



# Children's Programs



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## Arts & Culture

### Art Lab - Kids Creativity

**Path:** Visual Art

**Level:** Beginner

We invite children to engage in a journey of self-discovery through curated art experiences focusing on a wide variety of arts mediums. Creativity is encouraged through self and individual expression with experimentation.

**Age:** 7 to 11 Years

**Location:** Recreation Youth Centre & Skate park

### Art Journaling – Creative Expression

**Path:** Visual Arts

**Level:** Beginner / Intermediate

Journaling can be a positive outlet for tweens, providing them a safe space to reflect upon their thoughts, feelings and day to day experiences. We will use guided prompts, thought starters and plenty of creative art materials to engage this creative journey to self-discovery.

**Age:** 8 to 10 Years

**Location:** Recreation Youth Centre & Skate park

### Ballet - Children

**Path:** Performing Arts

**Level:** Intermediate

Your child will love this class as it teaches the fundamentals of ballet in a fun-filled encouraging and play-focused environment. Your child will learn warm up, choreography and proper cool down techniques.

Ballet shoes required.

**Age:** 6 to 8 Years

**Location:** Ray Twinney Recreation Complex

### Crafting Club for Children

**Path:** Visual Art and Design

**Level:** Beginner

Kids want to learn how to make do it yourself (DIY) crafts? Each week learn step-by-step projects with a design mind, ingenuity and your own creative capacity.

**Age:** 6 to 9 Years

**Location:** Recreation Youth Centre & Skate park

### Computer Animation Cartoons

**Path:** Computer Animation

**Level:** Beginner - Intermediate

Come unleash your imagination in this program by creating your own animated cartoon movie. You will be guided step by step in a computerized environment, as you create and watch your cartoon come to life. This course develops logical and motor skills, stimulating creativity and self-expression. At the end of the program children will be sent their animated movies.

**Age:** 6 to 12 Years

**Location:** Ray Twinney Recreation Complex



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### **Kids in the Kitchen – Family Cooking**

**Path: Culinary Arts**

**Level: Beginner**

In this course we will meet to make foods! This class is designed for fun with hands on learning cooking experiences for children and their parent, guardian, aunt, grandmother. Eat in or take home, with all ingredients and guidance provided. This course allows for one child and one adult participant

Please register child only. All skills levels welcome.

**Ages: 6 to 10 Years**

**Location: Recreation Youth Centre & Skate park**

### **Kids in the Kitchen**

**Path: Culinary Arts**

**Level: Beginner**

Your child will enjoy hands-on cooking & baking experience from scratch. They will create delicious recipes that will encourage them to develop their palate.

**Age: 5 to 9 Years**

**Location: Recreation Youth Centre & Skate park**

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### **Kids in the Kitchen - Bake it Up**

**Path: Culinary Arts**

**Level: Beginner**

In this hands on session your kids will learn to read a recipe, measure ingredients and create delicious treats to bring home.

**Age: 6 to 9 Years**

**Location: Recreation Youth Centre & Skate park**

### **Kids in the Kitchen – Breakfast with Friends**

**Path: Culinary Arts**

**Level: Beginner - Intermediate**

In this course we will meet to make delicious breakfast foods! This class is designed for fun with hands on learning cooking experiences. Eat in or take home, with all ingredients and guidance provided. All skill levels welcome.

**Age: 6 to 10 Years**

**Location: Recreation Youth Centre & Skate park**

### **Kids in the Kitchen – Valentine's Treat Box**

**Path: Culinary Arts**

**Level: Beginner / Intermediate**

In this fun hands-on class kids will create tasty Valentine's Day treats to bring home and share with their family (or eat on their own). Kids will be given all of the supplies they need and follow the step by step instructions to create a delicious Valentines treats. All skill levels welcome.

**Age: 6 to 10 Years**

**Location: Recreation Youth Centre & Skate park**

## Kids Can Dance: Movement Made Fun

**Path: Performing Arts**

**Level: Beginner**

This class is a great transition for your little one into the social environment. With Children will enjoy dance and movement through fun, inspirational music and practice your child will learn movements key to elements of early childhood development including: balance, speed and agility.

