

## **RECREATION PROGRAMS FOR ALL AGES – 2012 update DESCRIPTION OF ALL PROGRAMS OFFERED**

### **Toddlers, Youth, Adults and Seniors**

Location: Puce Sports and Leisure Centre

Some programs do operate at the Millen Community Centre, Woodslee  
And Comber Community Centre for all ages groups

**THREE SESSIONS PER YEAR:**

**WINTER (JANUARY) SPRING (APRIL) AND FALL (SEPTEMBER)**

Contact Recreation Services to register prior to these months.

### **TODDLER/PRE-SCHOOL PROGRAMS – AGES 1 TO 5 YEARS**

#### **Toddler's in motion drop in gym time! Ages 0 to 5 years. Every Wednesdays 10am to 12pm**

An early years exercise program for toddlers, preschoolers, JK and SK children. Using hula hoops, balls and basic sports equipment children learn skills and enjoy being active while running, jumping, and playing basic games. Cost:\$20.00 for 10 sessions per child. Register for full to weeks and receive a free in motion t-shirt kids!! Contact Rec Services for all inquiries at 727-0470

#### **KINDERMUSIK & ABC Music and Me Musical program:**

Children ages newborn to 7 years learn all about the basics of music: Rhythm, tempo, and dynamics while enjoying playing rhythm sticks, bells, egg skakers, sandblocks and many other instruments. Summer programs start July 15<sup>th</sup>. ABC Music and Me "Splash" is on Thursdays at 11:00am for 45 minutes, 6 weeks for a cost of \$65.00 for ages 1 to 6 years with parents. (Music CD and magazine included). Contact Marie at 735-7986

#### **Lakeshore Dance introduces "Dance Fusion" for 3 -4 year olds – Saturdays 9am -9:45am**

Children will get to taste a mix of dance steps! – Ballet – tap – Jazz – hip hop – Great coordination and balance exercise for our little Divas in motion! Cost: \$50 for 10 weeks plus recital. Contact Recreation Services to register at 727-0470

#### **Lakeshore's Little Learners Drop in and Play pre-school program & YMCA combined**

A perfect way for your 3 year old and up to come and get a taste of "school" with this interactive program designed with weekly themes. 8 weeks of fun and learning, two instructors on hand, two hour drop off from 10am to 12pm.Creative play/Craft time/story time/ interactive learning. Light snacks provided. Held in the toddler room. Must be potty trained. Cost: \$80 for 8 weeks. Free t-shirt included.

#### **Theme Birthday Parties:**

We cater to both girls and boys with a *sports zone theme* or a *Girls Having fun theme* for ages 4 to 10 years. Relax and let our fine party coordinators entertain your children with specialized games, tattoos, prizes, table set up and clean up. What more can you ask for! All packages include the use of the gymnasium or extended room for smaller groups. Theme parties can also include pizza. Take a look at what we have to offer under the birthday party link . Contact Recreation Services for more details at 519-727-0470.

#### **Tykes Floor Hockey- Recreational program**

Your little tyke can now play on an organized floor hockey team ages 4-6 years. Two instructors on hand to teach the basic skills and assist with the fundamentals of the game. Register today. Cost: \$50 for 10 weeks includes a t-shirt. Call Rec Services to register at 727-0470

## **YOUTH PROGRAMS AGES 6 AND 14 years**

Location: Puce Sports and Leisure Centre

### **YMCA Youth Programs: Contact YMCA directly at 258-9622 for information & to register.**

#### YMCA Basketball – ages 6 -12 years:

This program is for youth 6 to 12 years of age. This is an introductory basketball program that consists of skills, drills and a scrimmage game. Contact YMCA directly at 258-9622 to register

#### YMCA Indoor Soccer – ages 6 to 12 year

This program is for youth 6 to 12 years of age. This is an introductory soccer program that consist of skills, drills and a scrimmage game. Contact YMCA directly at 258-9622 to register for next available course.

