

# Playbook

FALL 2017/  
WINTER  
2018



*Bram Courchesne & The Futsal Family  
Photo Credit: Levi Courchesne*



## REGISTRATION DATES:

### Recreation Programs

City Taxpayers: August 21, 2017 • Non-City Taxpayers: August 24, 2017

### Aquatic Programs

City Taxpayers: August 28, 2017 • Non-City Taxpayers: August 31, 2017

**Your Recreation, Culture & Community Services Guide**

265 Cannifton Rd., Belleville, ON K8N 4V8 • 613-966-4632

qswc.ca • prgeneral@city.belleville.on.ca • TTY 613-771-9781

This publication is available in an alternate format upon request

## PRESCHOOL PROGRAMS FALL 2017 AND WINTER 2018 SCHEDULE

Schedule below may change, please call ahead before dropping in.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Babies (up to 1 year) &amp; Parent</b>					
<b>Parent &amp; Baby Line Dancing</b> 12:45-1:45pm (Adult section)	<b>Diaper Fit (Pool)</b> 10:00-10:30am	<b>Parent/Baby Fit</b> 10:45-11:30am (Adult section)	<b>Diaper Fit (Pool/Aquatics)</b> 10:00-10:30am	<i>These programs provide a creative, fun, and safe way to introduce your child to new activities &amp; skills while developing friendships.</i>	
	<b>Mom &amp; Baby Yoga</b> 2:15-3:15pm (Adult section)	<b>Diaper Fit (Pool)</b> 1:00-1:30pm			
<b>Toddlers (13 mos. – 36 months)</b>					
<b>Little Shakers Music Makers</b> 9:00-9:45am	<b>Mini Movers</b> 9:15-10:00am	<b>Little Picasso</b> 11:00-11:45am	<b>Child's World (Child Minding, 18mos.+)</b> 5:00-8:00pm	<b>Little Picasso</b> 9:45-10:30am	<b>Mini Movers</b> 9:00-9:45am
	<b>Child's World (Child Minding, 18mos.+)</b> 11:00am-2:00pm	<b>Preschool Playshop</b> 12:00-1:00pm	<b>Mini Movers</b> 5:15-6:00pm	<b>Preschool Playshop</b> 10:30-11:30am	<b>Child's World (Child Minding, 18mos.+)</b> 10:45-12:45pm
	<b>Child's World (Child Minding, 18mos.+)</b> 5:00-8:00pm	<b>Little Shakers &amp; Music Makers</b> 1:00-1:45pm			
<b>Preschoolers (3-5 years)</b>					
<b>Little Shakers Music Makers</b> 9:00-9:45am	<b>Preschoolers in Motion</b> 10:00-11:00am	<b>Little Picasso</b> 11:00-11:45am	<b>Kindergarten Readiness</b> 9:15-11:45am	<b>Little Picasso</b> 9:45-10:30am	<b>Little Toes (3-5 yrs)</b> 9:00-9:45am
<b>Kindergarten Readiness</b> 10:00am-12:30pm	<b>Child's World (Child Minding, 18mos.+)</b> 11:00am-2:00pm	<b>Preschool Playshop</b> 12:00-1:00pm	<b>Child's World (Child Minding, 18mos.+)</b> 5:00-8:00pm	<b>Preschool Playshop</b> 10:30-11:30am	<b>Preschoolers in Motion</b> 10:00-11:00am
<b>Art We Messy</b> 5:30-6:30pm	<b>Child's World (Child Minding, 18mos.+)</b> 5:00-8:00pm	<b>Little Shakers &amp; Music Makers</b> 1:00-1:45pm	<b>Ooey Goopy Science</b> 5:30-6:30pm		<b>Child's World (Child Minding, 18mos.+)</b> 10:45-12:45pm
			<b>Little Sneakers</b> 6:00-7:00pm		