**Age: 4 to 6 Years**

**Location: Ray Twinney Recreation Complex**

## Modelling Clay Creations – Super Heroes

**Path: Sculpture**

**Level: Beginner / Intermediate**

Children will enjoy the experience of handling modelling clay to learn about shape and form while making use of their imaginative side to bring to life their super hero creations. This program encourages self-expression, exploring boundaries through the art of clay.

**Age: 6 to 9 Years**

**Location: Recreation Youth Centre & Skate park**

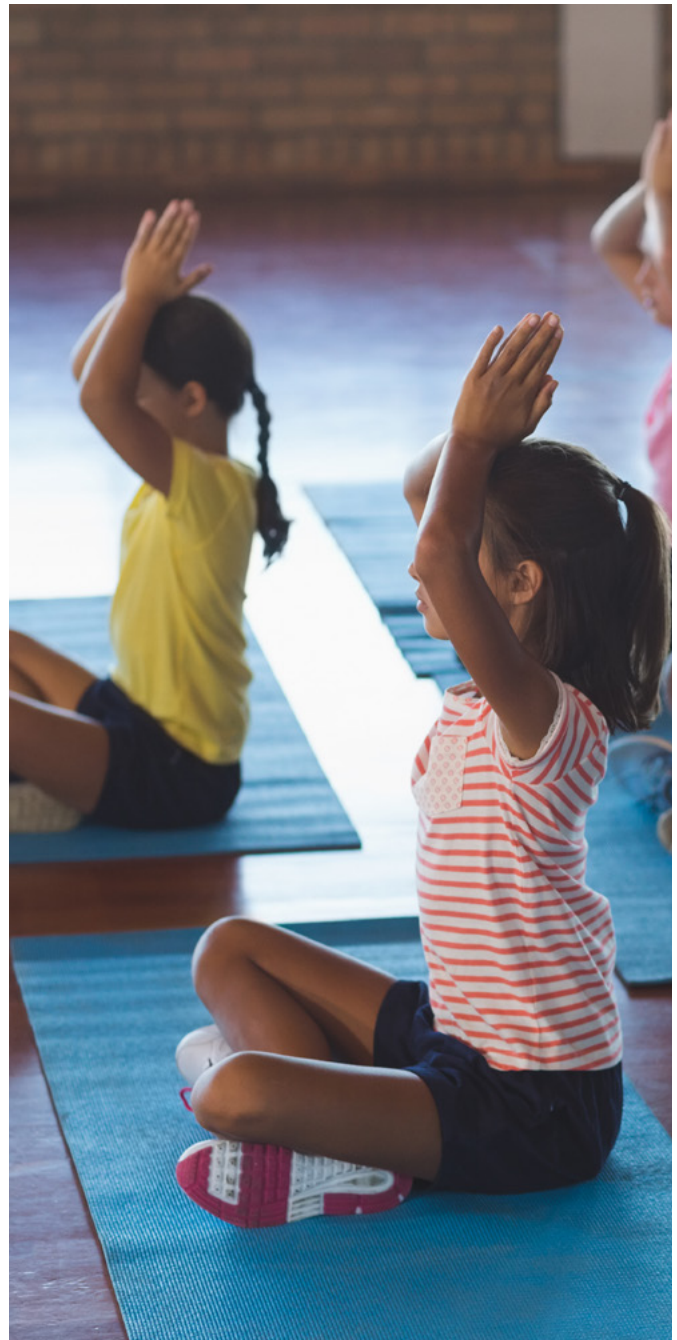
## Fitness & Wellness

### Kids Yoga

These classes are inspiring, creative and your child will learn a ton through our unique themes! Some of our all-time favourites have been Extinct Animal Yoga, Climate Change Yoga, and many more! We encourage movement and relaxation through story-telling and yoga journeys, where children will learn yoga poses and breath practices through play, exploration, and connection to themselves, others, and the environment.

**Age: 4 to 8 Years**

**Location: Ray Twinney Recreation Complex**



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### Zumba Kids

With a hint of Latin Flavor and international zest, Zumba incorporates easy-to-follow moves for preschoolers who love to dance! Running shoes are required. No previous dance experience required.