#### YMCA Karate – ages 6 to 12 years

This program is for individuals 6 years of age to adult. Learn to coordinate your body, improve your mind and fortify your spirit. An introduction to the classical martial art of goju-ryu this program is fun for the whole family. Contact YMCA directly at 258-9622 to register

#### YMCA Babysitting Course – ages 11 to 15 years:

This program is for youth 11 to 15 years of age. This Red Cross formatted program will equip your child with the knowledge and confidence to babysit. Contact YMCA directly to ascertain next scheduled class at 258-9622

#### YMCA Home Alone and Safe – ages 10 to 12 years:

This program is for youth 10 to 12 years of age. This program is designed to assist your child in gaining the necessary skills and knowledge to make the transition to self care at home. Contact YMCA directly to ascertain next scheduled class at 258-9622

#### YMCA Stir it Up! Cooking classes for ages 6 to 12 years:

This program is for youth 6 to 12 years of age. This program will encourage youth to feel comfortable in the kitchen, to understand food terminology and techniques on food preparation. Contact YMCA directly to register at 258-9622

### **Welcome to LAFA – The Art of Drama!**

Our mission is simple; we at Lakeshore Academy of Fine Arts wish to enrich your child's life using the medium of fine arts. We want to ignite the spark of creativity that resides within each and every child empowering them to cultivate their individual talents.

Every child attending LAFA will be trained in all aspects of theatre, concentrating on developing a fun, safe and encouraging environment to inspire creative thoughts and challenge fears, all the while, creating long-lasting friendships and unforgettable memories. View the website for upcoming auditions.. Acting classes now available for all ages. Visit. [www.lakeshoreacademy.ca](http://www.lakeshoreacademy.ca) or call directly at 519-728-9123 or [sarah.lafa@yahoo.ca](mailto:sarah.lafa@yahoo.ca)

### **Junior's Art Class – ages 7 to 12 years plus NEW Advanced level –**

Students will be introduced to a variety of techniques including pencil sketching, acrylic t-shirt art, and other fascinating visual concepts to illuminate your child's imagination. Session run for 8 weeks in the spring, fall and winter only. Cost \$45 for 8 weeks - includes materials and is assessed based on projects selected. Contact Rec Services to register at 519-727-0470

### **Lakeshore Dance Classes – ages 3 years to 13 years:**

**Fall, Winter and Spring sessions available yearly.**

### **Hip Hop Jr. Tuesdays and Thursdays – ages 6-8 years 6:30pm-7:30pm**

This beginner hip hop class focuses on fun and basic co ordination through music. Learning the fundamentals of hip hop dance gives your child the tools to develop into a stronger dancer while making friends and having fun. Cost: \$50- 10 week session plus recital. Register at 727-0470

**Hip Hop Advanced - Mondays and Tuesdays 7:45pm to 8:45pm**

This class focuses on building the fundamentals of hip hop as well as expanding dancers range of movement and understanding of choreography and special sense. Dancers learn more complicated routines and start to learn to develop their own. Cost: \$50- 10 week session + recital. Contact Recreation Services to register at 727-0470

**Dance Fusion – Saturday mornings – ages 5 years to 9 years**

A great way to “taste” the various dance techniques that include Tap, Jazz, Ballet and Hip Hop. From there, your child can move up to the more specialized classes offered through Lakeshore Dance. Class run as per participant numbers. Cost: \$50 – 10 week program plus recital.

Ages 5- 6 years – 11am to 11:45am & 12:00pm to 12:45pm

Ages 7-9 years – 1:15pm to 2:00pm

Contact Recreation Services to register at 727-0470

**Reading Adventures Program – Grades 1- 3 – Thursdays 6:00pm to 7:00pm**

Discover how much fun reading can be through this fun filled themed program that incorporates teaching through art, craft, cooking and drama and other fun filled techniques to enrich your child Register by calling in at 727-0470

**Kids needing extra help with homework? Qualified individuals both in English and Francais/French** willing to assist your child with after school assistance. Contact Recreation Services at 727-0470 for information

**Youth Guitar Lessons – Ages 8 years and up – Thursdays 6pm**

Free to children. Basic instructions included and it grows from there! Contact Recreation Services to register. Summer program (July) available pending participant numbers, Contact Recreation Services at 727-0470 for all inquiries.

