

Jumpstart Recreation Programs

Online registration  town.uxbridge.on.ca



Uxbridge Recreation Child & Youth Programs: 905-852-7831 *\$25 programs sponsored by Jumpstart
 Through the kind efforts of the Uxbridge Canadian Tire Jumpstart program and the Jumpstart Community Development Program, we are able to offer Rec programs at affordable prices for our community! We at Uxbridge Recreation understand the importance of sport for all ages, and the positive impact it has on individuals, their families, and our community! Thank you Canadian Tire Uxbridge and to those who donate their time through volunteer efforts and financial gifts.



| Mondays | Location | Time | Session | Weeks | Age | Price/Session |
|------------------------------|------------|-----------------|------------------|-------|-------------------|---------------|
| Tiny Yogi & Parent | Uxpool H | 4:00pm-4:30pm | March 26-May 28 | 8 | 3-4 yrs | \$25/child |
| Jr. Yogi & Beatz | Uxpool H | 4:45pm-5:30pm | March 26-May 28 | 8 | 5-7yrs | \$25 |
| Parent n' Child Yoga | Uxpool H | 6:00pm-6:45pm | March 26-May 28 | 8 | 8-11yrs | \$25/child |
| Yoga & Meditation | Uxpool H | 7:00pm-8:00pm | March 26-May 28 | 8 | 11-15yrs | \$25 |
| Pick up Basketball | JGPS | 6:00pm-7:00pm | March 26-May 28 | 8 | 9-11yrs | \$25 |
| Floor Hockey - COMP | JGPS | 7:00pm-8:00pm | March 26-May 28 | 8 | 9-11yrs | \$25 |
| Tuesdays | Location | Time | Session | Weeks | Age | Price/Session |
| Indoor Soccer | UPS | 6:00pm-7:00pm | March 27- May 22 | 8 | 9-11yrs | \$25 |
| Dodgeball | UPS | 7:00pm-8:00pm | March 27- May 22 | 8 | 10-13yrs | \$25 |
| Jr. Gym | USS | 6:00pm-6:45pm | March 27- May 22 | 8 | 4-6yrs | \$25 |
| Multisport | USS | 7:00pm-8:00pm | March 27- May 22 | 8 | 7-9yrs | \$25 |
| Wednesdays | Location | Time | Session | Weeks | Age | Price/Session |
| Bop & Beatz | Uxpool H | 4:00pm-4:45pm | March 28-May 16 | 8 | 3-4yrs | \$25 |
| Busy Bees w/Parent | Uxpool H | 5:00pm-5:45pm | March 28-May 16 | 8 | 3-5yrs | \$25/child |
| Park Play | Elgin Park | 5:00pm-6:00pm | May 2-June 20 | 8 | 5-7yrs | \$25 |
| Park Play | Elgin Park | 6:00pm-7:00pm | May 2-June 20 | 8 | 7-9yrs | \$25 |
| Floor hockey - REC | JGPS | 6:00pm-7:00pm | March 28-May 16 | 8 | 9-11yrs | \$25 |
| Dodgeball | JGPS | 7:00pm-8:00pm | March 28-May 16 | 8 | 7-9yrs | \$25 |
| Thursdays | Location | Time | Session | Weeks | Age | Price/Session |
| Jr. Hikers | Trails | 4:15pm-5:15pm | May 3-June 21 | 8 | 6-8 yrs | \$25 |
| Sr. Hikers | Trails | 5:30pm-6:30pm | May 3-June 21 | 8 | 9-11yrs | \$25 |
| Bike & Play | Elgin Park | 4:15pm-5:15pm | May 3-June 21 | 8 | 6-7yrs | \$25 |
| Outdoor Ping Pong | Elgin Park | 5:15pm-6:15pm | May 3-June 21 | 8 | 9+ yrs | \$25 |
| Move 2 Groove | Uxpool H | 6:00pm-7:00pm | March 29-May 17 | 8 | 6-9yrs | \$25 |
| Move 2 Groove | Uxpool H | 7:00pm-8:00pm | March 29-May 17 | 8 | 10-12yrs | \$25 |
| Fridays | Location | Time | Session | Weeks | Age | Price/Session |
| Daytime Parent n' Child Yoga | Uxpool H | 11:45am-12:30pm | April 6-May 25 | 8 | 3+ yrs (flexible) | \$25/child |

