

Youth

Arts

Children's/Youth Guitar - Level 1

8-12 / 13 - 17 years

Learn the fundamentals such as tuning your guitar, techniques for developing dexterity, basic reading skills, playing simple melodies and chord progressions. You will also gain performance skills by playing in a group and in voluntary solo performances. Bring your own guitar. Starting: Jan.22/12

location: Recreation Complex - Art Studio

instructor: Nathan Fernandes

| | | | | |
|----|------------------|---------|-------|----------------------|
| Su | 10:15 - 11:15 am | 8 wk(s) | 66275 | \$70.00 (8-12 yrs.) |
| Su | 9:00 - 10:00 am | 8 wk(s) | 66276 | \$70.00 (13-17 yrs.) |

Youth Art Beginner 11 - 14 yrs

Participants will explore, create and experiment using art mediums and tools to create a variety of subject matter. Will include scenery, cartoons, action figures, animals, people, cartoon and story boards. Supply list will be provided at first class (approx.\$35). Starting: Jan 21/12

location: Recreation Complex - Art Studio

| | | | | |
|----|-----------------|----------|-------|---------|
| Sa | 12:15 - 1:45 pm | 10 wk(s) | 66296 | \$67.00 |
|----|-----------------|----------|-------|---------|

Youth Art Advanced 11-14yrs

Students will continue to develop and refine drawing skills, with a more in-depth look at perspective, figures, colour, light and shadow. A variety of media will be used: pencil, conte and acrylic paint. Starting: Jan 18/12

location: Recreation Complex - Art Studio

| | | | | |
|---|----------------|----------|-------|---------|
| W | 5:45 - 7:15 pm | 10 wk(s) | 66298 | \$67.00 |
|---|----------------|----------|-------|---------|

Art 15-17 years

Explore a variety of techniques and media as you develop creative talents in this introductory class. Expand skills in shading, perspective, colour and composition. Study a variety of subject matter including still life, photo based media and personal interests. Supply list will be distributed at the first class (approx. \$35) Starting: Jan 19/12

location: Recreation Complex - Art Studio

| | | | | |
|----|----------------|----------|-------|---------|
| Th | 7:00 - 8:30 pm | 10 wk(s) | 66297 | \$67.00 |
|----|----------------|----------|-------|---------|

Photography 13-17 years

Want to take better pictures of your family and friends? Discover how to capture amazing candids, eliminate red eye, use the creative features on your camera and get the best pictures for use on the Internet or in email.

Participants are encouraged to photograph a variety of subjects and will be given related handouts. Each class will include a time to share photos and get feedback from others in the group. Requirements: A digital camera and a desire to take great pictures! Starting: Jan 17/12

Location: Pine Ridge H. S.

Instructor: Jennifer O'Malley

| | | | | |
|----|----------------|---------|-------|---------|
| Tu | 6:30 - 8:30 pm | 6 wk(s) | 66299 | \$52.00 |
|----|----------------|---------|-------|---------|

Dance

Indian Dance: Modern and Classical 11 - 17 years

Indian Dance is a narrative art of love, passion, emotions, history, and much more. It includes many steps, hand and facial gestures that must be mastered in order to narrate a story. This course will focus on Indian Dance as it applies to the physical well being of others. It will include exercises and begin with basic steps and music. Dancers will be challenged with the steps of Bharatanatyam and Theatrical dance. Starting: Jan 19/12

location: East Shore C.C. - Community Room

| | | | | |
|----|----------------|----------|-------|---------|
| Th | 7:00 - 7:45 pm | 12 wk(s) | 66302 | \$85.00 |
|----|----------------|----------|-------|---------|

Break Dancing 10 - 14 years

Techniques for moves you already know or to learn how do do brand new moves. This course is a lot of fun! The windmill, flair and new freezes are just a few moves that will be taught. No matter what level of breaking you are at, come on out! Starting Jan. 19/12

location: East Shore C.C. - Room #4

| | | | | |
|----|----------------|----------|-------|---------|
| Th | 5:45 - 6:45 pm | 10 wk(s) | 65990 | \$61.00 |
|----|----------------|----------|-------|---------|

Contemporary Dance 11 - 14 years

Contemporary dance is a modern dance form popularized by the hit TV series

So You Think You Can Dance! Contemporary dance uses the foundational technique from ballet and jazz to create a unique and complex movement.