**Recreational Floor Hockey – Tykes and Junior Division – ages 4 to 10 years- Saturdays 9:30am to 11:30am ages 4-10 years**

An opportunity for your young hockey enthusiast to come out and learn the basics skills of floor hockey in a structured team environment. Available during the fall, winter and spring session if participant numbers are consistent. Cost: \$50 per 10 week session, includes t-shirt. Instructors on site. Contact Recreation Services to register at 727-0470

**Kids in Motion – Sportsmania – ages 8 – 12 years- Mondays 5-6pm**

Our kids enjoy a variety of sports activities that include basketball, floor hockey, indoor soccer and the latest sport here at this centre “Pickleball” Kids love the interaction and variety from week to week. Instructor on site to teach basic skills and coach actual game. Cost: \$50 – 10 week session. After school 5-6pm. Contact Recreation Services to Register at 727-0470

**NEW – After School Drop in Pickleball – ages 13 and up**

Pickleball is a cross between tennis and badminton and played on the gymnasium floor. Great physical activity for all ages. Cost: \$2 per student – Wednesdays 5-6:15pm.

**Peaceful Warriors – Art of self defence:- Tuesday and Thursdays**

Art Mason’s Peaceful Warriors’ Martial Art Institute is dedicated to teaching the life skills that parents want for their children in today’s world. Martial Art training increases focus, self esteem and confidence in children and adults. Contact Art directly at 962-9820 to register

**Lakeshore Karate:**

**Location: Woodslee Millen Centre – 1925 South Middle Road**

**Teaching Self Esteem through Self Defence.** Very affordable karate programs for children ages 5 to 14 years. Adult Karate includes ages 15 and up. Karate will help your child with focus and concentration, courtesy & respect, listening skills, physical fitness and self defence.

Okinawan and Goju Ryu are the types of Karate taught. Kickboxing and Adult Karate also available. Contact Wayne Currie at 519-975-2119 for registration information.

## ADULT PROGRAMS

### Location: Puce Sports and Leisure Centre

**Tai Chi with the Taoist Society:** Reduce Tension and Stress and Improve balance and circulation. Increase Strength and flexibility, strengthen the immune system. Taoist Tai Chi is a gentle art of health and well-being for people of all ages and health conditions. Contact 519-255-9744 or visit [www.taoist.org](http://www.taoist.org) to register

**REVOLUTION Boot Camp:** Come out and get into shape in one of our 6 week programs. Only three times per week for less than an hour per class can have you getting into the shape of your life in no time! Experience how easy it is to reach your goals in a group dynamic as opposed to going it alone. Fast, fun, and intense workouts, involving cardio, strength, endurance, agility and plyometric movements. **Ages 15-55** Cost: \$140 for full 6 weeks. No workout is ever the same! We get results. Contact Jamie at 890-2371

**Zumba Fitness with Nancy Byrne – Mondays 6:30pm to 7:30pm –gymnasium Puce Centre and Tuesdays 7-8pm at the Belle River Legion on main Street,**

Come and shake your bootie with Nancy – Great cardio workout/calorie burn to music Loads of fun. Cost \$5 per class with punch card. Contact Nancy Byrne directly for all inquiries at 728-2145

**Ball Room Dance Lessons:** Ball Room Dance Instructor Sonia will charm you with her Latin Salsa, Bachata, Waltz, Fox Trot, Meringue and Rumba. Each dance taught requires 4 lessons. Come join us on Sundays from 2-3pm. Beginners welcomed. Partner not required. Excellent way to spend quality time with your significant other in these busy times!! Cost \$50 per 6 week session. Contact Sonia directly to register at 253-7983..

**Belly Dance Fitness:** Najla combines the ancient art of belly dance with a cardio workout that will make you sweat while having fun! Belly Dance is one of the oldest dance forms and has incredible benefits to the body. Burns calories and fat, massages and stimulates the digestive system with these dance techniques. You can achieve improved fitness no matter your age, shape, size or experience with this fun program. Wednesday evenings 7pm to 8pm for 6 weeks. View [www.najlabell.com](http://www.najlabell.com) for all details .

**Hula Hoop Fitness** – Visit [www.najlabell.com](http://www.najlabell.com) for all details and this great exercise activity that works on all areas of the body to tone and refine! Wednesdays 6:00pm to 7:00pm

**Flex fitness – Cardio Fitness – Location: Comber Community Centre**

Total body toning/cardio fitness weekly Thursday nights at 7pm. Contact Lisa at [lisa@flexfitness.ca](mailto:lisa@flexfitness.ca) or 519-566-4663 for further details on how to get started.

