

2. Child / Youth

Arts and Culture

Cartooning (6Y-12Y) Age: 6Y - 12Y

Saturday morning cartoons in a new way. Draw action figures, animal characters and monsters, create your own characters and develop story boards. The only limit is your own imagination. All materials provided.

Cartooning (6Y-12Y)

Sa	Jan 7-Feb 25	10:30 AM-11:25 AM	\$169/8	[22893]
Sa	Mar 3-Apr 21	10:30 AM-11:25 AM	\$148/7	[22894]

DJ School (13Y-17Y) Age: 13Y - 17Y

Ever thought about becoming a DJ? You can live the dream in this DJ school presented by Vox Box Studios! (www.voxboxstudios.com) Experience mixing, remixing, scratching and sampling. Best of all, use your new skills to perform at real events! Find out more about the music industry and how the biggest DJ's in the world are making serious money doing what they love - playing music.

DJ School (13Y-17Y)

W	Feb 1-Mar 21	04:30 PM-06:00 PM	\$195/8	[24111]
W	Apr 4-May 30	04:30 PM-06:00 PM	\$195/8	[24112]

GLOW (10Y-14Y) Age: 10Y - 14Y

Girls radiate self confidence and leadership qualities under the guidance of GLOW (Girls Leading Others Wisely - www.glowprogram.com) Certified Leaders. The GLOW program strives to strengthen girls' well being, nutritional choices and physical exercise to develop a true sense of self. Each session includes a GLOW Circle to promote discussion about preteen and teen topics, and introduces fun and creative physical activity to participants.

GLOW (10Y-14Y)

F	Jan 13-Mar 2	04:30 PM-06:00 PM	\$195/8	[22905]
F	Mar 9-Apr 27	04:30 PM-06:00 PM	\$168/7	[22906]

Painting and Drawing (6Y-12Y) Age: 6Y - 12Y

Explore different techniques and styles of art from around the world. Paint with watercolour and acrylics, work with textiles, make puppets and sculpt to engage

the imagination.

Painting and Drawing (6Y-12Y)

Sa	Jan 7-Feb 25	09:30 AM-10:25 AM	\$169/8	[22920]
Sa	Mar 3-Apr 21	09:30 AM-10:25 AM	\$148/7	[22921]

Recycled Accessories (10Y-14Y) Age: 10Y - 14Y

It doesn't have to be new to be awesome!

Hands on course shows how to use recycled materials to create unique accessories like handbags, jewellery, armour and more.

Recycled Accessories (10Y-14Y)

Sa	Jan 7-Feb 25	11:30 AM-12:25 PM	\$169/8	[23229]
Sa	Mar 3-Apr 21	11:30 AM-12:25 PM	\$148/7	[23230]

Babysitter's Training

Babysitter's Training - Red Cross Age: 11Y and up

Looking for some extra cash? Become a certified babysitter. Our Red Cross babysitting course teaches safety tips, basic childcare skills and what to do in case of an emergency.

Babysitter's Training - Red Cross

Sa	Jan 21	09:00 AM-05:00 PM	\$90/1	[23517]
Sa	Mar 3	09:00 AM-05:00 PM	\$90/1	[23518]

Badminton

Badminton (10Y-14Y) Age: 10Y - 14Y

Make badminton your game! Explore the rules, etiquette, racquet skills and movements while developing eye-hand-foot coordination and racquet control. Next, learn basic singles game racquet skills, movements and tactics including serves, overhead clears and net shots.

Badminton (10Y-14Y)

Tu	Jan 10-Feb 28	05:00 PM-05:55 PM	\$87/8	[22883]
Tu	Mar 6-Apr 24	05:00 PM-05:55 PM	\$87/8	[22884]

Badminton (6Y-9Y) Age: 6Y - 9Y

Make badminton your game! Explore the rules, etiquette, racquet skills and movements while developing eye-hand-foot coordination and racquet control. Next, learn basic singles game racquet skills, movements and tactics including serves, overhead clears and net shots.

Badminton (6Y-9Y)

Tu	Jan 10-Feb 28	04:00 PM-04:55 PM	\$87/8	[22878]
Tu	Mar 6-Apr 24	04:00 PM-04:55 PM	\$87/8	[22879]

Basketball

Basketball (6Y-8Y) Age: 6Y - 8Y

Shoot some hoops in a fun, interactive environment as the exciting sport of basketball is introduced! Classes build on basic basketball skills, encouraging players to challenge their bodies and minds.

