

CHILDREN & YOUTH PROGRAMS

Spring Classes begin the week of March 26, 2012

NO CLASSES: Victoria Day - Mon. May 21

ACRODANCE (7-11 YEARS) ♥

This unique course combines dance with gymnastics. Participants will learn co-ordination, flexibility, balance and strength in a fun and safe setting.

GO GIRL YOGA (10-14 YEARS) ♥

Yoga designed specifically for you. Learn focus, relaxation, breathing and stretch techniques in a creative and casual environment. No experience is necessary, you don't have to be super flexible or fit. All can benefit.

GOLF (CHILD/YOUTH 10+ YEARS)

Learn how to play golf. Start the season right with some instruction on the fundamentals of the game. Taught by a Golf Professional, participants learn the skills as well as the rules of the game. Golf clubs are available at no additional cost for those who require them.

HIP HOP DANCE - BEGINNER (8-16 YEARS) ♥

Experience an inspiring introduction to hip hop dance. Challenge yourself to learn the latest hip-hop moves. High energy dance that is fun, and great exercise too! By the end of the program, students will have mastered an entire hip-hop routine. No previous dance experience necessary. Each sequence will be taught step-by-step, with an emphasis on bringing personal style to the routine.

MARCH BREAK HOCKEY CAMP

See description on page 30

JAZZ DANCE - BEGINNER (8+ YEARS) ♥

Students will learn basic jazz dance technique and terminology. A wonderful way to expand energy and learn to dance. Jazz is a great way to strengthen the upper body with emphasis on flexibility. Correct posture and coordination are the focus while learning the basic dance skills.

JUNIOR COOKS IN THE KITCHEN (8-12 YEARS) New!

Through hands-on instruction, children learn they can prepare good, delicious food and that cooking is an important way to keep healthy. Participants will learn how to mix, measure, follow a recipe and even clean up as they bake and cook to their hearts content. Program menu follows Canada's Food Guide. Materials included. Please note: Due to the nature of this program, we cannot guarantee that all recipes and supplies will be nut free.

KARATE KIDS (6-12 YEARS) ♥

Beginner - Wado Ryu

Improve confidence, discipline, concentration, and fitness level through Wado Ryu Karate training. Instructor Michael Ham holds a 5th degree Black Belt with over 20 years experience teaching martial arts. Michael is also an NCCP certified Karate coach, and High Five certified. Uniform and grading are not included in program fee. Uniforms for the beginner (white) level is mandatory and can be bought from the program instructor for a cost of \$40.00. Grading is an additional \$30.00 but is not guaranteed to occur every session.

FAMILY KARATE (6+ YEARS) ♥ 

All belt levels. Train together as a family. Exercise together and learn something new. Learn two popular Karate styles, Wado Ryu & Uechi Ryu. Instructor Michael Ham holds a 5th degree Black Belt with over 20 years' experience-teaching martial arts. He is certified as a Master Instructor (Shihan) in Okinawa Japan, & is a member of the Black Belt testing board. Michael is also a NCCP certified Karate coach, and High Five certified. Uniform and grading extra. Grading is an additional \$30.00 but is not guaranteed to occur every session.

Volunteering

Attend a training to learn more about our Town, your role as a volunteer, and your rights and responsibilities in your position

Date	Time	Barcode	Location
April 10	5:00-7:00pm	18311	Leisure Centre
June 5	5:00-7:00pm	18312	Leisure Centre

Volunteer for Youth Week

April 30 – May 5

Activities include:

- Stouffville Has Talent
- Youth Fashion Show
- Youth Dance

Contact: Alison.jeschke@townofws.ca

SKIPPING: RECREATIONAL - BEGINNER (6+ YEARS) ♥

The sport of rope jumping promotes personal fitness and fun. It is an inexpensive option to be active and can be done practically anywhere. This program is designed as an introduction to teach skills and games that can be done with a skipping rope.

SKIPPING: RECREATIONAL - INTERMEDIATE (6+ YEARS) ♥

For those who have mastered the beginner level and are now ready to take on more advanced skipping skills. Participants must have taken a minimum of two sessions of the beginner level or have received approval from the program instructor!

SKIPPING: DEMO TEAM (8+ YEARS) ♥

The Stouffville Steppers is a demo team for advanced skippers. This team will perform across York Region in conjunction with the Heart and Stroke foundation. They also attend various competitions in and around the Toronto area. Tryouts will be held for team members prior to the beginning of the fall session.

SKIPPING: DEMO TEAM TRYOUTS (8+ YEARS) ♥

Contact Jen McEachen for further information at 905-640-1910 ext. 2288 or by email at jen.mceachen@townofws.ca

SPROCKIDS MOUNTAIN BIKING (9-14 YEARS) ♥

You don't have to travel far to find amazing mountain bike trails at Durham Forest. Introductory mountain bike skills will be taught in a safe, supportive environment. Emphasis is placed on safety, fun, increasing self confidence and gradual increase in fitness level. Life skills such as decision making and teamwork are incorporated into group activities as well.