**Urban Poling Walk Program - Location: various walking trails within the Town – new 2012**

Over 25 years of research shows that walking poles boost the benefits of ordinary walking. Adding walking poles lets you tone your core & upper body, up the intensity of walking, take stress of your knees and hips, burn more calories and enjoy the outdoors. Contact Donna Ofner @ 519-727-4141, Urban Poling Instructor for class dates and inquire about the walking group schedule. Walking poles are for all ages and fitness levels.

**In Motion Fitness Walk Program** – Explore Lakeshore's Trails by joining this social interactive walking program. Fitness component and walking regiment is what this program is focused on. Contact Recreation Services to sign up. Free for all participants. Every Friday morning until weather permits.

**Adult Computer Classes** – **MS Word Excel (beginner level)** Tuesdays 6:30pm to 8:00pm – Cost \$85 for 8 weeks. **Intermediate level, Wednesday evenings** 6:30pm to 8:00pm. Cost: \$85 for 8 weeks. Contact Recreation Services to register at 727-0470 - **New Senior classes, Tuesdays 1:00pm to 2:30pm**

**Adrenaline Fit: Boot Camp/high level cardio workout with Danielle.** Is sure to meet your expectations. Contact Danielle directly at 790-8017.

**Free Guitar Lessons – Adults 30 and over**

A special thank you to Ron Quinlan, local resident and musician who is paying it forward to the community by sharing his talent with beginners and advanced musicians. Ongoing classes throughout the year held every Thursday night at 7pm in the Boardroom. Drop in and check it out!

**PICKLEBALL MANIA – Puce Sports and leisure Centre and Comber Community Centre**

Adults are enjoying this interactive activity geared for physical fitness and socialization! It's a cross between tennis and badminton and is designed for the older adult population but is enjoyed by all ages including youth 13 years and up. All ages welcomed. All levels welcomed.

**Various hours available at the Puce Centre:**

**Monday mornings – 10am to 12pm**

**Tuesday afternoons – 1pm to 3pm** – resumes February 14<sup>th</sup> 2012 (in new year)

**Thursday mornings 10am to 12pm**

**Thursday evenings 7:30pm to 9:00pm**

**Friday mornings 10am to 12pm**

**Comber Community Centre – 7-9pm on Wednesday evenings.**

**Drop In Adult Basketball 14 and up** – Tuesday nights 7:30pm to 9:00pm Drop in \$5 per person. Contact Recreation Services for all inquiries at 727-0470.

**Men's Floor Hockey** – Wednesday nights 7:00pm to 9:00pm – Drop in \$5 per person. Open to all players.

**Adult Volleyball** – Monday evenings 7:30pm to 9:30pm – Contact Rec Services to ascertain start date in new session. (January 2012)

**Gentle Yoga** - If you are looking for a way to build physical strength with the added benefit of reducing stress allowing for deeper levels of relaxation, then this is the class for you! This class is designed for the beginner and the advanced yoga. It incorporates the entire body in a series of postures with deep diaphragmatic breathing leaving you feeling refreshed and peaceful. Class includes yoga postures, breathing and meditation. Certified Yoga Instructor. Wednesday evenings 7:30pm to 8:30pm and Saturday mornings 10am to 11:00am. Yoga for Kids also available from 9am to 10am Saturday mornings. Contact Colleen at 728-1364

**Pilates** – Learn and enjoy the movement and breathing of the Pilates mat workout. Specific core strengthening movements are taught and enlarged upon. VERY BENEFICIAL to the body. Tuesdays 9:30am to 10:30am – 10 week session at \$50. Tuesdays 7:00-8:00pm 10 week session at \$50. Contact Rec Services to register at 727-0470

**Super Sculpting – Low impact cardio class** Fast paced, fat burning cardio from low impact to kickboxing to interval training. Then sculpt your body using your own body as resistance or work with free weights or rubber bands. Then challenge yourself to sculpt your abdominals and finally relax and feel rejuvenated by stretching and meditating to soothing music. Our fitness instructor is pumped to show you the way! Thursdays 9:30am to 10:30am – 10 week session. Cost: \$50 Contact Rec Services to register at 727-0470