### PRESCHOOL PROGRAM NOTES:

- Fall programs begin the week of September 10, 2017
- Winter programs begin the week of January 8, 2018
- **No Programs:** Oct. 7-9, Oct. 31st after 4pm, Nov. 1, 11, Feb. 19, Mar. 9-11
- **Gym closed:** Sept. 28, Oct. 5, 19, 20, Nov. 17, 18, 19, Dec. 2, 3, Jan. 30, Mar. 7-11, Mar. 12-16 until 5pm
- For additional cancellations, please see notes under your specific program description and review the information on your receipt.
- Program Location: Quinte Sports & Wellness Centre, 265 Cannifton Road
- Times, dates, locations and fees are subject to change
- **Receive 25% off on your 2nd and subsequent registration/ person (in the same session) \*Excludes Aquatics**
- Drop-in's may be available (\$6/class), space permitting, for some classes, on a first come, first served basis and parents may be required to stay to meet ratio requirements.
- Parents will need a free Wellness Passport for access to all program areas.
- For more information: Visit our Customer Service Desk, call 613-966-4632, or visit us online at [www.qswc.ca](http://www.qswc.ca)



## RECREATION PROGRAMS FOR PRESCHOOLERS

For start dates, cancellations and special program notes please see the first page of this section.

### LITTLE SHAKERS & MUSIC MAKERS

Does your child love to dance, listen to music and be creative? This program includes creative movement, songs games and more!

**Ages:** 13 months - 5 years

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	9:00-9:45am	Fall (13)	36106	\$71.50
Wed.	1:00-1:45pm	Fall (13)	36107	\$71.50
Mon.	9:00-9:45am	Winter (9)	36108	\$49.50
Wed.	1:00-1:45pm	Winter (10)	36109	\$55.00

### PRESCHOOL PLAYSHOP

A little bit of a song, a dash of drama and a dribble of crafts mean a whole lot of fun in this program! Children will also play sports and learn physical literacy skills.

**Ages:** 13 months – 5 years.

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Wed.	12:00-1:00pm	Fall (13)	36112	\$71.50
Fri.	10:30-11:30am	Fall (14)	36113	\$77.00
Wed.	12:00-1:00pm	Winter (10)	36114	\$55.00
Fri.	10:30-11:30am	Winter (9)	36115	\$49.50

### LITTLE PICASSO

Dress for mess and artistic success! Explore the world around you, make works of art from everyday objects and bring home masterpieces. Ready, set, create!

**Ages:** 18 months – 5 years

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Wed.	11:00-11:45am	Fall (13)	36117	\$71.50
Fri.	9:45-10:30am	Fall (14)	36116	\$77.00
Wed.	11:00-11:45am	Winter (10)	36119	\$55.00
Fri.	9:45-10:30am	Winter (9)	36118	\$49.50



**Book your child's birthday party at the Quinte Sports & Wellness Centre!**

*Check the Recreation Services section for themes and prices.*

### MINI MOVERS

This program is designed to introduce gross motor skills through tumbling, climbing, balance, movement and spatial orientation through games, music and fun.

**Ages:** 13-36 months

**Location:** Gymnasium

Day	Time	Session	Barcode	Cost
Tues.	9:15-10:00am	Fall (14)	36120	\$77.00
Thurs.	5:15-6:00pm	Fall (14)	36121	\$77.00
Sat.	9:00-9:45am	Fall (10)	36122	\$55.00
Tues.	9:15-10:00am	Winter (10)	36123	\$55.00
Thurs.	5:15-6:00pm	Winter (10)	36124	\$55.00
Sat.	9:00-9:45am	Winter (9)	36125	\$49.50



**If you are unsure whether your program is running, or if you are dropping into a program, or DURING INCLEMENT WEATHER, please check [www.qswc.ca](http://www.qswc.ca) for cancellations.**



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## RECREATION PROGRAMS FOR PRESCHOOLERS

For start dates, cancellations and special program notes please see the first page of this section.

### ART WE MESSY

Children will explore different art mediums using paint, paper, glitter, glue and more. This program will be a messy fun time for your little artist.

**Ages:** 3-5 years

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	5:30-6:30pm	Fall (13)	36127	\$71.50
Mon.	5:30-6:30pm	Winter (9)	36128	\$49.50

### LITTLE TOES

Fostering your child's independence, this is an amazingly fun and energetic class designed for little dancers with big energy. This class will enhance co-ordination and cognitive skills. Games and up-beat songs help to create a rich educational environment.

**Ages:** 3-5 years

**Location:** Aerobics Studio

Day	Time	Session	Barcode	Cost
Sat	9:00-9:45am	Fall (12)	36129	\$66.00
Sat	9:00-9:45am	Winter (10)	36130	\$55.00

### LITTLE SNEAKERS

Energetic preschoolers will experience the thrills of learning basic skills for a variety of sports including soccer, basketball and floor hockey through co-operative games and activities. Children will learn how to work as a team in a non-competitive environment through games and activities related to sports that will help develop their coordination and gross motor skills.