Although parent participation is not required, parents are encouraged to join in on trips to the forest to create a family outing. Develop the confidence to explore the trails with the entire family. Helmets are mandatory!

Note: Week one starts at Lebovic Leisure Centre, after that we will meet at Durham Forest. Please contact Barb Armstrong at 905-642-7529 ext. 328 or barb.armstrong@townofws.com for further information.

STEVE NASH CHILD AND YOUTH BASKETBALL ♥ (6-9 YEARS AND 10-13 YEARS)

This program provides girls and boys from across Canada an opportunity to learn basketball rules and regulations, develop skills and work on team play in a fun and supportive learning environment. The goal of this program is to allow participants the opportunity to maximize their potential, while promoting the importance of child/youth basketball as a vehicle to build character, discipline, self esteem, and sportsmanship. Participants will receive Steve Nash merchandise as part of this program.

TAI CHI FOR YOUTH or FAMILY (10+ YEARS) New! ♥ 

This Chinese exercise art form gently mobilizes every muscle and joint in the body. Tai Chi improves circulation, co-ordination, muscle tone, flexibility, concentration and promotes relaxation. This is an introduction to tai chi, great for all levels of fitness and great to promote wellness. This class runs in conjunction with our adult program. We have two instructors, one working with the younger group and one with the adults. This is a perfect way to start gentle physical activity with the whole family.

TENNIS - CHILD/YOUTH (OUTDOOR)

Each lesson consists of 60 minutes of training and 30 minutes of practicing for Junior Beginner 2 and higher. Please note that lessons are twice a week for four weeks! In the case of rain, the program will be cancelled and make up classes will be scheduled accordingly, **we guarantee 6 of 8 classes!**

Beginner 1 (6-8 years)

Participants have little or no experience and they will work on the basic strokes and strategies of tennis.

Beginner 2 (8-10 years)

Participants have at least one year of experience but their knowledge of strokes and strategies is limited. Existing skills will be reinforced and built upon for improvement.

Intermediate 1 (10-12 years)

Participants have a minimum of two years of experience and have good knowledge of the game. Groundstrokes and serves can be controlled using height, length, and direction, while volleys and overheads are still developing.

Intermediate 2 (12-14 years)

Participants have a minimum of three years experience, love the game and want to play on a regular basis. They want to improve every part of their game and are comfortable with any medium struck ball. For those looking for partners and interested in playing on a regular basis.

TENNIS - (INDOOR) FAMILY (6+ YEARS) ♥ 

All types of players and skill levels will love this program. There are no age restrictions ... Families, parents and children, train together at the same time. The walls of the gymnasium are used to facilitate learning. Everyone trains at their own pace and with their own motivation. All strokes are demonstrated and practiced, correcting bad habits and reinforcing good habits. Everyone is encouraged to try this revolutionary method.

ZUMBA® FOR YOUTH (11-15 YEARS) ♥

Ditch the workout...join the FUN! Zumba® has become one of the fastest growing Latin dance inspired fitness crazes in North America....it fuses Latin rhythms and easy to follow moves to create a one-of-a-kind program that will blow you away. People of all ages are falling in love with its infectious music.

Program Name	Age	Location	Day	Time	Start	# of Classes	Fee	Barcode
AcroDance	7-11 yrs	Stouffville Arena	Wed.	5:30-6:30pm	March 28	10	\$76.00	17486
Go Girl Yoga	10-14 yrs	Leisure Centre	Thurs.	4:00-4:55pm	April 12	10	\$60.00	17621
Golf - Child & Youth	10-15 yrs	Timber Creek	Thurs.	5:30-6:30pm	May 17	4	\$85.00	17715
Hip Hop Dance	8+ yrs	Leisure Centre	Sat.	11:30am-12:30pm	March 31	10	\$82.00	17490
Jazz Dance	8+ yrs	Leisure Centre	Sat.	12:45-1:45pm	March 31	10	\$82.00	17491
Junior Cooks	8-12 yrs	Ballantrae C.C.	Sat.	9:30-11:00am	April 14	6	\$81.00	18310
Karate Kids	6-12 yrs	Stouffville Arena	Mon.	6:30-7:30pm	April 2	10	\$81.00	17492
Family Karate	6+ yrs	Stouffville Arena	Mon.	7:35-8:35pm	April 2	10	\$81.00	17493
Skipping Demo Team	6+ yrs	St. Mark C.S.	Tues.	6:00-9:00pm		1 year	TBA	
Fall team to be selected in Sept. 2012								
Skipping Demo Team Tryouts	6+ yrs	Stouffville Arena Lrg Multi-Purpose Room	Tues. Wed.	6:00-8:00pm 6:00-8:00pm	Sept. 18 Sept. 19	1 1	- -	- -
Registration begins Aug. 28								
Skipping Recreational - Beg	6+ yrs	Stouffville Arena Latcham Hall	Wed. Sat.	7:00-8:00pm 11:30am-12:30pm	March 28 March 31	10 10	\$73.00 \$73.00	17551 17552
Skipping Recreational - Int	6+ yrs	Latcham Hall	Sat.	12:45-1:45pm	March 31	10	\$73.00	17553
Sprockids Mountain Biking	9-14 yrs	Durham Forest Ravenshoe Forest	Tues. Sat.	6:00-7:00pm 10:00-11:00am	May 8 May 5	6 6	\$70.00 \$70.00	17637 17638
Steve Nash Basketball	6-9 yrs 10-13 yrs	Harry Bowes P.S. Harry Bowes P.S.	Tues. Tues.	6:00-7:00pm 7:00-8:00pm	March 27 March 27	10 10	\$88.50 \$88.50	17119 17120
Tai Chi for Youth or Family	10+ yrs	Ballantrae C.C.	Wed.	6:30-7:30pm	March 28	12	\$60.00 (<18) \$90.00 (18+)	17642
Tennis - Indoor Family	6+ yrs 6+ yrs 6+ yrs 6+ yrs	SDSS SDSS SDSS SDSS	Tues. Tues. Tues. Tues.	6:00-7:00pm 7:00-8:00pm 8:00-9:00pm 9:00-10:00pm	March 20 March 20 March 20 March 20	6 6 6 6	\$54.00 \$54.00 \$54.00 \$54.00	17721 17722 17723 17724

