

SUMMER REGISTERED PRESCHOOL PROGRAM (Ages 6 months to 4 years)

<p>Baby Steps: The land portion of this program will provide a chance for you and your infant to spend quality time together learning new songs & rhymes, as well as a great opportunity for new parents to connect with each other in a welcoming and relaxed environment. All Infant programs include the “Splashers” swim program where the child is orientated to the water in an easy, supportive way through songs and activities. (Lead by a Swim Instructor) This water portion will take place from 9:00-9:30am, followed by the gym component. Ages: 6 months – 2 years</p>	
<p>Junior Fitt Kidz: Jr. Fitt Kidz is a great opportunity to participate in activities that will teach the importance of physical fitness through cooperative games, sports and of course fun. This program will also involve a optional water component *Please note that children under the age of 3 need to be accompanied in the water by a parent / guardian during pool times. Ages:2-4 years</p>	<p>Jr. Nature Explorers: You and your child will experience nature and seasonal wonders through the wonderful world of nature. Weather permitting, each class will include a different outdoor activity such as nature collages, bug hunts etc. This program will also involve a optional water component *Please note that children under the age of 3 need to be accompanied in the water by a parent / guardian during pool times. Ages:2-4 years</p>
<p>Jr. Kickers: Jr. Kickers is a great opportunity for children to learn the great game of soccer while developing basic motor skills. This program will also involve a optional water component *Please note that children under the age of 3 need to be accompanied in the water by a parent / guardian during pool times. Ages:2-4 years</p>	<p>All In One: A new program designed for preschoolers aged 3-5 years of age to incorporate many different aspects of fun and social interaction. Preschoolers will participate in a variety of programs, including gym and outdoor games, swimming lessons and crafts. This program incorporates your 1 swim lesson included in your membership. (Note: One Bilingual staff member will be scheduled for this program to assist with French speaking participants. Parents will be prompted on whether they want a French or English swim lesson) Ages:3-5 years</p>

SUMMER REGISTERED PRESCHOOL PROGRAM (Ages 5 to 12 years)

<p>Kickers: Jr. Kickers is a great opportunity for children to learn the great game of soccer while developing basic motor skills. Ages: 5-8years & 9-12years</p>	<p>Wet & Wild: Starting off with a cool swim in our pools. Followed by fun outdoor games and activities while enjoying the warmth of the summer sun. Ages 5-12 years</p>
<p>Nature Explorers: Let your child experience nature and seasonal wonders through outdoor activities. Weather permitting, each class will include a different outdoor activity such as nature collages and bug hunts. Ages: 5-8years & 9-12years</p>	<p>All In One: A program designed to incorporate many different aspects of fun and social interaction. The youth in this program participate in a variety of programs during their time including gym games, swimming lessons and crafts. This program incorporates your swim lessons included in your membership. (Note: One Bilingual staff member will be scheduled for this program to assist with French speaking participants. Parents will be prompted on weather they want a French or English swim lesson) Ages: 6 to 12 years</p>

SUMMER OPEN ACCESS YOUTH PROGRAMS (Ages 5 to 12 years)

<p>All Sport: Participants will develop a wide range of skills in a variety of sports such as soccer, basketball, floor hockey, ringette and volleyball with a focus on teamwork and sportsmanship.</p>

SUMMER REGISTERED TEEN PROGRAMS (Ages 13 to 15 years)

<p>Teen Speed Teens who wish to use the cardio equipment in the fitness centre must complete the Teen Speed Course. These sessions will help young teens become familiar with the safety and proper use of the Fitness Centre cardiovascular equipment Ages: 13-15 years</p>
<p>Teen Strength This program covers the basics of strength training. Strength training builds strong bones and muscles, helps shed a few pounds and build self-confidence. It may also reduce the incidence of sports related injuries and is one solution to reducing obesity among youth. Participants will learn about the safe and effective use of the Fitness Centre equipment and will then be able to continue to workout on their own. Ages: 13-15 years</p>