



# Youth Programs



# \* Youth Programs

## Arts & Culture

### Creative Doodling

**Path: Visual Arts**

**Level: All**

Learn to create a variety of simple to complex doodles or brain busters using different art materials and techniques. Perfect for filling your binder, journal cover pages and creative thought art creation.

**Age: 9 to 12 Years**

**Location: Recreation Youth Centre and telMAX Indoor Skatepark**

### Hip Hop – Youth

**Path: Performing Arts**

**Level: Beginner**

Hip Hop is an eclectic street style of dance that is great for upbeat and high energy dancers. In this fast-paced and fun-filled dance class, participants will develop their coordination, rhythm, strength and flexibility. This combination of a great cardio workout, funky choreography and energetic dance games is a fun way to exercise the mind and memory.

**Age: 11 to 13 Years**

**Location: Maple Leaf Public School**

### Introduction to Watercolour Painting

**Path: Visual Art**

**Level: Beginner**

This watercolour painting introductory course is perfect for teens. Our professional artist will guide you step-by-step. You will learn the foundations in materials, brush techniques, washes & glazing, colour mixing, and painting terms. Watercolour is flexible and can be done anywhere with limited supplies and space.

**Age: 12 – 16 Years**

**Location: Ray Twinney Recreation Complex**

### KGM - 3D Modeling and Printing

**Path: Computer Programming**

**Level: Beginner – Intermediate**

Learn how to design and model 3D structures. By implementing an easy to use software, students will be able to create anything from 3D characters like Steve, Kirby, Millennium Falcon and more. Transform simple shapes into amazingly imaginative structures. Each participant will print 2 small 3D pieces to take home to show off to family and friends!

**Age: 8 to 12 Years**

**Location: Magna Centre**

### KGM – VR Character Design

**Path: Computer Programming**

**Level: Beginner**

This course is for every child interested in 3D Character Design and Virtual Reality (VR)! Children will learn how to create industry level, high resolution and textured 3D characters from their favourite movies and videogames. These characters will later be added to their own personalized environments that can be used in animations, video games and seen with VR devices.

**Ages 8 to 12 Years**

**Location: Ray Twinney Recreation Complex**

### Meditation and Stretch for Teens

**Path: Self Discovery / Relaxation**

**Level: Beginner**

Gentle stretching and stretch; Mindful meditation practice to encourage relaxation and awareness; Self-reflection through journaling and group discussion. Please be sure to bring a yoga mat.

**Age: 9 to 12 Years**

**Location: Old Town Hall**

**Program Index**



**Click here to view full program information and register online**



## Newmarket Break Dance Sessions

**Path:** Performing Arts

**Level:** All

For beginners, this FREE Break Dance program will be taught progressively, emphasizing proper foundations to prevent injury and promote strong technique. You will learn basic steps, freezes, stops and transitions from standing to floor and back up again. History and philosophy are two major components of the class. For more advanced students, you will be given more complex combinations designed to challenge you to the fullest.

**Age:** 7 to 25 Years

**Location:** Recreation Youth Centre and telMAX Indoor Skatepark



**Click here to view full  
program information  
and register online**

**Program Index**

## Teens in the Kitchen

**Path:** Culinary Arts

**Level:** Beginner - Intermediate

This class will allow students to cultivate their creativity and knowledge. Starting with the basics, we will review kitchen rules and safety protocols, read a recipe, and learn essential cooking skills and fun techniques. Bring a container and binder for recipes each week.

**Age:** 11 to 16 Years

**Location:** Recreation Youth Centre and telMAX Indoor Skate Park

## Teens in the Kitchen: For the Love of Baking

Baking with teens is one of the easiest ways to get them started on a newfound culinary adventure and excited about cooking. From measuring ingredients and cracking eggs, to greasing bread pans and decorating cupcakes, we will get up to some fun-filled recipes with your teen in mind.

**Age:** 11 to 16 Years

**Location:** Recreation Youth Centre and telMAX Indoor Skatepark

## Warm and Cozy in the Kitchen for Teens

**Path:** Culinary Arts

**Level:** All

Get cozy in the class designed with youth in mind. We will create dishes from casserole and pies, soup to bread, pudding and more.

**Age:** 9 to 12 Years

**Location:** Recreation Youth Centre and telMAX Indoor Skate Park



**Click here to view full  
program information  
and register online**

## Young Engineers: Galileo Technic – Spin and Roll

**Path:** Computer Engineering

**Level:** Beginner - Intermediate

The Galileo Technic program investigates mechanical systems from a real engineer's point of view. The program focuses on finding solutions using teamwork in order to build complex machines. Children will explore the mechanical, mathematical and physical aspects of machinery and the logical process that goes into building them.