Basketball (6Y-8Y)

F	Jan 13-Mar 2	04:00 PM-04:55 PM	\$87/8	[22885]
F	Mar 9-Apr 27	04:00 PM-04:55 PM	\$76/7	[22886]

Basketball (9Y-12Y) Age: 9Y - 12Y

Shoot some hoops in a fun, interactive environment as the exciting sport of basketball is introduced! Classes build on basic basketball skills, encouraging players to challenge their bodies and minds.

Basketball (9Y-12Y)

F	Jan 13-Mar 2	05:00 PM-05:55 PM	\$87/8	[22887]
F	Mar 9-Apr 27	05:00 PM-05:55 PM	\$76/7	[22888]

Climbing

Courageous Climbers Level 1 (6Y - 8Y) Age: 6Y - 8Y

Young climbers start here! Safely learn the fundamentals of climbing and develop confidence, flexibility, muscular endurance and body awareness.

Courageous Climbers Level 1 (6Y - 8Y)

Tu	Jan 10-Feb 7	05:15 PM-06:15 PM	\$66/5	[23061]
Tu	Feb 14-Mar 13	05:15 PM-06:15 PM	\$66/5	[23062]
Tu	Mar 20-Apr 17	05:15 PM-06:15 PM	\$66/5	[23063]

Courageous Climbers Level 2 (6Y - 8Y) Age: 6Y - 8Y

Continue the climb with fun, new games that build on level 1 skills. Focus on climbing techniques like balance and coordination while achieving new heights!

Prerequisite: Courageous Climbers Level 1.

Courageous Climbers Level 2 (6Y - 8Y)

W	Jan 11-Feb 8	05:15 PM-06:15 PM	\$66/5	[23064]
W	Feb 15-Mar 14	05:15 PM-06:15 PM	\$66/5	[23065]
W	Mar 21-Apr 18	05:15 PM-06:15 PM	\$66/5	[23066]

Jr. Climbing Club (9Y - 17Y) Age: 9Y - 17Y

Expand your indoor climbing skills in this weekly club for intermediate climbers. Set personal goals as you work on technique, movement, safe belaying and bouldering in a team setting. Prerequisite: Previous climbing experience and/or completion of Jr. Climbing level 2.

Jr. Climbing Club

M	Jan 9-Apr 23	05:30 PM-07:00 PM	\$189/14	[23067]
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Jr. Climbing Series Level 1 (9Y - 12Y) Age: 9Y - 13Y

An introduction to climbing for youth. Build skill level and learn how to use climbing equipment and belay through practice and game.

Jr. Climbing Series Level 1 (9Y - 12Y)

Tu	Jan 10-Feb 7	06:30 PM-08:00 PM	\$83/5	[23052]
Tu	Feb 14-Mar 13	06:30 PM-08:00 PM	\$83/5	[23053]
Tu	Mar 20-Apr 17	06:30 PM-08:00 PM	\$83/5	[23054]

Jr. Climbing Series Level 2 (9Y - 17Y) Age: 9Y - 17Y

Building on skills learned in Level 1, climbers focus on climbing techniques, bouldering skills and belaying skills. Prerequisite: Previous enrollment in Jr. Climbing Series Level 1.

Jr. Climbing Series Level 2 (9Y - 17Y)

W	Jan 11-Feb 8	06:30 PM-08:00 PM	\$83/5	[23057]
W	Feb 15-Mar 14	06:30 PM-08:00 PM	\$83/5	[23058]
W	Mar 21-Apr 18	06:30 PM-08:00 PM	\$83/5	[23059]

Dance

Breakdance (10Y-14Y) Age: 10Y - 14Y

Steps, stalls and footwork are solid ground in this breakdance class for all levels. Learn about breakdance style, culture and history and build strength, balance and coordination. Returning students welcome.

Breakdance (10Y-14Y)

Sa	Jan 7-Feb 25	01:30 PM-02:25 PM	\$87/8	[22891]
Sa	Mar 3-Apr 21	01:30 PM-02:25 PM	\$76/7	[22892]

Breakdance (6Y-9Y) Age: 6Y - 9Y

An introduction to basic steps, stalls and key footwork while learning about breakdance style, culture and history. Guaranteed to build strength, balance and coordination. Returning students are welcome.