**Age: 4 to 8 Years**

**Location: Ray Twinney Recreation Complex**

## Sports

### After School Ball Hockey

Fast action play, weekly games and basic drills will provide a great opportunity for players to enjoy a game they love, along with other players and staff. This is recreational program where the focus is getting participants active!

**Age: 7 to 12 Years**

**Location: Recreation Youth Centre & Skate park**

### After School Basketball

Come play basketball with us! Learn the game of basketball in a fun and non-competitive setting. Players will learn basic skills and work as a team in a number of games each week. This is a recreational program where the focus is getting participants active!

**Age: 7 to 12 Years**

**Location: Recreation Youth Centre & Skate park**

### After School Dodgeball

Kings Court, Ultimate, Traditional, Jailbreak and Doctor Dodgeball will all be part of this afterschool program designed to give a great workout, improve coordination and encourage teamwork. This is recreational program where the focus is getting participants active!

**Age: 7 to 12 Years**

**Location: Recreation Youth Centre & Skate park**

### After School Soccer

Enjoy the sport of soccer with basic skill development focusing on dribbling, passing, and shooting. Come ready to work as a team! This is a recreational program where the focus is getting participants active!

**Age: 7 to 12 Years**

**Location: Recreation Youth Centre & Skate park**

### Badminton - Instructional

Learn to play the game of badminton in a fun, non-competitive and recreational setting. Through weekly instruction you will develop basic skills, meet new friends and have fun! This program is suitable for any level of player.

**Age: 6 to 9 & 10 to 13 Years**

**Location: Magna Centre**



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### Basketball – Instructional

Kids will start with individual and group warm-ups and drills that work on all aspects of the game and finish with pick-up games that will highlight team play and sportsmanship.

**Age: 8 to 12 Years**

**Location: Magna Centre**

### Fencing

En garde! Fencing is a challenging sport that emphasizes fitness of the body and quickness of the mind. All equipment and expert instruction will be provided.

**Age: 8 to 10 Years**

**Location: Magna Centre**

### Karate – Introduction

In partnership with Jitsu-Do Karate, this introduction class is a chance to take up a hobby that can end up as a lifestyle. Self defense, fitness and fun are the building blocks of martial arts and this class lets you experience them all.

**Age: 6+ Years**

**Location: Jitsu-Do Karate**

### Playball - Ball Hockey

In partnership with Playball, this program is a great skill-building program where children of all abilities will develop the knowledge and skills needed to play ball hockey in a fun, safe and energetic indoor environment.

**Age: 6 to 8 Years**

**Location: Recreation Youth Centre & Skate park**

### Skate - Learn to Skate

This is a fun, learn to ice skate program. Certified skating instructors will provide instruction of basic skating skills for children in a group environment. Please note: CSA approved hockey helmets must be worn, as well as warm clothes, gloves or mitts. Parents/Guardians are required to stay on site during the class and spectate from the stands.

**Age: 5 to 12 Years**

**Location: Magna Centre**

### 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**

### Soccer Skills

Designed to keep soccer skills fresh over the off-season or as an introduction for new players before the season arrives! Skills practiced include dribbling, shooting, passing, and positions. Please bring indoor running shoes and wear comfortable clothing.

**Age: 7 to 10 Years**

**Location: Recreation Youth Centre & Skate park**

### Sportball Multi-Sport/Indoor

In partnership with Sportball, this program introduces children to the concepts and skills involved in the 8 core sports (soccer, baseball, basketball, hockey, tennis, football, volleyball and golf) of the Sportball methodology. This program reinforces the benefits of teamwork and skill development rather than the importance of winning.

**Age: 5 to 7 Years**

**Location: Recreation Youth Centre & Skate park**



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### Volleyball – Instructional

Through weekly instruction you will develop basic skills to serve, set and bump. Work as a team and have a great time. Children with lots of energy will have fun during warm ups, scrimmages and instructional demonstrations.

**Age: 8 to 10 Years**

**Location: Magna Centre**

### Volleyball – Learn to Train

In partnership with Caspian Sport Club, this program is aimed at improving athlete's skill sets, building fundamental movement and motor skills and introduces players to basic team play. Volleyball experience is required.

**Age: 9 to 12 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**



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