**Age:** 9 to 12 Years

**Location:** Ray Twinney Recreation Complex

## Leadership

### Own Your Vibe

Find yourself asking how do I choose a lifelong career path when I'm in school and have no idea what I want to do, or, how can I figure out my career path now that I've finished college or university? Own Your Vibe™ is a program to help you not only find your unique path but also manage the stress, doubt, and uncertainty that often comes with moving from being a young adult to an adult. Own Your Vibe explores insights discovered from your personality together with your physical, mental, and emotional elements to create a map that helps you gain clarity in your professional direction while staying focused, balanced, and confident to pursue networking and interview conversations. Be sure to bring your laptop, something to write with, and, most importantly, your sense of humour and an open mind ready to expand and map your future!

**Ages:** 16 to 25 Years

**Location:** Recreation Youth Centre and telMAX Indoor Skate Park

**Program Index**





### Babysitting Training Course

The Babysitting Training Course (Canada Safety Council) is designed to help teach youth skills and strategies to become a successful babysitter. Topics include: caring for children from 3 months to school-aged, behaviour management, handling emergencies, caring for a sick or injured child, prevention & basic first aid. Participants must attend all sessions and establish a passing grade of 75 percent on the final examination in order to receive their certificate. The Canada Safety Council recommends that the Babysitter Training Course be supplemented with First Aid and CPR training.

**Age: 12 to 16 Years**

**Location: Recreation Youth Centre and telMAX Indoor Skate Park**

### Counsellor in Training Course

Are you interested in preparing to become a successful camp counsellor? In this course you will learn program planning, games and resources, behaviour management strategies and more. Standard First Aid and CPR-C, as well as Safeguard certification included. This course includes a 8 week in class portion, plus a weekend for Standard First Aid and CPR-C (May 25/26 from 8:30 a.m. to 5 p.m.), followed by a volunteer placement, for successful candidates, at a Town of Newmarket March Break Camp. Safeguard will take place on May 15 from 5 to 8:30 p.m. Placements will be coordinated on site with the Program Instructor.

**Age: 13 to 16 Years**

**Location: Recreation Youth Centre and telMAX Indoor Skate Park**

### Home Alone Program

The Home Alone Program (Canada Safety Council) is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

**Age: 10 to 12 Years**

**Location: Recreation Youth Centre and telMAX Indoor Skate Park**

### Inclusion CIT

Learn the basics of leadership training for inclusion programs such as: programming for individuals with disabilities, how to adapt sports and games to include everyone and developing personal support skills. This program will include classroom instruction and placements within inclusion programs. Placement minimum of 30 hours required for certificate. Additional hours can be signed as secondary school volunteer hours. Certificates will be presented upon successful completion. Attendance is required to all classes. A rewarding way to gain volunteer hours and experience and prepare for future employment!

**Ages: 13+ Years**

**Location: Newmarket Community Centre & Lions Hall**



**Click here to view full program information and register online**

**Program Index**



## Leader in Training Course

Are you interested in building your leadership skills in a fun and positive environment? This course allows participants to develop their problem solving, communication and leadership skills through various activities and lessons. Topics such as bullying, inclusion and team building will also be covered. Following the four week course, successful participants will gain the opportunity to put their skills to the test during a Town of Newmarket children's program as a 1:1 buddy!

**Age: 10 to 13 Years**

**Location: Recreation Youth Centre and telMAX Indoor Skate Park**

## Fitness & Wellness

### Yoga for Tweens

These classes begin to look a little more like an adult class as we move away from the playfulness of yoga journeys, and hone in to support your child's development during this transitional time. Yoga gives them time to process, breathe, and step back from their daily lives. We explore topics like having a voice, community, self-love and confidence through a variety of styles of yoga such as restorative and flow.

**Age: 9 to 12 Years**

**Location: Ray Twinney Recreation Complex**



**Click here to view full program information and register online**

**Program Index**

## Sports

### Pickleball-Learn to Play

In partnership with Elevation Athletics, players will learn pickleball basics and be able to play with confidence at the end of the session. Coaches will cover the fundamentals of serve, return and volley. Players must provide own paddles.

**Age: 8 to 15 Years**

**Location: Denne Public School**

### Skate - Teen Learn to Skate

This flexible teen program is designed for beginner ice skaters or those who skated as a child and want to brush up on their skills. A certified coach will assist you to become a confident skater. Parents/Guardians are required to stay on site during the class.

**Age: 13 to 17 Years**

**Location: Magna Centre**

### Volleyball- Training to Train

In partnership with Caspian Sport Club, it is aimed to improve basic individual volleyball skills and tactics. The 6 vs. 6 game is introduced, creating the need to learn team systems and position specialization. Volleyball experience is required.

**Age: 13 to 15 Years**

**Location: Magna Centre**

**Celebrate your party with us!**

[newmarket.ca/partypackages](https://newmarket.ca/partypackages)