Breakdance (6Y-9Y)

Sa	Jan 7-Feb 25	12:30 PM-01:25 PM	\$87/8	[22889]
Sa	Mar 3-Apr 21	12:30 PM-01:25 PM	\$76/7	[22890]

Hip Hop (10Y-14Y) Age: 10Y - 14Y

Hey Kids! Learn to pop and lock as you explore the fundamentals of Hip-Hop. All experience levels are welcome.

Hip Hop (10Y-14Y)

W	Jan 11-Feb 29	05:00 PM-05:55 PM	\$87/8	[22907]
W	Mar 7-Apr 25	05:00 PM-05:55 PM	\$87/8	[22908]

Hip Hop (6Y-9Y) Age: 6Y - 9Y

Pop and lock your way through this hip-hop class. All experience levels welcome to learn hip-hop fundamentals and moves.

Hip Hop (6Y-9Y)

W	Jan 11-Feb 29	04:00 PM-04:55 PM	\$87/8	[22909]
W	Mar 7-Apr 25	04:00 PM-04:55 PM	\$87/8	[22910]

Zumbatomic: Big Stars (7Y-11Y) Age: 7Y - 11Y

Chillin' out is cool but rockin' out is a blast! Especially for kids, Zumbatomic® is a fast-forward fusion of Zumba moves (salsa, cumbia, reggaeton, hip-hop and more). This high-octane workout lets kids max out on fun and fitness.

Zumbatomic (7Y-11Y)

Su	Jan 8-Feb 26	02:00 PM-02:55 PM	\$87/8	[22928]
Su	Mar 4-Apr 22	02:00 PM-02:55 PM	\$76/7	[22929]

Zumbatomic: Youth Stars (12Y-17Y) Age: 12Y - 17Y

Chillin' out is cool but rockin' out is a blast! Especially for youth, Zumbatomic® is a fast-forward fusion of the Zumba program moves (salsa, cumbia, reggaeton, hip-hop and more). This high-octane workout lets youth max out on fun and fitness.

Zumbatomic (12Y-17Y)

Su	Jan 8-Feb 26	03:00 PM-03:55 PM	\$87/8	[22930]
Su	Mar 4-Apr 22	03:00 PM-03:55 PM	\$76/7	[22931]

Fitness Centre Shoe Tag Program

Level 1 - Yellow Shoe Tag (9Y - 11Y + parent) Age: 9Y - 11Y

We want YOUth in our Fitness Centre! The fitness and health of community youth is our top priority. Get Active! This is the first step to getting stronger, along with your parent/guardian. Gain access to Fitness Centre cardio machines and functional training equipment.

Level 1 - Yellow Shoe Tag

Su	Jan 8	11:30 AM-12:30 PM	\$10/1	[23532]
Su	Jan 15	11:30 AM-12:30 PM	\$10/1	[23534]
Su	Feb 5	11:30 AM-12:30 PM	\$10/1	[23535]
Su	Feb 12	11:30 AM-12:30 PM	\$10/1	[23533]
Su	Feb 19	11:30 AM-12:30 PM	\$10/1	[23562]
Su	Feb 26	11:30 AM-12:30 PM	\$10/1	[23570]
Su	Mar 4	11:30 AM-12:30 PM	\$10/1	[23573]
Su	Mar 11	11:30 AM-12:30 PM	\$10/1	[23577]
Su	Apr 1	11:30 AM-12:30 PM	\$10/1	[23672]
Su	Apr 8	11:30 AM-12:30 PM	\$10/1	[23673]
Su	Apr 15	11:30 AM-12:30 PM	\$10/1	[23674]
Su	Apr 22	11:30 AM-12:30 PM	\$10/1	[23675]

Level 2 - Red Shoe Tag (12 - 15 Y) Age: 12Y - 15Y

We want YOUth in the Fitness Centre! The fitness and health of community youth is our top priority. Get Fit! Learn more about cardio, functional and resistance training. Gain access to the Fitness Centre resistance machines.

