

RECREATIONAL SPORTS & FITNESS

Physical activity is vital for a child's development, laying the foundation for an active life while contributing to physical and emotional well-being. A wide variety of physically active experiences provides children the opportunity to develop basic movement skills such as jumping, throwing, and running.

Skateboarding Basics Workshop NEW

Held at 3 Musketeers Skatepark in Acton and led by experienced skateboarders, this 2-hour workshop will introduce participants to the basics of skateboarding. Topics covered include skateboard terminology, how to balance and move on the board, basic equipment maintenance and park etiquette. Safety is an integral part of this sport therefore all participants MUST wear a helmet and elbow and knee pads.

Yoga for Kids

In children's classes, there is a balance between spontaneity and structure, so that students learn to listen to each other as well as express themselves creatively in a non-competitive learning environment. This program includes cooperative games, animal themes, partner yoga, storytelling and music to help participants explore yoga postures, breathing awareness, visual imagery and relaxation techniques.

ZUMBA® Kids

Kids 7-11 years old get the chance to be active and jam out to the energetic ZUMBA® music! Classes feature kid-friendly routines based on original ZUMBA® choreography with games and activities added.



Please check your registration confirmation for start, end and cancellation dates.

Program	Age	Location	Day	Time	Dates	Fees / # of classes	Code
Skateboarding Basics Workshop	8-11 yrs	ACC	Sat	9:30-11:30am	May 27	\$15.00/1 class	123651
	8-11 yrs	ACC	Sat	9:30-11:30am	Jun 3	\$15.00/1 class	123652
Yoga for Kids	7-11 yrs	GCC	Mon	6:00-6:45pm	Apr 3 to Jun 26	\$68.75/11 classes	123141
ZUMBA® Kids	7-11 yrs	GCC	Thu	5:30-6:15pm	Apr 6 to Jun 22	\$75.00/12 classes	123159

ACC - Acton Arena & Community Centre **GCC** - Gellert Community Centre



Sportball Multi-Sport programs introduce children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. Sportball's skill-driven, high-energy program helps children develop socially as well as physically through a curriculum designed to reinforce self-confidence free of the pressure of competition. Programs focus on gross motor skill development along with balance, strength, coordination, stamina and timing.



Sportball Parent & Child Multi-Sport Indoor: 16-24 months

Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Parents are encouraged to participate with their child in movement exploration and to challenge them according to their skill level. **One adult per child required.**

Sportball Parent & Child Multi-Sport Indoor: 2-3 years

Parents can have a direct hand in their preschooler's development through 8 different ball sports. Parent and child classes teach children important introductory physical skills and help them to develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. **One adult per child required.**

Sportball Multi-Sport Indoor Coach & Children

This drop off program focuses on skill development in eight different ball sports. This creative, self-esteem building, non-competitive program prepares all children for a future of confident sports participation!

Sportball Family Multi-Sport Indoor

Children and parents participate together in a different sport each week. Learn the basics of 8 ball sports taught in a non-competitive atmosphere that focuses on skill development and fun!

Ages 4-6: 1 adult per child required
Ages 7-10: Maximum of 2 children per adult

Play and learn together! Watch for this symbol.



Recreation & Parks offer a number of opportunities for young people to participate in programs with an adult. This is a great way to connect with your child or a young person that you know, have some fun and stay active!

Spring program start date: April 4, 2017 • **Summer program start date:** July 8, 2017
Please check your registration confirmation for start, end and cancellation dates.

Program	Age	Location	Day	Time	Spring Fees	Summer Fees	Spring Code	Summer Code
Parent & Child	16-24 mos	HCS	Sat	10:15-11:00am	\$160.00/11 classes	\$117.00/8 classes	122913	122923
Parent & Child	2 & 3 yrs	HCS	Sat	8:45-9:30am	\$160.00/11 classes	--	122915	--
	2 & 3 yrs	HCS	Sat	9:30-10:15am	\$160.00/11 classes	\$117.00/8 classes	122914	122924
	2 & 3 yrs	ACC	Sun	9:15-10:00am	\$146.00/10 classes	--	122916	--
Coach & Children	3 & 4 yrs	HCS	Sat	11:00am-12:00pm	\$160.00/11 classes	--	122917	--
Coach & Children	3-5 yrs	HCS	Sat	11:00am-12:00pm	--	\$117.00/8 classes	--	122925
	3-5 yrs	ACC	Sun	10:00-11:00am	\$146.00/10 classes	--	122918	--
Coach & Children	4-6 yrs	HCS	Sat	12:00-1:00pm	\$160.00/11 classes	--	122919	--
	4-6 yrs	ACC	Sun	11:00am-12:00pm	\$146.00/10 classes	--	122920	--
Family	4-6 yrs	CTK	Tue	6:00-7:00pm	\$175.00/12 classes	--	122921	--
	7-10 yrs	CTK	Tue	7:00-8:00pm	\$175.00/12 classes	--	122922	--

ACC - Acton Community Centre **CTK** - Christ the King High School **HCS** - Halton Hills Christian School (rear entrance)

Registration Hotline: 905-873-2601 Ext. 2275