

Children & Youth Programs

Registration begins Monday, March 3 and is ongoing for Spring and Summer Session
Spring Programs begin the week of March 31 • Summer Programs begin the week of June 30
Parents are welcome to attend week 10 of the Spring session to view their child's class.

AcroDance (7-11 years) ♥

This exciting and very popular program combines dance with gymnastics. Participants will learn co-ordination, flexibility, balance, and strength in a fun and safe setting.

Cartooning for Kids (7-12 years)

Learn the art of creating cartoons. Learn how easy it is to make your own comics or draw your favourite cartoon characters.

Girls on the Go (11-14 years) ♥

A unique class that covers gentle cardiovascular activities, muscle conditioning to increase metabolism and energy and yoga-like stretching and relaxation techniques. The goal of this class is to introduce 11-14 year olds to FUN, CREATIVE activities that can be incorporated into a healthy lifestyle.

Golf (Child & Youth 10-15 years)

Get ready...the summer season is just a few short swings away. Taught under the supervision of a Golf Professional, this course covers the fundamentals of the game of golf. Learn the skills you need to get out on the course and enjoy the game. Golf clubs are available at Timber Creek at no additional cost for those who require them.

Hip Hop (8-16 years)

Beginner ♥

Experience an inspiring introduction to hip hop dance. Learn the latest hip hop moves taught in a gentle, yet challenging format. A high energy dance sequence that is fun, exhilarating, 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 movement will be taught step by step, with an emphasis on bringing your own style to the routine and making it fun.

Hip Hop (8-16 years)

Intermediate ♥

Give your mind and body a workout by learning some challenging hip hop choreography in this intermediate-level dance class.

Throughout the session, the class will examine different manifestations of this dance form – breaking, popping and locking, house and fusion – while equipping students with the fundamentals of each style and personality to the movement. Hip hop is never done small and students will be encouraged to step outside of the box and dance big. Participants must have taken two sessions of the Beginner level or received permission from the program instructor to attend the Intermediate level.

Inline Skating Lessons (6+ years) ♥



Come out on your own or as a family and enjoy an hour weekly of inline skating. You will gain confidence learning inline techniques which include balance and the all important stopping. The town is building extensive trail systems, so get ready to be able to enjoy them on your inline skates. Brought to you in conjunction with Boyd's Source for Sports. Participants are required to wear the following equipment: knee/elbow pads and a C.S.A. approved helmet that covers the back of the head and temples and fits snug.

Karate Kids – Stouffville Arena (6-12 years)

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.

Beginners – Wado Ryu ♥

Improve your child's confidence, discipline, concentration, and fitness level through Wado Ryu Karate training. Uniform and grading are not included in program fee. Uniforms for the beginner (white) level are 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.

Yellow Belt & up – Wado Ryu ♥

Your child continues to learn the more advanced skills of Wado Ryu Karate as taught by the Wado International Karate-Do Federation. Uniform and grading are not included in program fee. Uniforms for the beginner (white) level are 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.

Karate Kids – Ballantrae Community Centre

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.

Uechi Ryu (6-10 years) ♥

Improve your child's confidence, discipline, concentration, and fitness level through traditional okinawan karate training. Uniform and grading are not included in program fee. Uniforms for the beginner (white) level are 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 FUN

Look for this symbol for family programs and activities where parent participation is welcome!



HEART HEALTHY PROGRAMS

Active programs that work on increasing fitness levels. Some may qualify for Children's Fitness Tax Credit. See page 8.

Uechi Ryu (11 years+) ♥

Uechi Ryu, the Okinawan Karate system of the 'tiger, crane, and dragon'. Improve your fitness level while learning an effective form of self-defense. Uniforms are not included in the program fee but can be bought from Michael on the first night of the program: child sizes \$40.00 and adult sizes \$45.00. Grading is an additional \$30.00 but is not guaranteed to occur every session.

