

New! SWIMMING SKILLS IMPROVEMENT LESSONS

These classes focus on improving specific swimming skills from Swim Kids Level 5 to 10 in a small group setting without taking the whole lesson over again.

Lakewood Civic Centre

Nov 20-23	Tu-F	04:35 PM-05:05 PM	\$45.50	LW4169-01	Nov 20-23	Tu-F	05:45 PM-06:15 PM	\$45.50	LW4169-03
Nov 20-23	Tu-F	05:10 PM-05:40 PM	\$45.50	LW4169-02	Nov 20-23	Tu-F	06:20 PM-06:50 PM	\$45.50	LW4169-04

New! FAMILY SWIM LESSONS

Age 6+. A family up to four members (related by birth, legal status or marriage with a minimum of one adult) receive basic swim instruction to become more comfortable in the water. Learn water safety, front and back float, front and back glide with kick and work toward front swim for 10 meters. Call any facility for more information or to register.

Harry Bailey Aquatic Centre

Sep 9-23	Su	12:25 PM-12:55 PM	3	\$64.00	HB4173-01
Sep 30-Oct 14	Su	12:25 PM-12:55 PM	3	\$64.00	HB4173-02
Oct 21-Nov 4	Su	12:25 PM-12:55 PM	3	\$64.00	HB4173-03

Shaw Centre

Sep 19-Oct 3	W	04:40 PM-05:10 PM	3	\$64.00	SC4173-01
Sep 19-Oct 3	W	05:15 PM-05:45 PM	3	\$64.00	SC4173-02
Sep 19-Oct 3	W	05:50 PM-06:20 PM	3	\$64.00	SC4173-03
Sep 19-Oct 3	W	06:25 PM-06:55 PM	3	\$64.00	SC4173-04

LEARN TO SKATE

Preschool Learn to Skate

3-5 yrs. This recreational program will help your child become comfortable on the ice, while learning fundamental skills such as balance and how to steer. No experience required. Each participant must bring their own skates and helmet; without these they will not be allowed on the ice. Skate aids are prohibited on the ice during the class. (Note: unparented class).

ACT Arena

Oct 9-Nov 27 Tu 04:15 PM-04:45 PM \$66.75 AC4352-01

Cosmo Arena

Oct 10-Nov 28 W 04:15 PM-04:45 PM \$66.75 CA4352-01

Oct 11-Nov 29 Th 04:15 PM-04:45 PM \$66.75 CA4352-02

Parent & Tot Learn to Skate

3-5 years. Kids will have fun learning how to skate with their parent or guardian helping along the way. Instructors are on the ice to teach the basic fundamentals of skating. One parent or guardian must be on the ice at all times with their child. Each participant must bring their own skates and helmet

Lions Arena

Oct 15-Dec 3 M 04:15 PM-04:45 PM \$66.75 LI4343-01

PLAY & LEARN

Teddy Bears Picnic

3-5 yrs. Children and teddy will have an opportunity to colour, play pool games and have a snack and story. Teddy bear welcome to provide comfort to child and does not go in pool.

Lawson Civic Centre

Sep 5-Oct 1 MW 10:20 AM-11:05 AM \$55.00 LC4374-01

Sep 5-Oct 1 MW 01:05 PM-01:50 PM \$55.00 LC4374-02

Sep 8-Nov 10 Sa 11:05 AM-11:50 AM \$68.75 LC4368-01

Oct 2-Dec 4 Tu 10:20 AM-11:05 AM \$68.75 LC4368-02

Oct 3-Dec 5 W 10:20 AM-11:05 AM \$68.75 LC4368-03

Oct 4-Dec 6 Th 10:20 AM-11:05 AM \$68.75 LC4368-04

Oct 5-Dec 7 F 10:20 AM-11:05 AM \$68.75 LC4368-05

Oct 15-Dec 3 M 01:05 PM-01:50 PM \$55.00 LC4374-03

Movin' & Groovin' Toddlers

2-3 yrs. Boys and girls will unlock a new adventure each week with crafts, stories and themed activities. Instructor led; parental/guardian assistance for activities is required.