**Ages:** 3-5 years

**Location:** Gymnasium

Day	Time	Session	Barcode	Cost
Thur.	6:00-7:00pm	Fall (14)	36131	\$77.00
Thur.	6:00-7:00pm	Winter (10)	36132	\$55.00

### PRESCHOOLERS IN MOTION

This program is designed to further develop gross motor skills through song, games, tumbling and using equipment like: balls, hula hoops, parachutes, balance beams and more!

**Ages:** 3 – 5 years

**Location:** Gymnasium

Day	Time	Session	Barcode	Cost
Tues.	10:00-11:00am	Fall (14)	36133	\$77.00
Sat.	10:00-11:00am	Fall (10)	36134	\$55.00
Tues.	10:00-11:00am	Winter (10)	36135	\$55.00
Sat.	10:00-11:00am	Winter (10)	36136	\$55.00

### OOEY GOOEY SCIENCE

Are you ready to get messy? We are! Experiment with foam, slime, goop and other concoctions. Ever made Elephant toothpaste? Ever wondered what would happen if you mixed glue and shaving cream? Well, put on some old clothes and get ready for a sensory explosion!

**Ages:** 3 – 5 years

**Location:** Gym Meeting Room

Day	Time	Session	Barcode	Cost
Thur.	5:30-6:30pm	Fall (14)	36418	\$77.00
Thur.	5:30-6:30pm	Winter (10)	36419	\$55.00

### KINDERGARTEN READINESS

This is a skill development based program to teach both gross motor and fine motor skills through physical literacy, art and science.

**Age:** Four by Dec. 31/18

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	10:00am-12:30pm	Fall (12)	36544	\$198.00
Thurs	9:15am-11:45am	Fall (12)	36545	\$198.00
Mon.	10:00am-12:30pm	Winter (9)	36546	\$148.50
Thurs	9:15am-11:45am	Winter (9)	36547	\$148.50



## PROGRAMS FOR PRESCHOOLERS & CHILDREN

### CHILD'S WORLD (CHILD MINDING SERVICES)

This program is for children between 18 months and 8 years old while parents use the Facility. Your child will be able to play with other children, make a craft, read a story and partake in many more exciting activities.


We encourage cooperative play and have developed the following policy to ensure it is a safe and enjoyable experience for everyone:

- The program is on a first-come, first-served basis and has a capacity limit.
- Children must be signed in at each visit and provide a drop-in card, that is purchased at the front desk, as well as a receipt stating the length of time the parent paid for.
- It is recommended that children register for the program, at no fee, ahead of time. This way if there are any cancellations or last minute changes parents can be notified.
- Parents/guardians must remain in the building.
- Children may bring nut-free snacks and drinks.
- Children must wear indoor footwear at all times.

- Positive behaviour is encouraged. Negative behaviour will be discussed with both the child and parent/guardian. Please note, continuing negative behaviour will not be tolerated.

Location: **Preschool Room**

Day	Time	Session	Barcode	Cost
Tues.	11:00am-1:00pm	Fall (14)	36376	\$6.00 per hour per child
Tues.	5:00-8:00pm	Fall (13)	36377	
Thurs.	5:00-8:00pm	Fall (14)	36378	
Sat.	10:45am-12:45pm	Fall (12)	36542	
Tues.	11:00am-1:00pm	Winter (9)	36417	
Tues.	5:00-8:00pm	Winter (9)	36379	
Thurs.	5:00-8:00pm	Winter (8)	36380	
Sat.	10:45am-12:45pm	Winter (10)	36543	



Tips

Children under the age of 10 must have a parent or guardian remain in the facility.




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## CHILDREN'S DAY CAMPS



### PA DAY CAMPS

**Looking for something fun to do on your day off school?**

Join us at the Quinte Sports & Wellness Centre for loads of FUN!