Level 2 - Red Shoe Tag (12 - 15 Y)

Su	Jan 8-15	12:30 PM-01:30 PM	\$15/2	[23730]
Su	Feb 5-12	12:30 PM-01:30 PM	\$15/2	[23731]
Su	Feb 19-26	12:30 PM-01:30 PM	\$15/2	[23732]
Su	Mar 4-11	12:30 PM-01:30 PM	\$15/2	[23762]
Su	Apr 1-8	12:30 PM-01:30 PM	\$15/2	[23764]
Su	Apr 15-22	12:30 PM-01:30 PM	\$15/2	[23766]

Level 3 - Blue Shoe Tag (12 - 15Y) Age: 12Y - 15Y

Prerequisite: Level 2- Red Shoe Tag

We want YOUth in our Fitness Centre! The fitness and health of community youth is our top priority. Get pumped! Whether you're training for a specific sport or simply want to tone up, learn the foundations of resistance training including machines, free weights, and weight room etiquette. Gain confidence, understanding and access to all areas of the Fitness Centre.

Level 3 - Blue Shoe Tag (12 - 15Y)

Th	Jan 12-Mar 1	06:00 PM-07:00 PM	\$74/8	[23342]
Th	Mar 8-Apr 26	06:00 PM-07:00 PM	\$74/8	[23345]

Floor Hockey

Floor Hockey (6Y-8Y) Age: 6Y - 8Y

Learn stick and ball handling, passing and shooting skills. Special emphasis placed on sportsmanship and teamwork.

Floor Hockey (6Y-8Y)

M	Jan 9-Feb 27	04:00 PM-04:55 PM	\$76/7	[22895]
Th	Jan 12-Mar 1	05:00 PM-05:55 PM	\$87/8	[22897]
M	Mar 5-Apr 23	04:00 PM-04:55 PM	\$76/7	[22896]
Th	Mar 8-Apr 26	05:00 PM-05:55 PM	\$87/8	[22898]

Floor Hockey (9Y-12Y) Age: 9Y - 12Y

Learn stick and ball handling, passing and shooting skills. Special emphasis placed on sportsmanship and teamwork.

Floor Hockey (9Y-12Y)

M	Jan 9-Feb 27	05:00 PM-05:55 PM	\$76/7	[22899]
Th	Jan 12-Mar 1	04:00 PM-04:55 PM	\$87/8	[22901]
M	Mar 5-Apr 23	05:00 PM-05:55 PM	\$76/7	[22957]
Th	Mar 8-Apr 26	04:00 PM-04:55 PM	\$87/8	[22958]

Lacrosse

Lacrosse (6Y-8Y) Age: 6Y - 8Y

Learn the basics of Canada's exciting National sport! Special emphasis is placed on sportsmanship and teamwork while kids develop hand-eye coordination and other physical skills.

Lacrosse (6Y-8Y)

W	Jan 11-Feb 29	04:00 PM-04:55 PM	\$87/8	[22916]
W	Mar 7-Apr 25	04:00 PM-04:55 PM	\$87/8	[22917]

Lacrosse (9Y-12Y) Age: 9Y - 12Y

Learn the basics of Canada's exciting National sport! Special emphasis is placed on sportsmanship and teamwork while kids develop hand-eye coordination and other physical skills.

Lacrosse (9Y-12Y)

W	Jan 11-Feb 29	05:00 PM-05:55 PM	\$87/8	[22918]
W	Mar 7-Apr 25	05:00 PM-05:55 PM	\$87/8	[22919]

Martial Arts**Continuing Aikido - Children's (6Y-10Y, 11Y-14Y) Age: 11Y - 14Y**

With an emphasis on fun, respect, relaxation and self-confidence students learn to redirect an opponent's power to resolve conflicts without injury. Winter classes for 6 - 10 yr olds: Monday 6-7pm/ Saturday 10-11am. Winter classes for 11 - 14 yr. olds: Wednesday 6-7 pm/ Saturday 11am-12 pm. Prerequisite: Yellow belt.

Continuing Aikido 11 - 14 yrs

Sa, W	Jan 7-Apr 25	11:00 AM-12:00 PM	\$225/30	[23654]
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Continuing Aikido 6 - 10 yrs

Sa, M	Jan 7-Apr 21	10:00 AM-11:00 AM	\$218/29	[23653]
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Hap Ki Do - Children's (7Y - 9Y) Age: 7Y - 9Y

Students develop concentration, physical skills, and a positive attitude while learning basic Hap Ki Do techniques. Learn how to roll, kick, punch and defend yourself in a fun and lively atmosphere.