**Kids in the Kitchen (6-9 years) ♥**

Back by popular demand! In this exciting program, your child will learn how to mix, measure, follow a recipe and even clean up as they bake and cook to their hearts content. Material included. **Please note: Due to the nature of this program, we cannot guarantee that all recipes and supplies will be nut free.**

Level-Headed Leadership Through Horses (13 years +)

Level-headed leadership offers the opportunity for youth ages 13 and older to develop their leadership skills. This program is unique in that all learning takes place in a riding arena through hands-on groundwork exercises with horses. Horses are herd animals dependent on a strong positive herd leader for survival. They are leadership experts and as such can provide us with instant feedback as to the quality of our own leadership skills. This is not a 'learn to ride' program. Most of the interaction with the horses takes place on the ground. Knowledge of horses is not a prerequisite for participation. Our horses also work in our therapeutic riding program and are carefully chosen for their friendly personalities.

Skateboarding Lessons (6-12 years) ♥

Comfortable on your skateboard but not 100% sure how to use it safely and with confidence? Learn from our instructor on how to safely maneuver around the Skatepark with ease and confidence. This program is specifically designed for beginner and intermediate level boarders. Our beginner course covers safety, stance, movement and the development of balance and coordination. Our intermediate level covers more advanced skills such as kick turns, carving, grinding, tail drops, axle stalls, rocks to fakie, rock and rolls, tail taps, and flip tricks. CSA approved skateboarding helmet along with elbow, knee and wrist guards are MANDATORY to participate in these programs.

Skipping – Recreational (6 years +) ♥

The sport of rope jumping promotes personal fitness and fun. This program is designed to teach skills and games that can be done with a skipping rope.

Skipping – Competition/Demo Team (6 years +) ♥

The Stouffville Steppers is a demo/competitive team for advanced skippers. This team will perform across York Region in conjunction with the Heart and Stroke foundation. They will also attend competitions in Toronto and around York Region. Selection for demo team members will occur in August for the 2008/2009 season.

Skipping – Competition/Demo Team Tryouts (6+ years) ♥

See attached chart for tryout dates and times. Please call the Leisure Centre to register for tryouts at 905-642-PLAY, ext '0' on August 18, 2007 for Stouffville residents and August 19, 2008 for non-residents.

Steve Nash Child and Youth Basketball (6-9 years and 10-13 years) ♥

This exciting program provides girls and boys from across Canada the opportunity to be part of Steve Nash's Child and Youth basketball program. It gives youngsters an opportunity to learn basketball rules and regulations develop their skills and work on team play in a fun and positive 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 cool Steve Nash merchandise as part of this program.

Tennis for Children & Youth ♥

Each lesson consists of 60 minutes of training and 30 minutes of practising.

Beginner 1 (6-9 years)

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

Beginner 2 (8-11 years)

Participants have at least one year of experience but their knowledge of strokes and strategies is limited. They will reinforce and improve their previous skills.

Intermediate 1 (10-13 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 (12-15 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 but are comfortable with any medium struck ball. Looking for regular partners who are interested in playing on a consistent basis.

Youth Ball Hockey League (13-17 years) ♥

The Town of Whitchurch-Stouffville is excited about offering a youth league open to participants 13-17 years of age. Grab your CSA-approved helmet, stick, and gloves. This is a non-contact recreational-based program. Brush up on your hockey skills over the summer months and improve your skill!