**Activities Include:** • Swimming • Sports • Games • Crafts

- Ages:** 4-13 yrs.
- Camp hours:** 8am – 5pm
- Cost:** \$32.50 per day  
Extra hours are available  
7-8am and/or 5-6pm  
(Additional \$3.50/child  
per AM or PM)
- Dates:** September 29, 2017 (36518)  
October 27, 2017 (36519)  
November 24, 2017 (36520)  
February 2, 2018 (36521)  
April 13, 2018 (36522)  
May 18, 2018 (36523)  
June 29, 2018 (36524)



### WINTER WONDERLAND HOLIDAY CAMP

Join us for a holiday of fabulous fun! Children will enjoy a day filled with great games, sports, crafts, swimming and many more fantastic activities! Please dress appropriate for the weather as some activities may be conducted outside.

- Ages:** 4-13 years (Junior Kindergarten to Grade 8)
- Camp Hours:** 8:00am-5:00pm
- Cost:** \$32.50 per day  
Extra hours are available 7-8am and/or 5-6pm  
(Additional \$3.50/child per AM or PM)
- Dates:** Wednesday, December 27, 2017 (36534)  
Thursday, December 28, 2017 (36535)  
Tuesday, January 2, 2018 (36537)  
Wednesday, January 3, 2018 (36538)  
Thursday, January 4, 2018 (36539)  
Friday, January 5, 2018 (36540)





## CHILDREN'S DAY CAMPS

### MARCH BREAK MUMBO JUMBO CAMPS

March 12-16, 2018

Spice up your March Break! This camp is full of fun activities including crafts, organized games, special activities and theme days. We hope you are just as excited as we are! We can't wait to see you at the Quinte Sports & Wellness Centre for a week filled of excitement!

**Activities Include:** • Swimming • Sports • Games • Crafts

#### Drop-off and pick-up

will be at The Quinte Sports & Wellness Centre

**Regular camp hours** are 8am – 5pm

**Cost:** \$147.50/child for the week

**Extra hours available:** 7-8am (\$16.25/child) and/or 5-6pm (\$16.25/child) per week

#### Mini Blast Camp – Junior & Senior Kindergarten

Location: Preschool Room

Barcode: 36532

#### Junior Blast Camp – Grades 1 & 2

Location: Multipurpose Room

Barcode: 36531

#### Adventure Camp – Grades 3, 4 & 5

Location: Minor Sports Meeting Room

Barcode: 36530

#### Youth Camp – Grades 6, 7 & 8

Location: Gym Meeting Room

Barcode: 36533

#### \*NEW March Break 1 Day Registration

If you do not need a full week of camp for your children, we are now offering individual registration days.

Camp hours are 8am-5pm. Cost: \$32.50/child per day.

Extra hours: 7-8am (\$3.50/child per day) and/or 5-6pm (\$3.50/child per day)

Monday March 12, 2018

Barcode: 36525

Tuesday March 13, 2018

Barcode: 36526

Wednesday March 14, 2018

Barcode: 36527

Thursday March 15, 2018

Barcode: 36528

Friday March 16, 2018

Barcode: 36529

**Other March Break Programs:** Home Alone Course, Babysitting Course, Girl's Image Workshop, March Break Public Swimming, Public Skating, and Gymnasium Programs. Schedules can be found at [www.qswc.ca](http://www.qswc.ca)

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## CHILDREN'S PROGRAMS FALL 2017 & WINTER 2018 SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Children 6-10 years</b>						
<b>Kids of Steel</b> 10:30-12:00pm	<b>Girls Night Out</b> 5:00-6:30pm	<b>Child's World</b> 11:00am-1:00pm	<b>*Acting Up</b> 6:00-7:00pm	<b>*Guys Hang Out</b> 5:00-6:30pm	<b>Floorball</b> 5:00-6:00pm	<b>Gotta Dance (6 &amp; 7 yrs.)</b> 9:45-10:45am
<b>Snack Attack</b> 2:45-4:15pm	<b>Hip Hop</b> 6:30-7:30pm	<b>Sporty Girls &amp; Guys</b> 5:00-6:00pm		<b>Child's World</b> 5:00-8:00pm	<b>Kids in the Kitchen</b> 5:15-7:15pm	<b>Dance, Dance, Dance (8-10 yrs.)</b> 10:45am- 11:45am
	<b>Art Attack</b> 6:30-7:30pm	<b>Child's World</b> 5:00-8:00pm		<b>Gross Out Science</b> 6:30-7:30pm		<b>Child's World</b> 10:45am-12:45pm
<b>For PA Day/Christmas Holiday/March Break Camps, see previous pgs.</b>			<b>Parents:</b> Join a class or come for a workout and use our Child Minding services Tues. & Thurs. evenings or Saturday mornings. See "Child's World" on the previous page.			<b>Red Cross Stay Safe!</b> 9am-4:00pm (monthly) (Home Alone)

