

Creative Play

Artful Toddler P&T / 18mths - 3 yrs

Moms or Dads enjoy a creative hour with your child making crafts, playing with toys, exploring senses through sand and water, and experimenting with painting materials. Relax and wind down with a story, songs and a snack.

Starting: Week of Jan 16/12

location: Recreation Complex - Creative Centre

Th	10:15 - 11:30 am	12 wk(s)	66203	\$125.00
Sa	10:30 - 11:45 am	12 wk(s)	66204	\$125.00

Family Fun P&T / 0 - 5 years

Come one, come all! Parents enjoy quality time with your toddlers. Arts, crafts, singing songs and storytelling are the highlights of this programs fun-filled environment. Designed for parents with more than 1 child under 5 years, wanting to come to a program together! Starting; Week of Jan. 19/12

location: Recreation Complex - Creative Centre

Th	9:00 - 10:00 am	12 wk(s)	66206	\$117.00
Th	9:00 - 10:00 am	12 wk(s)	66207	Free
Th	9:00 - 10:00 am	12 wk(s)	66208	Free
Th	9:00 - 10:00 am	12 wk(s)	66209	\$15.00

Toddler Playgroup P&T / 12 - 24 months

Encourage your child to socialize in a fun-filled environment while enjoying a variety of activities, then wind down with stories, rhymes, and songs.

Starting: Jan 18/12

location: Recreation Complex - Creative Centre

W	11:15 - 12:15 pm	12 wk(s)	66210	\$99.00
---	------------------	----------	-------	---------



Kindergym

Bouncin' Buddies P&T / 22 - 36 months

This action-packed program also emphasizes fun, learning through play and social interaction at a progressive pace, perfect for the tot with plenty of energy. Starting: Week of Jan. 16/12

location: Recreation Complex - Mat Room

M	11:05 - 11:50 am	10 wk(s)	66211	\$73.00
Tu	10:10 - 10:55 am	12 wk(s)	66212	\$87.00
Th	9:15 - 10:00 am	12 wk(s)	66213	\$87.00
F	10:10 - 10:55 am	12 wk(s)	66214	\$80.00
Sa	10:45 - 11:30 am	12 wk(s)	66215	\$87.00

Tumble Tots P&T / Walking - 22 months

A lively program where the emphasis is on FUN! Learning through play and social interaction are just some of the highlights to this program.

Starting: Week of Jan. 16/12

location: Recreation Complex - Mat Room

M	9:15 - 10:00 am	10 wk(s)	66216	\$73.00
Tu	11:05 - 11:50 am	12 wk(s)	66217	\$87.00
F	9:15 - 10:00 am	11 wk(s)	66218	\$80.00
Sa	9:00 - 9:45 am	12 wk(s)	66219	\$87.00

Wiggles ' N Giggles P&T / 6 mths - walking

An opportunity for you and your little one to experience play, socializing and a little exercise too. Lots of fun for all. Starting: Week of Jan. 16/12

location: Recreation Complex - Mat Room

M	10:10 - 10:55 am	10 wk(s)	66220	\$73.00
W	11:15 - 12:00 pm	12 wk(s)	66221	\$87.00
Th	10:10 - 10:55 am	12 wk(s)	66222	\$87.00
F	11:05 - 11:50 am	11 wk(s)	66223	\$80.00

Skate

Parent & Tot Skating 3.5 - 6 yrs

This program enables parents to participate with their child to learn the basic skating skills. Parents will assist their child in learning while under the instruction of a qualified instructor. Parents must wear skates on the ice.

Helmets are mandatory, and face masks are strongly recommended.

