follower and come learn about the HIGH FIVE program and set yourself or your organization apart from all others.

Cost: \$105.00/1 (15-18 years)

\$128.00/1 (19+ years)

Location: Sportsplex

Time: Sunday June 20th @9:00am – 5:00pm (#14456)

Senior

Senior Strength & Stretch

Date: Wed. May 26th – July 30th

Every: Monday, Thursday, Friday

Time: 10:30am-11:30am

Where: George Little Park (Fitness Equipment behind the Library)

Cost: FREE

Instructor led new, fun and safe workout in the Park. The workout consists of a warm up, walk, strength exercises, stretching and cool down.

Walking Club

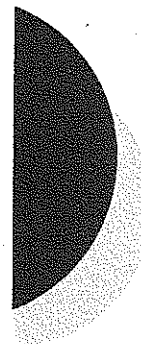
Walking improves everything from blood pressure, stress, anxiety, muscle tissue, bone loss and can be done while traveling, is inexpensive and anyone can join in. We will explore some beautiful Terrace trails, while keeping track of your progress on mapped routes.

Cost: \$2.00 drop in

Location: Sportsplex/Call for location changes

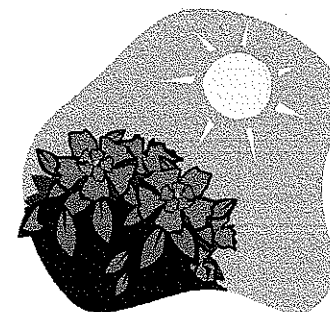
Time: April 6th – June 24th

@ 0:00am – 11:00am Tuesdays & Thursdays



Terrace Sportsplex

Summer Programs 2010



 Terrace Sportsplex

Call 250-615-3000 for more information

www.terrace.ca

Youth

Father's Day Craft 8+ years

Come out and explore your creative side and make your Dad a Sporty Magnetic Clipboard for home or the office. 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 him. All supplies included, please come dressed for mess. Limited to 12 participants.

Cost: \$15.00/1

Location: Sportsplex

Time: **Saturday** June 19th

@ 10:00am - 12noon (#14482)

Summer Daze 6 - 12 years Maximum 40

With our HIGH FIVE trained leaders

Cost: \$80.00 1 week sessions

*Short week \$64.00

Location: Parkside School

Times: July 5th - July 9th (#14460)

July 12th - July 16th (#14461)

July 19th - July 23th (#14462)

July 26th - July 30th (#14463)

Aug 3rd - Aug 6th *short week (#14464)

Aug 9th - Aug 13th (#14465)

Aug 16th - Aug 20th (#14466)

Monday - Friday @9:00am-3:30 daily

SPARC#14480 8 - 14 years

This Summer Program in Arts, Recreation and Culture invites you to join our fun filled "Serendipity Circus". Together with our talented instructor you will develop skills in voice, band, drama, creative movement, clowning and acrobatics. We will then showcase the troupe in a rollicking final production. Come ready to ENTERTAIN!

Cost: \$272.00/17 (works out to \$4.00 per hour)

Location: Skeena School

Time: July 12th - Aug 4th

@ 8:45am - 12:45pm (#14480) **Monday - Friday**

Learn to Skate 6 - 8 years

Back by popular demand! We will take you from beginner to star with our two week summer program; our training instructors will have you ready to join Figure Skating or Hockey for the fall sessions.

Cost: \$50.00/10

Location: Hidber Arena

Time: T.B.A in August **Monday - Friday**

Dance Express with Brooke

6 - 8 years

Join Brooke and meet new friends while having fun and learning to dance. Come and experience an introduction to ballet and jazz. This program will develop skills in the basic technical steps of dance and creating choreography. Register early to avoid disappointment as space is limited.

Cost: \$40.00/8

Location: Sportsplex

Time: May 25th - June 24th

July 6th - July 29th

August 3rd - August 26th

Tuesdays & Thursdays @5:30-6:15pm

Home Alone 9 - 12 years Maximum 12

Does your child know how to make emergency phone calls? Does he/she have skills to use the kitchen safely? This course covers all this and more. Reduce your worries by giving them responsible problem solving skills when they are alone.

Cost: \$25.00/1

Location: Kalum School House

Time: July 6th @ 9:00am - 1:00pm **Tuesday**

August 3rd @ 9:00am - 1:00pm **Tuesday**

Red Cross Babysitting 11+ years Maximum 12

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 issues that will be covered.

Cost: \$70.00/2

Location: Kalum School House

Time: July 7th & 8th

August 4th & 5th

Wednesday & Thursday @9:00am-3:15pm

Skateboarding 8 - 13 years & 14+ years

Here's your chance to do some skateboarding with instruction. If you are just learning, helpful instruction can guide you. If you are more advanced, you can work on your tricks. Whether you're learning to pop an ollie or already stomping some tricks, our two outdoor skate parks is the place to be with Kris. Safety is emphasized, a helmet is required with elbow and knee pads highly recommended.

Cost: \$40.00/4

Location: Skate Parks/Sportsplex

Time: July 10th - July 31st

August 7th - August 28th

Saturdays @11:00-12 noon & 12:30-1:30pm

Future Stars Athletic Basketball Camp 7 - 10 years

Focus on Individual Skill Development. Instructor Todd Jordan, Head Coach of Quest University Women's Basketball Team and former player, UNBC Men's Basketball Team will be here to promote sports development in our community. This camp will provide participants with the highest level of developing skills. Players will have an opportunity to develop their basketball skills - shooting, passing, dribbling, rebounding and defence. It is our goal to ensure that each participant has an enjoyable experience and reaches their fullest potential.

Cost: \$140.00/5 Future Stars t-shirt and certificate

Location: Caledonia Senior Secondary

Time: August 9th - August 13th

@ 9:00 am - 11:30am (#14266) **Monday - Friday**

Future Stars Canada Basketball Camp 11 - 15 years

Focus on Team Skills Development. Instructor Todd Jordan, Head Coach of Quest University Women's Basketball Team and former player, UNBC Men's Basketball Team will be here to promote sports development in our Community. This camp is designed for players who aspire to compete at a higher level. This is achieved by incorporating advanced sport specific techniques with practical game conditions. The focus is on the development of the individual athlete's ability to understand their role within a team.

Cost: \$140.00/5 Future Stars t-shirt & certificate

Location: Caledonia Senior Secondary

Time: August 9th - August 13th

@ 12:00pm - 2:30pm (#14267) **Monday - Friday**

Girls Night Out 9 - 12 years Maximum 20 girls

A full evening of yoga, jazz dance, mini golf, a PG movie and popcorn with a sleep over in tents. Breakfast with bagels, muffins and juice to be served in the morning. **Pick up at 10:00am.**

Cost: \$30.00/1

Location: Sportsplex

Time: August 20th **Friday** @ 7:00pm to

August 21st **Saturday** @ 10:00am

Bring tent (if available) sleeping bags and flashlight etc.

Drop in Roller Hockey 16+ years

Maintain your hockey skills or just keep in shape by participating in this weekly inline hockey program. All skill levels welcome. All participants must wear full gear.

Cost: \$5.00 drop in

Location: Sportsplex-Hidber Arena

Time: May 4th - July 27th

@ 8:00pm - 9:30pm **Tuesdays**