spring summer



Volunteer Opportunities **Play Buddies**

Do you want to help someone have fun? Are you able to commit at least one hour per week? Can you assist someone who needs a little bit of extra help to be able to play? Do you want to make a difference?

Help someone participate in recreational activities. Some people just need a little extra help and attention to be able to join in our regular programming. We are looking for committed individuals who want to make a difference. No experience necessary but a willingness to help someone help themselves. Training provided.

For more information, please contact Micole at 905.640.1910 ext. 2323.

Program Name	Age	Location	Day	Time	Start	# of Classes	Fee	Barcode
Tennis - Outdoor								
Junior Beginner 1	6-8 yrs	Stouffville Arena	Tues.	3:30-4:30pm	May 1	8	\$72.00	17703
Junior Beginner 1	6-8 yrs	Tresstown	Thurs.	3:30-4:30pm	May 3	8	\$72.00	17706
Junior Beginner 2	8-10 yrs	Stouffville Arena	Tues.	4:30-6:00pm	May 1	8	\$87.00	17704
Junior Beginner 2	8-10 yrs	Tresstown	Thurs.	4:30-6:00pm	May 3	8	\$87.00	17707
Junior Int. 1 & 2	10-14 yrs	Stouffville Arena	Tues.	5:30-7:00pm	May 1	8	\$87.00	17705
Junior Int. 1 & 2	10-14 yrs	Tresstown	Thurs.	5:30-7:00pm	May 3	8	\$87.00	17708
Junior Beginner 1	6-8 yrs	Stouffville Arena	Tues.	3:30-4:30pm	June 26	8	\$72.00	17709
Junior Beginner 2	8-10 yrs	Stouffville Arena	Tues.	4:30-6:00pm	June 26	8	\$87.00	17710
Junior Int. 1 & 2	10-14 yrs	Stouffville Arena	Tues.	5:30-7:00pm	June 26	8	\$87.00	17711
Junior Beginner 1	6-8 yrs	Tresstown Courts	Thurs.	3:30-4:30pm	June 28	8	\$72.00	17712
Junior Beginner 2	8-10 yrs	Tresstown Courts	Thurs.	4:30-6:00pm	June 28	8	\$87.00	17713
Junior Int. 1 & 2	10-14 yrs	Tresstown Courts	Thurs.	5:30-7:00pm	June 28	8	\$87.00	17714
Zumba® for Youth	11-15 yrs	Leisure Centre	Fri.	6:00-6:55pm	April 13	10	\$60.00	17663

spring summer

High Five - Healthy Child Development

High Five, Quality at Play program is committed to assisting children along the path of healthy child development. High Five has been designed to promote the safety, well-being, and healthy development of children. This one-day leadership course is mandatory for anyone interested in working for Town of Whitchurch-Stouffville summer camps and/or seasonal programs.



Because quality matters

The Department of Leisure Services is a proud affiliate of the High Five® standards which includes the following philosophy of goals:

- To offer an inclusive environment that allows children to feel welcome and safe;
- Offer fun programming suitable to the ages, needs and likes of participants;
- To have a safe space for participants and staff
- To have a fun place that allows children to grow socially and meet new people all while enjoying activities that may also involve education

High Five® is Canada's only comprehensive quality standard for organizations providing sport and recreation programs to children ages 6-12. Through sustained involvement in quality sport and recreation, all children ages 6-12 are experiencing healthy development.

Date	Age	Time	Cost	Barcode
March 31	13+ yrs	10:00am-6:00pm	\$65.00	17342
May 28	13+ yrs	10:00am-6:00pm	\$65.00	17343



"your backyard...their adventure"

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Phone - 905 713-1825 web - kidsplaygroundworld.com

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