Contemporary dance is done to slow, heartfelt music. Contemporary is fun and challenging! starting: Jan 17/12

location: East Shore C.C. - Community Room

11 - 14 years

| | | | | |
|----|----------------|----------|-------|---------|
| Tu | 5:15 - 6:00 pm | 12 wk(s) | 66300 | \$85.00 |
|----|----------------|----------|-------|---------|

15 - 17 years

| | | | | |
|----|----------------|----------|-------|---------|
| Tu | 7:15 - 8:00 pm | 12 wk(s) | 66301 | \$85.00 |
|----|----------------|----------|-------|---------|

Fitness & Active Programs

Kick Start

The ultimate goal of Kick Start is to involve more youth in sports and fitness, while teaching them the proper lifestyle choices to achieve long-term health and wellness. Kick Start is a 12- week pre season training program. The program will promote: fitness, making good nutritional choices for all athletes and injury prevention. Starting week of Jan 16/12

location: Recreation Complex - Program Room 3 - Office

| | | | | |
|------|-----------------|---------|-------|---------|
| M | 4:30 - 5:30 pm | 4 wk(s) | 66131 | \$35.00 |
| M | 6:30 - 7:30 pm | 4 wk(s) | | |
| W | 4:30 - 5:30 pm | 4 wk(s) | | |
| F | 8:00 - 9:00 pm | 4 wk(s) | 66132 | \$35.00 |
| F-Sa | 9:00 - 10:00 am | 4 wk(s) | | |
| Su | 6:30 - 7:30 pm | 4 wk(s) | | |

Specialty

Girls Night 10 - 14 years

Come on out, have some fun and meet new friends! Experience a variety of theme nights including spa night, pyjama party, and cook offs, to name a few. New themes every session! This program is sure to give girls a fun night, where they can dress up, be silly and have a great time, in a comfortable environment. Starting Jan. 19/12
location: East Shore C.C. - Room #2

Th 7:00 - 9:00 pm 7 wk(s) 65992 \$61.00

HIGH FIVE (PHCD) 15+ years

Principles of Healthy Child Development (PHCD) is a 7-hr Parks & Recreation program for youth 15 and older who are interested in working with children. The program focuses on understanding children and how to design programs and environments that support healthy child development. Many organizations require this certification for employment when working with children 6 - 12 years. Date: March 4/12
location: Recreation Complex - Mtg Rms 1+2+3

Su 9:00 - 5:00 pm 1 wk(s) 66303 \$62.00

Make up Workshop for Teens

Learn how to lighten up your make up in time for the spring. Try the new colour and style trends that are hot for 2012. The Instructor will edit your makeup bag so bring it along for some great advice.
Date: March 26/12

location: Petticoat Creek Community Centre - Petticoat Creek Franklin Room

M 5:30 - 8:30 pm 1 wk 66357 \$30.00

Babysitters Training Program 12 - 14 years

Come out and enjoy 8 fun short evenings with your peers while learning how to be a safe, fun and responsible babysitter for newborns to school age children. Topics include: safety, poisons, emergencies, diaper changing etc. Certificates will be given to all participants who successfully complete all assignments and final test.

Location: Dunbarton High School (enter through Pool Entrance Doors)

Starting: Week of Jan 16/12

location: Dunbarton H.S. - Dunbarton High School

M 7:00 - 8:30 pm 8 wk(s) 66304 \$65.00

Cooking for Teens

Students will learn how to cook simple meals, make healthy snacks, follow recipes and read information labels on foods. Participants will review safety in the kitchen and prepare dishes with a different theme each week. Don't forget your appetite as you will eat what you make! Starting: Jan 17/12
location: Petticoat Creek Community Centre - Kitchen & Paris Room

Tu 5:00 - 6:30 pm 8 wk(s) 66347 \$71.00

Sports

Table Tennis 8 - 14 years

Come out and learn the skills and rules of table tennis. Players will be matched up with those of similar skill level. Participants must wear proper indoor court shoes, and comfortable clothes. Bring your own table tennis paddle if you have one, if not Instructor will let you know what type of paddle to buy at the first class based on your skill level. Table tennis balls will be provided. Bring a friend and join in the fun! Starting Jan. 20/12
location: East Shore CC - Gym

F 4:30 - 6:00 pm 10 wk(s) 66305 \$70.00

Badminton 7 - 12 years / 13 - 17 years

Qualified instructors will teach the skills and rules of badminton. Take those skills and play games against others your own age. Bring your own racquet, badminton birds will be supplied. Come out for fun and fitness!