**Beginner's and Advanced Photography course** – For beginners and return students. Learn to improve your photography. The first couple of lessons will be about getting to know your tools, your camera, and the types of light. The next lessons will be on photo editing software and general information on digital "must knows". The later part of the lessons will concentrate on composition and basically making better photographs with the knowledge of the principals of

visual design. Monday evenings 7-9pm for 6 week 1 hour session @ \$30 Contact Recreation Services to register at 727-0470

**Indoor Walking available at the Puce Sports and Leisure Centre** Beginning October through to April during inclement weather season daily Monday through Friday 9am to 1pm. Register at the Recreation Office and staff will assist with walking pattern, Great for rehabilitation and cardio health

**Spanish Classes – NEW – Winter 2012 session** – learn basic communication in time for your winter travels.

Contact Recreation Services to register. \$50/6 weeks - Sundays 1-2pm

**Advanced Art Class** - for advanced juniors and adults looking to brush up on their art skills and learn new techniques. Cost: \$60 for 10 weeks, Saturday mornings 10am to 11:30am

### **Senior's 55 & Better Club** **Location: Puce Sports and Leisure Centre**

**NEW – Computer Class for Seniors – Tuesdays 1pm to 2:30pm** – Cost \$35.00 – 4 easy computer and internet lessons. MS Word/Excel and internet work.

**Scrabble:**

Join us on Monday afternoons 1pm to 3pm for a mind challenging good time.  
Free of charge for our 55 & Better club members.

**Cribbage –** Looking for players!

Perfect opportunity to meet new players. Join us on Wednesday afternoons from 1pm to 3pm free of charge.

**Photography Course**

Would you like to learn more about the various techniques your camera has the ability to do. Digital cameras also included. Contact Recreation Services to register for the next session Monday evenings from 7pm to 8pm (Advanced level 8pm to 9pm) Cost \$30 for 6 weeks. Call 519-727-0470 to register.

**Get in motion Seniors! Join a senior fitness class:** A structured fitness class lead by a certified senior fitness instructor. 10 week sessions. Cost:\$50.. Contact Recreation Services to register for next available session at 727-0470 Par Q forms (Medical forms) must be completed for first session only.

**Locations:**

**Puce Sports and Leisure Centre:**

Mondays and Wednesday mornings 9am to 10am – cardio/rehab fitness

**Comber Community Centre:**

Tuesdays and Thursday mornings 9am to 10am – cardio/rehab fitness

**Shuffleboard – New season starts May 1 until end of September**

Come join the many shuffle boarders at the Puce Sports and Leisure Centre gymnasium for a morning of fun and laughter along with physical activity for the day! Every Tuesday morning from 9am to 2pm. Cost: \$30 for the season. Register on the 1<sup>st</sup> day of program (May 1st)

**Pickleball is a fun game for all ages** that is played on a badminton court. It is played with a perforated plastic whiffle ball and composite paddles. It is easy for beginners to learn but can develop into a quick fast-paced competitive game for experienced players. All ages can partake in the sport and the rules are very similar to tennis. Cost \$2.00 per player. Some rackets available on site along with balls. Monday, Thursday and Friday mornings 10am to 12pm – Thursday evenings 7:30pm to 9:00pm

**Indoor walking**

The Puce Sports and Leisure Centre offers indoor walking from October through to April, Monday through to Friday from 9am to 1pm – A safe area to walk and meet new people and get fit!! – Free of charge!

**Ball Room Dance Lessons:** Ball Room Dance Instructor Sonia will charm you with her Latin Salsa, Bachata, Waltz, Fox Trot, Meringue and Rumba. Each dance taught requires 4 lessons. Come join us on Sundays from 2-3pm. Beginners welcomed. Partner not required. Excellent way to spend quality time with your significant other in these busy times!! Cost \$50 per 6 week session. Contact Sonia directly to register at 253-7983..

**Zumba Gold Dance Fit – Great for our 55 & Better Seniors!** low impact dance fitness class. A great option for beginners. Learn the moves and have some fun! Tuesday mornings 11:00am to 12:00pm for 10 week session – Cost \$50 Contact Recreation Services to register for the next session at 727-0470

**Euchre – Every Friday afternoon 1-3pm – free of charge – Come share in the fun and meet new people!**