Hap Ki Do - Children's (7Y - 9Y)

Tu	Jan 10-Apr 24	04:30 PM-05:30 PM	\$125/16	[23718]
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Hap Ki Do - Youth (10Y - 14Y) Age: 10Y - 14Y

Learn fundamental Hap Ki Do techniques with an emphasis on self-defense. Students are introduced to important Hap Ki Do principles in addition to learning basic strikes, blocks, and kicks.

Hap Ki Do - Youth (10Y - 14Y)

Tu	Jan 10-Apr 24	05:30 PM-06:30 PM	\$125/16	[23719]
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Introductory Children's Aikido Age: 6Y - 14Y

This class provides an introduction to Aikido, a traditional Japanese martial art. Students learn about the philosophy of Aikido, along with the basic movements of Aikido and the skills to fall safely. Drills in the class help to increase strength, flexibility, coordination and mental focus. Students work towards the Yellow belt level in this course.

Introductory Children's Aikido

Sa	Jan 7-Apr 21	09:00 AM-10:00 AM	\$118/15	[23692]
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Soccer**Soccer (6Y-8Y) Age: 6Y - 8Y**

Passing, shooting and working as a team make ball drills fun and set-up players to learn soccer basics. Classes focus on improving ball control and developing skills like trapping, heading, volleying and defensive and offensive positioning.

Soccer (6Y-8Y)

M	Jan 9-Feb 27	05:00 PM-05:55 PM	\$76/7	[22924]
M	Mar 5-Apr 23	05:00 PM-05:55 PM	\$76/7	[22925]

Soccer (9Y-12Y) Age: 9Y - 12Y

Passing, shooting and working as a team make ball drills fun and set-up players to learn soccer basics. Classes focus on improving ball control and developing skills like trapping, heading, volleying and defensive and offensive positioning.

Soccer (9Y-12Y)

M	Jan 9-Feb 27	04:00 PM-04:55 PM	\$76/7	[22926]
M	Mar 5-Apr 23	04:00 PM-04:55 PM	\$76/7	[22927]

Triathlon**Kids Tri (8-11Y) Age: 8Y - 11Y**

Ever wanted to feel the rush of finishing a triathlon? Develop basic triathlon skills, with a focus on swimming and running. Canada's Long Term Athlete

Development model guides the course, which ends with the option to participate in a mini triathlon. Must be able to swim 25 meters.

Kids Tri (8-11Y)

Su	Jan 29-Apr 29	04:00 PM-05:00 PM	\$120/4	[23745]
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Teen Triathlon Age: 12Y - 16Y

Swim, bike and run your way to a triathlon finish line! Improve your skills in all three sports by focusing on technique and endurance. Must be able to swim 25 metres

Teen Triathlon

Su, W	Jan 8-Apr 25	06:00 PM-07:00 PM	\$299/31	[23516]
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Yoga

Girls Teen Yoga (11Y-17Y) Age: 11Y - 17Y

Get connected with your body and discover your inner goddess, develop strength, flexibility and self awareness. Some partner poses are explored so bring a friend!

Girls Teen Yoga (11Y-17Y)

F	Jan 13-Mar 2	04:30 PM-05:30 PM	\$87/8	[22903]
F	Mar 9-Apr 27	04:30 PM-05:30 PM	\$76/7	[22904]

Kids Yoga (6Y-8Y) Age: 6Y - 8Y

Develop coordination, flexibility, strength, and focus the mind. Children use their imagination exploring yoga poses such as downward dog, cat and camel.

Kids Yoga (6Y-8Y)

Tu	Jan 10-Feb 28	04:00 PM-04:55 PM	\$87/8	[22912]
Tu	Mar 6-Apr 24	04:00 PM-04:55 PM	\$87/8	[22913]

Kids Yoga (9Y-12Y) Age: 9Y - 12Y

Develop coordination, flexibility, strength, and focus the mind. Children use their imagination exploring yoga poses such as downward dog, cat and camel.

Kids Yoga (9Y-12Y)

Tu	Jan 10-Feb 28	05:00 PM-05:55 PM	\$87/8	[22914]
Tu	Mar 6-Apr 24	05:00 PM-05:55 PM	\$87/8	[22915]