### CHILDREN'S PROGRAM NOTES:

- Fall programs begin the week of September 10, 2017
- Winter programs begin the week of January 8, 2018
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- **Gym Closed:** Sept. 28, Oct. 5, 19, 20, Nov. 17, 18, 19, Dec. 2, 3, Jan. 30 from 2-9pm, Mar. 7-11
- For cancellations and/or changes, please review the information on your receipt.
- Times, dates, locations and fees are subject to change
- **Receive 25% off on your 2nd and subsequent registration/ person (in the same session) \*Excludes Aquatics**
- Parents & participants over 10 years, will need a Free Wellness Passport for access to all program areas
- For more information: Visit our Customer Service Desk, call 613-966-4632, or visit us online at [www.qswc.ca](http://www.qswc.ca)



Visit [QSWC.CA](http://QSWC.CA) for monthly schedules



## RECREATION PROGRAMS FOR CHILDREN 6-10 YEARS

For start dates, cancellations and special program notes please see the first page of this section.

### ART ATTACK

This arts and crafts program explores the creative interest and imagination of its participants. This is the perfect class for children who enjoy expressing themselves with paint, clay, paper mache and theme projects or just enjoy getting creatively messy.

**Ages:** 6-9 years

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Mon.	6:30-7:30pm	Fall (13)	36381	\$71.50
Mon.	6:30-7:30pm	Winter (9)	36382	\$49.50

### GROSS OUT SCIENCE

If you like an ooey, gooey, slippery, slimy, smell bad, looks disgusting, bacteria growing kind of science that makes people scream with delight, then come join us! Only certified kid grossologists will be able to handle the adventures contained here. Come prepared to get messy and discover a whole new level of "YUCK"!

**Ages:** 6-10 years

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Thurs	6:30-7:30pm	Fall (14)	36383	\$77.00
Thurs	6:30-7:30pm	Winter (10)	36385	\$55.00

### ACTING UP!

This program is designed to teach theatre techniques such as voice projection, character development, stage presence and body language. They will learn how to mime and do improvisation. This program will help increase your child's confidence and public speaking skills. On the last class there will be a performance for parents and friends.

**Ages:** 7-10

**Location:** Preschool Room

Day	Time	Session	Barcode	Cost
Wed.	6:00-7:00pm	Fall (13)	36387	\$71.50
Wed.	6:00-7:00pm	Winter (10)	36388	\$55.00

### GOTTA DANCE

This dance class is full of lots of fun and laughter, while learning the basics of dance. This class will encourage rhythm, coordination, spatial awareness and confidence.

**Ages:** 6 & 7 years

**Location:** Aerobics Studio

Day	Time	Session	Barcode	Cost
Sat.	9:45-10:45	Fall (12)	36389	\$66.00
Sat.	9:45-10:45	Winter (10)	36390	\$55.00

### DANCE, DANCE, DANCE

This is a recreational dance program. It will introduce your child to explore movement inspired by music. They will learn fundamental steps, develop rhythm and introduce strength, flexibility and coordination while having fun!

**Ages:** 8-10 years

**Location:** Aerobics Studio

Day	Time	Session	Barcode	Cost
Sat.	10:45-11:45am	Fall (12)	36391	\$66.00
Sat.	10:45-11:45am	Winter (10)	36392	\$55.00

### SNACK ATTACK

Do you have an aspiring young chef on your hands? Start them out with this introductory class, where they will create yummy snacks and learn kitchen safety.

Material fee is an additional \$40

**Ages:** 6 & 7 years

**Location:** Senior's Centre

Day	Time	Session	Barcode	Cost
Sun.	2:45-4:15pm	Fall (8)	36422	\$66.00+\$40=\$106
Sun.	2:45-4:15pm	Winter (8)	36423	\$66.00+\$40=\$106



**Book your child's birthday party at the  
Quinte Sports & Wellness Centre!**

*Check the Recreation Services section for  
themes and prices.*

**Tips**

Indoor footwear is required in fitness studios, gymnasium and Family Dental Centre Track

## RECREATION PROGRAMS FOR CHILDREN 6-10 YEARS

For start dates, cancellations and special program notes please see the first page of this section.