Starting: Week of January 17, 2011-10-11

location: Dunbarton High School (West Gym)

instructor: Greg Fowler

Tu 7:15 - 8:15 pm 12 wk(s) 66286 \$59.00

Ball Hockey 9 - 12 years

This program is designed for the hockey lover and is a combination of instruction and non-competitive play. Fundamental hockey skills will still be stressed in a fun atmosphere. Participants must wear CSA approved hockey helmets, with face masks. Starting Jan. 17/12

location: East Shore CC - Gym

Tu 5:45 - 7:15 pm 10 wk(s) 65988 \$60.00

Karate 6 - 17 years

Karate, and Oriental Art of self defense, is a superior means to achieve a high standard of physical fitness, and contributes to the development of self confidence and self discipline. New karate participants will be required to pay an annual membership fee of \$53.00 as follows:

- Complete a membership form and attach a money order for \$53 payable to "Chito-Ryu Association of Ontario"
- Must be submitted to the Karate Instructor at the first class. Registrants may not participate until this is submitted.
- You will receive your membership application form (online registration excluded) in your confirmation letter.
- All new registrants to register in the 5:30 pm - 6:30 pm class. Students will then process through the ranking system and move on to the later class times.

Session: Jan - Mar (3 months)

Location: West Shore Community Centre

Day: Tuesday & Thursday

Fee \$94.00 (Jan 3 - Mar 29/12)

Time

5:30 pm - 6:30 pm

6:30 pm - 7:30 pm

7:30 pm - 8:30 pm

Level

White Belt

Intermediate

Advanced

Register with instructor at West Shore Community Centre.



cityofpickering.com/teen

Winter 2012 has a great line up of program and events. Come check them out and make new friends, try a new sport or participate in a new activity. Free for Pickering youth 13 - 19 years of age who have a City of Pickering Photo I.D.

Programs are offered Monday to Friday at various locations to keep Pickering youth busy and active. In February, PAC4TEENS Youth Council will be hosting a Basketball Tournament for Pickering Teens. In March, City staff will be hosting the 3rd annual Break Dancing competition, and in April PAC4TEENS will be hosting a Coffee House & Band Night.

Cheek out our Website @cityofpickering.com/teen or search us on Facebook@FreeTeen Stuff

You can also follow us on Twitter @ Pickering Teens



GET INVOLVED!

HAVE A SAY! MAKE YOUR MARK!

PRE-TEEN DANCES

GRADES 5 - 8 ONLY

| | | | |
|-----------|---|--------|--|
| Location: | Pickering Recreation Complex 1867 Valley Farm Road 905.831.1711 or 905.683.6582 | Dates: | December 2, 2011 January 27, 2012 February 24, 2012 March 23, 2012 April 20, 2012 May 25, 2012 June 15, 2012 |
| Fee: | \$8.25 per ticket | | |
| Time: | 7:00 pm - 10:00 pm | | |



NEW: Individual Pre-Teen Dance Tickets are now sold exclusively on line Tickets go on sale online starting at 9:00 am on Saturday prior to each scheduled dance and while quantities last. Visit cityofpickering.com/teen to purchase your dance tickets. Individual Ticket Sales are limited to 5 per customer / household. Have your major credit card ready as it is the only acceptable method of online payment. Individual pre-teen dance tickets are not available in person at the Pickering Recreation Complex.

Advanced Ticket Packages: available in person at the Pickering Recreation Complex while quantities last. Advanced Ticket Packages are not available online. **Sold out.**

FREE TEEN STUFF 13.19

Community Services Department
Cultural & Recreation Division

for PICKERING TEENS

City I.D. card required for all programs and events. Get it free at the program of your choice (parent signature required). Visit our website cityofpickering.com/teen for membership application, program & event information, photo gallery, contests, and updates.



