



# Youth Programs



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## **Cartooning: Creative Drawing and Storytelling**

**Path: Visual Art**

**Level: Beginner / Intermediate**

Got a budding storyteller who loves to draw? We'll develop their skills in line art, shape and texture, perspective and proportion in this fun character-focused drawing class for tweens. Creating faces, figures, animals, and backgrounds will be covered throughout the course. Themes will be based on student interests, or if they need, we'll provide them with a range of fun ideas.

**Age: 9 to 15 Years**

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

## **KGM – Adventures in Interactive Programming**

**Path: Computer Programming**

**Level: Beginner - Intermediate**

Makey Makey is a fun and interactive new way to create and enjoy your own games. Participants will work in partners to design, program and implement; video games, interactive musical instruments, their own unique game controllers, and so much more, using both MaKey MaKey and common household items (ie; fruits, plants, play-doh, pasta, etc) For more info about Makey Makey: [goo.gl/ceP0wT](https://goo.gl/ceP0wT)

**Ages 8 to 12 Years**

**Location: Magna Centre**

## **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 & Skate Park**



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## Teens 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 to follow the step by step instructions to create a delicious Valentines treats. All skills levels welcome.

**Age: 11 to 15 Years**

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

## Leadership

### 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 & 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 an 8 week in class portion, plus a weekend for Standard First Aid and CPR-C (February 18/19), followed by a volunteer placement for successful candidates at a Town of Newmarket Winter Break Camp. Hours worked during the placement can be signed as secondary school volunteer hours! Placements will be coordinated on site with the Program Instructor. Note: there are no prerequisites for this course.

**Age: 13 to 16 Years**

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

## High Five: Principles Of Healthy Child Development

The Principles of Healthy Child Development is designed to train leaders in best practices when working with children ages 4 to 12. This one day course will provide participants with resources and techniques to assist in delivering quality sport and recreation programs. Upon completion of the course, participants will receive a nationally recognized HIGH FIVE certification. Please note, this qualification is required for employment in multiple areas of the Town of Newmarket Recreation Department, including all Summer Camp positions.

**Age: 14+ years**

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



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## Inclusion CIT

Learn the basics of leadership training for inclusion programs such as: programming for individuals with special needs, how to adapt sports and games to include everyone and developing personal support skills. This program will include classroom instruction and placements within special needs 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**

## 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 & Skate Park**



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## Youth – Fitness

### Mind and Body Wellness for Teens

Are you tired, feeling off balance and need to relax, rejuvenate and re-energize? Does your mind and body need a tune-up? Tune inwards to find your inner strength, inner peace and unblock your energy centres in a nurturing environment as we learn, share and practice mind, body wellness through movement, nutrition, Yoga, meditation and engage in conversation. Each of us is unique, so modifications are offered and encouraged!

**Age: 12 to 16 Years**

**Location: Ray Twinney Recreation Complex**

### 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 13 Years**

**Location: Ray Twinney Recreation Complex**

### Zumba for Tweens

With a hint of Latin Flavor and international zest, Zumba incorporates easy-to-follow moves that kids who love to dance will enjoy! No previous dance experience required.

**Age: 9 to 13 Years**

**Location: Ray Twinney Recreation Complex**

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