Starting: Week of Jan 16/12

location: Recreation Complex - Delaney Rink - Ice

instructor: John Pepper

W	10:30 - 11:00 am	12 wk(s)	66224	\$80.00
Th	10:30 - 11:00 am	12 wk(s)	66225	\$80.00
Th	2:15 - 2:45 pm	12 wk(s)	66226	\$80.00

Arts

Photography for Parent and Kids 7 - 12 years

Photography for Parents & Kids (7 - 12 yrs) Is your child begging to borrow your digital camera or did they just get their own? This program is a hands on class, which will encourage both parents and kids to explore their own creativity through their picture taking. Participants will learn the various features of their camera, improve composition, learn new techniques and help eliminate common picture problems. Requirements: a digital camera and a desire to take great pictures! Starting: Jan 16/12
location: Pine Ridge H. S. - Pine Ridge High School

M	6:00 - 7:15 pm	6 wk(s)	66227	\$90.00
M	6:00 - 7:15 pm	6 wk(s)	66228	Free
M	6:00 - 7:15 pm	6 wk(s)	66229	\$36.00

Dance

Mother/Daughter Hip Hop 11+ years

Mother/Daughter Hip Hop (11+) Hip Hop is a very high energy dance form that is great for cardiovascular exercise. This is a great way to combine fitness and fun! The class will consist of a cardio warm up, stretches, and dance combinations. This is the perfect way to get in shape while listening to good music, learning cool moves, and having a great time! Starting: Jan 17/12
location: East Shore C.C. - Community Room New

Tu	6:15 - 7:00 pm	12 wk(s)	66230	\$85.00 (parent)
Tu	6:15 - 7:00 pm	12 wk(s)	66231	Free (child 1)
Tu	6:15 - 7:00 pm	12 wk(s)	66232	\$43.00 (child 2)

Specialty

Home Alone

Home Alone (10 - 14 yrs) This program is designed for parents along with their children 10 - 14 years of age to learn the skills required to stay home alone, whether just after school or for longer periods of time. Covers: personal safety, emergencies and how to deal with them, responsibilities of the child, house rules, and problem solving. *All participants must be registered (Parents and all children).
Starting: Jan. 19/12
location: Recreation Complex - Mtg Rm 3
instructor: Laurie Large

Th	7:00 - 8:30 pm	4 wk(s)	66290	\$35.00 (parent)
Th	7:00 - 8:30 pm	4 wk(s)	66291	Free (child 1)
Th	7:00 - 8:30 pm	4 wk(s)	66292	\$10.00 (child 2)

Fitness & Active Programs

Family Fit Cardio Box 6+ years

Family Fit Cardio Box is a combination of kickboxing moves, as well as, dance moves set to high energy and motivating music. This class requires no previous kickboxing experience or equipment. Bring the whole family - kids love the action packed moves and music. Mom and dad will love being active with their kids and being great role models. Besides, it's FUN!

Starting week of Jan 16/12

location: Recreation Complex - Studio A - Members Studio

Tu	5:00 - 5:50 pm	12 wk(s)	66024	\$146.45
Tu	5:00 - 5:50 pm	12 wk(s)	66025	Free
Tu	5:00 - 5:50 pm	12 wk(s)	66026	\$30.00

Family Fit Yoga 8+ years

This Hatha-style yoga class is designed to introduce yoga and it's benefits, both physical and emotional, to all participating family members. This program can increase strength, flexibility, balance and body awareness. Reduce stress and improve your ability to relax, sleep better, and increase self-esteem. No previous experience with yoga necessary. Your own mat is required. Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind / Body Studio

Th	6:00 - 6:50 pm	12 wk(s)	66027	\$146.45
Th	6:00 - 6:50 pm	12 wk(s)	66028	Free
Th	6:00 - 6:50 pm	12 wk(s)	66029	\$30.00

Family Fit Boot Camp 6+ years

Have fun while getting fit. Run, jump, skip and get moving. Add in a few muscle toning exercises and you have Family Fit Boot Camp. Not Fit? Not a problem. This program is suitable for all abilities, ages 6+.

Starting week of Jan 16/12

location: Pickering Recreation Complex - Studio A

First Adult				
Th	5:00 - 5:50 pm	12 wks	67056	\$146.45
First Child				
Th	5:00 - 5:50 pm	12 wks	67057	Free
Additional Adult or Child				
Th	5:00 - 5:50 pm	12 wks	67058	\$30.00