Lawson Civic Centre

Sep 13-Oct 11 Th 10:30 AM-11:15 AM \$46.75 LC4342-01

Oct 21-Nov 25 Su 03:00 PM-03:45 PM \$46.75 LC4342-02

Toddlers on the Move

2-3 yrs. Children will play with parachutes, mats, a balance beam and much more. Instructor led. Parents/guardians must be present.

Lakewood Civic Centre

Sep 8-Oct 13 Sa 10:15 AM-11:00 AM \$41.25 LW4370-01

Oct 21-Nov 25 Su 10:15 AM-11:00 AM \$41.25 LW4370-02

Shaw Centre

Sep 15-Oct 13 Sa 09:15 AM-10:00 AM \$41.25 SC4370-01

Oct 27-Nov 24 Sa 09:15 AM-10:00 AM \$41.25 SC4370-02

Kids on the Move

3-5 yrs. Burn off all that energy by participating in fun instructor-led games and activities using balls, hoops, sports equipment and parachutes. Parent/guardian participation is not required.

Lawson Civic Centre

Sep 9-Oct 14 Su 03:00 PM-03:45 PM \$40.25 LC4324-01

Oct 18-Nov 15 Th 10:30 AM-11:15 AM \$40.25 LC4324-02

Oct 21-Nov 25 Su 01:00 PM-01:45 PM \$40.25 LC4324-03

The Princess Ball

3-5 yrs. Calling all princesses to come and have a ball! Come dressed in your princess best and be ready to dance, sing songs and make fancy princess crafts like a tiara and jewellery. Parents/guardians must be present.

Lawson Civic Centre

Sep 9-Oct 14 Su 02:00 PM-02:45 PM \$46.75 LC4369-01

Oct 21-Nov 25 Su 02:00 PM-02:45 PM \$46.75 LC4369-02

Jungle Gym Safari

3-5 yrs. Bring your shorts and runners and prepare to go on a Jungle Gym Safari! Each safari session will begin with a story about a new jungle animal, followed by games in the indoor playground, a craft and a watering hole break. Parents/guardians must be present.

Lawson Civic Centre

Sep 9-Oct 14 Su 01:00 PM-01:45 PM \$46.75 LC4322-01

PRESCHOOL SPORT

Sporty Stars

3-5 yrs. An instructor will introduce children to a variety of sports including soccer, floor hockey and basketball. Something new each week.

Lakewood Civic Centre

Sep 8-Oct 13 Sa 09:15 AM-10:00 AM \$41.25 LW4364-01

Sep 9-Oct 14 Su 10:15 AM-11:00 AM \$41.25 LW4364-02

Sep 9-Oct 14 Su 11:15 AM-12:00 PM \$41.25 LW4364-03

Oct 20-Nov 24 Sa 09:15 AM-10:00 AM \$41.25 LW4364-04

Oct 20-Nov 24 Sa 10:15 AM-11:00 AM \$41.25 LW4364-05

Shaw Centre

Sep 15-Oct 13 Sa 10:15 AM-11:00 AM \$41.25 SC4364-01

Oct 27-Nov 24 Sa 11:30 AM-12:15 PM \$41.25 SC4364-02

Active Start Tennis

3-5 yrs. Scaled down racquets and modified tennis balls will make this introduction to tennis fun. Participants will be introduced to a variety of fundamental movement skills including striking an object, walking, running, jumping, wheeling, catching, throwing, agility, balance, coordination and reaction speed. This program will instill the love of sport and being physically active.

Lakewood Civic Centre

Oct 20-Nov 24 Sa 11:15 AM-12:15 PM \$52.25 LW4301-01

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*Keep the kids active while
you get your Christmas
shopping done!*

Check out Drop & Shop (p. 33)