Youth Sports Program (11-17 years) ♥

Come out and get active for the spring session with the Town of Whitchurch-Stouffville's Youth Sports Program. You will have the opportunity to meet fellow youth from the area and participate in various recreational sport activities including basketball, volleyball, floor hockey and badminton. Please note that participants have the option of signing up for the entire 10-week session or six out of the 10 weeks.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Fee	Barcode
AcroDance	7-11 yrs	Stouffville Arena	Wed.	5:30-6:30pm	April 2	10	\$65	10502
Cartooning For Kids	7-12 yrs	Leisure Centre	Mon.	5:30-6:30pm	April 7	10	\$80	11282
Girls on the Go	11-14 yrs	Leisure Centre	Tue.	4:00-4:55pm	April 1	11	\$55	11354
Golf Youth & Child	10-15 yrs 10-15 yrs	Timber Creek Golf Timber Creek Golf	Mon. Wed.	5:30-6:30pm 5:30-6:30pm	May 12 May 14	4 4	\$80 \$80	10509 10510
Hip Hop Dance	Beginner Level { Intermediate Level {	Leisure Centre Leisure Centre	Wed. Wed.	4:45-5:45pm 5:50-6:50pm	April 2 April 2	10 10	\$65 \$65	10513 10514
InLine Skating Family	6+ yrs	Boyd's Source Boyd's Source	Thu. Thu.	6:00-7:00pm 7:05-8:05pm	May 8 May 8	4 4	\$45 single \$105 family	11339 11340
Karate Kids	6-12 yrs. 6-12 yrs.	Stouffville Arena Stouffville Arena	Mon. Mon.	6:30-7:30pm 7:35-8:35pm	March 31 March 31	10 10	\$75 \$75	10515 10516
Karate Kids Uechi Ryu	6-10 yrs. 11+ yrs.	Ballantrae CC Ballantrae CC	Wed. Wed.	7:00-8:00pm 8:05-9:05pm	April 2 April 2	10 10	\$75 \$75	11310 11311
Kids in the Kitchen	6-9 yrs	Ballantrae CC	Sat.	9:30-11:00am	April 5	6	\$70	10517
Level Headed Leadership	13+ yrs	Vandorf Sdrd. & Hwy. 48	Sat.	2:00-4:00 pm	May 3	6	\$120	10518
Skateboarding	Beginner Level { Intermediate Level {	Skatepark Skatepark	Thu. Thu.	4:30-5:30pm 5:30-6:30pm	May 29 May 29	4 4	\$55 \$55	10534 10535
Skipping Comp/Demo	6+ yrs	St. Mark CS	Tue.	6:00-8:00 pm	Fall team selected in Sept. 08	1 year	\$255	
Skipping Comp/Demo/Tryouts	6+ yrs	Stouffville Arena Large Multipurpose Rm.	Mon. Wed.	6:00-8:00 pm 6:00-8:00 pm	Sept. 8 Sept. 10	1 1	\$0	11316 11317
Skipping Comp/Demo/Team	6+ yrs	St. Mark CS	Tue.	6:00-8:00 pm	TBA	1 year	\$255	TBA
Skipping Recreational	6+ yrs	Stouffville Arena	Wed.	6:35-7:35 pm	April 2	10	\$65	10536
Steve Nash Basketball	6-9 yrs 10-13 yrs	Orchard Park PS Orchard Park PS	Tue. Tue.	6:00-7:00pm 7:00-8:00pm	April 1 April 1	10 10	\$85 \$85	10537 10538
Tennis	Junior Beginner 1 Junior Beginner 2 Junior Intermediate 1 Junior Intermediate 2	Stouffville Arena Stouffville Arena Stouffville Arena Stouffville Arena	Tue. Tue. Tue. Tue.	4:00-5:30pm 5:00-6:30pm 5:30-7:00pm 5:30-7:00pm	April 29 April 29 April 29 April 29	8 8 8 8	\$80 \$80 \$80 \$80	11347 11338 11349 11349
Youth Ball Hockey	13-14 yrs. 15-16 yrs. 17+ yrs.	Stouffville Arena Stouffville Arena Stouffville Arena	Tue. Tue. Tue.	6:00-7:00pm 7:05-8:05pm 8:10-9:10pm	May 20 May 20 May 20	8 8 8	Individual Rate: \$110 Team: \$1100 (11 players)	11286 11287 11288
Youth Sports Program	13-17 yrs.	SDSS	Tue.	7:30-9:00pm	April 1	10 or 6 visits	\$80 \$35	11372

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.



We didn't know that you wanted to register.

Courses will be cancelled at least one week before the start date if registration numbers do not meet the minimum required to run the courses.

**REGISTER EARLY.
DON'T BE DISAPPOINTED.**