Fall Schedule

breakdancing

Got Moves?
E S C C Thursday 7pm - 10pm

basketball

St. Mary C S S Monday & Friday 7pm - 10pm
Pine Ridge S S Tuesday 7pm - 10pm
E S C C Thursday 7pm - 10pm

girls only!

P C C C Thursday 6pm - 9pm
Cooking, crafts & more!

games room

Pool Tables, Xbox, PS2, Wii, foosball, PS3, laptops, air hockey, Rock Band & more!

The Hideout & Outdoor Basketball
P C C C Wednesday 6pm - 8pm
The Basement at
E S C C Thursday 7pm - 10pm

Pickering Public Library

Central Branch Auditorium
Wii, movies on the big screen, lap top internet access and more!
**NEW - Photo Club
Monday 4pm - 6pm

youth shinny

Don Beer Arena Wednesday
3pm - 4:30pm

the den

Pickering Recreation Complex, Salons
Tuesday
4pm - 7pm
Breakdancing, sports, games & more!

2012 EVENTS

Have an idea for a new event or program?
Looking for a volunteer opportunity?
We want to hear about it!

| | | Schedule & Updates Online | |
|-------------------|---------------------------|---------------------------|------|
| Saturday, March 3 | Dance Competition | 7:00pm-10:00pm | ESCC |
| Saturday, April 7 | Coffee House & Band Night | 7:00pm-10:00pm | PCCC |

For more information call 905.420.6588



IDEAS?

The Council earns volunteer hours for school by planning events for Pickering teens 13-19 yrs of age. Check out our website at cityofpickering.com/teen or search us on Facebook at FreeTeen Stuff. You can also follow us on Twitter at Pickering Teens.

WHERE TO GO

E S C C East Shore Community Centre
located at 910 Liverpool Road (just south of Bayly Street)

P C C C Petticoat Creek Community Centre
located at 470 Kingston Road West (west of Rosebank Road)

St Mary C S S
located at 1918 Whites Road, just south of Finch Avenue

Pine Ridge S S
located at 2155 Liverpool Road

Don Beer Arena
located at 940 Dillingham Road

Pickering Recreation Complex
located at 1867 Valley Farm Road

Pickering Public Library
located at One The Esplanade



905.420.6588
cityofpickering.com/teen

Facebook - FreeTeen Stuff
Twitter: Pickering Teens

Pickering Teens 13 - 19 years, City ID card required -
Get it at the program Free (parent signature required).



twitter

F.I.T. Club 13 - 17

Workout time on cardio equipment and selectorized weight machines and free weights. Understand how to train large muscle groups and learn safe, effective techniques. Upon successful completion, be eligible for membership.

Winter Session Starts week of January 20, 2012

Fridays at 6:00 pm Barcode: 66019

Saturdays at 12:00 pm Barcode: 66020

Saturday at 3:30 pm Barcode: 66021

Sundays at 12:00 pm Barcode: 66022

Sundays at 3:30 pm Barcode: 66023

March Break Session

Monday to Saturday at 10:00 am Barcode: 66034

Monday to Saturday at 1:00 pm Barcode: 66035



cityofpickering.com



Age Groups:

Micro: 2009 - 2006

Mini: 2005 - 2002

Full Field: 2001 - 1994

Adult: 1993 & Earlier

Special needs all ages

PLAY SOCCER AT


PICKERING SOCCER CLUB

Programs:

- Recreational
- All-Star
- Competitive
- Adult
- Special Needs

JOIN US FOR OUR NEW OUTDOOR SEASON
OPEN HOUSE REGISTRATIONS



PICKERING SOCCER CLUB HOUSE
1735 Bayly St., Unit 14, Pickering

from 9:00 am - 4:00 pm

Saturday, February 11th

Saturday, March 24th

Saturday, April 14th

Register Early - Don't Be Disappointed



For more information visit www.pickeringssoccer.ca
(Tel): 905-831-9803 • Email: admin-rec@pickeringssoccer.ca
Recreational Summer Camps Available