### KIDS IN THE KITCHEN

Parents enjoy a date night while your kids cook with us. Your children will learn cooking skills, kitchen safety, table setting and manners, the importance of nutrition and enjoy eating their creations each Friday evening. Your little chef is sure to enjoy the world of “sticky fingers” and they may even make dinner for you one day! Don't forget to bring a container to each class to bring home some of your cooking!

**Material fee is an additional \$72.** Ages: 8-10 years

**Location: Senior's Centre**

Day	Time	Session	Barcode	Cost
Fri.	5:15-7:15pm	Fall (8)	36394	\$88+\$72=\$160
Fri.	5:15-7:15pm	Winter (8)	36395	\$88+\$72=\$160

### KIDS OF STEEL

This program is designed to offer kids the opportunity to experience the sport of triathlon in a positive environment. Training includes swimming, biking and running. Children must be able to swim 25m unassisted in a lifejacket (or on their own).

Ages: 6 – 10 years

**Location: Workout Studio, Track, and Pool**

Day	Time	Session	Barcode	Cost
Sun.	10:30am-12:00pm	Fall (10)	36396	\$90.00
Sun.	10:30am-12:00pm	Winter (8)	36397	\$72.00

### SPORTY GIRLS & GUYS

Come have fun learning a variety of sport skills in this active program. A general warm-up, skills session and playing time will be offered each week. This program will introduce kids to volleyball, basketball, soccer and more! Ages: 6 - 10 years

**Location: Gymnasium**

Day	Time	Session	Barcode	Cost
Tues.	5:00-6:00pm	Fall (13)	36424	\$3/visit
Tues.	5:00-6:00pm	Winter (9)	36626	

### FLOORBALL

Floorball is an exciting co-ed indoor hockey game. It resembles floor hockey or ball hockey but is played with light-weight plastic composite sticks, a whiffle ball and rules that promote safety and skill. Participants will warm up and then play as a team in a non-competitive environment.

Ages: 6-10 years

**Location: Gymnasium**

Day	Time	Session	Barcode	Cost
Fri.	5:00-6:00pm	Fall (12)	36070	\$3.00/Visit
Fri.	5:00-6:00pm	Winter (10)	36071	

### GIRLS NIGHT OUT

FOR GIRLS ONLY! To have fun with: Spa nights, movies, fitness, crafts, non-bake cooking and more. Girls Night has it all! Ages: 6 – 10 years

**Location: Gym, Pro Shop Meeting Room, Youth Room**

Day	Time	Session	Barcode	Cost
Mon.	5:00-6:30pm	Fall (13)	36426	\$107.25
Mon.	5:00-6:30pm	Winter (9)	36427	\$74.25

### GUYS HANG OUT

FOR GUYS ONLY! Each week features different sports, games and special events. Come on down and hang out with the boys! Ages: 6 - 10 years

**Location: Gym, Pro Shop Meeting Room, Youth Room**

Day	Time	Session	Barcode	Cost
Thurs.	5:00-6:30pm	Fall (14)	36428	\$115.50
Thurs.	5:00-6:30pm	Winter (10)	36429	\$82.50

### HIP-HOP **NEW!**

This program is the ultimate dance-fitness party for young dance fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Ages 7 - 11 years

**Location: Gymnasium**

Day	Time	Session	Barcode	Cost
Mon.	6:30-7:30pm	Fall (12)	36430	\$72.00
Mon.	6:30-7:30pm	Winter (9)	36431	\$54.00

### RED CROSS STAY SAFE! (Formally Home Alone Course)

This one-day program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent/guardian both at home and in their community. Candidates will receive a workbook and a certificate.

**Location: Minor Sports Meeting Room**

Day	Time	Session	Barcode	Cost
Fri.	9:00am-4:00pm	Sept. 29	36511	\$46.00
Sat.	9:00am-4:00pm	Oct. 28	36512	\$46.00
Fri.	9:00am-4:00pm	Nov. 24	36513	\$46.00
Sun.	9:00am-4:00pm	Dec. 17	36514	\$46.00
Sat.	9:00am-4:00pm	Jan. 13	36515	\$46.00
Fri.	9:00am-4:00pm	Feb. 2	36516	\$46.00
Tues.	9:00am-4:00pm	Mar. 13	36517	\$46.00