UXPOOL PA DAYS & UXBRIDGE RECREATION PROGRAMS

| | Location | Time | Session | Weeks | Age | Price/Session |
|---------------------------|----------|---------------|--------------------|---------|--------------------------------------|---------------|
| Babysitting Course | Uxpool H | 9:00am-4:00pm | April 27 or June 4 | 1 Day | 11+yrs | \$70 |
| Fridays Mummy & Baby Yoga | Uxpool H | 1:00pm-2:00pm | April 6-May 4 | 5 Weeks | Non- crawlers (min 8 req. to run) | \$30 |



Jumpstart Recreation Programs



Jumpstart

Busy Bees! Ages 3-5

Music, movement and gym activities make this program perfect for active children. Enjoy obstacle courses, parachute play, tunnels, songs and games while improving balance, body awareness and coordination. Note: Parent/guardian participation is required. Only the child needs to be registered for the program.

Bop & Beatz! Ages 3-4

Have a blast dancing your heart out at this non-technical, high energy recreational dance program for boys and girls! Participants will enjoy dancing to fun music and expressing their own creative side through games that encourage imagination in an open and accepting environment.

Jr. Gym! Ages 4-6

An action-packed evening of gym games and sports for the younger sport enthusiast who is looking to have fun, make friends, learn competitive play, and to burn off some energy! This program is a great introduction to Physical Literacy.

Jr. Yogi & Beatz! Ages 5-7

Participants will enjoy dancing to fun music by expressing their own creative side through games that encourage imagination. The last 15 minutes of the class will be the practice of yoga with a focus on flexibility, strength, balance, and body awareness through simple yoga sequences and yogi games! Meditation exercises will help improve concentration, relaxation and mindfulness.

Park Play! Ages 5-7 and 7-9

Let's get outside and take advantage of Uxbridge's beautiful Elgin Park and trails! Park Play Kids will enjoy a variety of outdoor sports and games which can also be integrated into fun family Uxbridge excursions! Street hockey, scavenger hunts, playground games, fort building, sandbox play, outdoor ping pong, obstacle courses, mini trail hikes, parachute games and more! This is a structured program; however, we will be encouraging children to tap into their imagination and allow the self-play to kick in for a few of the activities.

Multisport! Ages 7-9

A variety of sports and games each week! A great way to figure out which sport your child enjoys the most for future team sports!

Move 2 Groove! Ages 6-9 and 10-12

Have a blast dancing your heart out at this non-technical, high energy recreational dance program for boys and girls! Participants will enjoy a variety of dance styles while expressing their own creative side through games that encourage imagination in an open and accepting environment. Performance for parents/guardians on the last day!

Indoor Soccer! Ages 9-11

Dribble, pass, and shoot! Recreational Pick-up Soccer with an instructor/referee. This is an exciting one-hour session of soccer to encourage physical fitness, team play, and fun competition. A great way to get yourself ready for the summer soccer season! *Indoor running shoes and water needed.

Floor Hockey! Ages 9-11

Indoor Recreation Pick-up Floor Hockey with instructor/referee. This is an exciting one-hour session ball hockey game to encourage physical fitness, team play, and fun competition! *Indoor Running Shoes and water required. COMP= Competitive for those who are hockey players or want to keep score. REC= Recreational for those who just want to have fun, not keep score, or need a bit of a break from the competitive hockey environment.

Pick-Up Basketball! Ages 9-11

Indoor Recreation Pick-up Basketball with instructor/referee. This exciting one-hour basketball session will encourage physical fitness, team play, and fun competition! *Indoor running shoes and water required.

Parent n' Child Yoga & Tiny Yogi & Parent! Ages 3-11

This class is designed to promote active living and healthy family connections. Together, parent and child will enjoy yoga games, partner poses, and improve balance, mobility, and flexibility through simple yoga sequences. Please bring your own mat. Note: Parent or guardian participation required at all times. Only the child needs to be registered.

Yoga & Meditation! Ages 11-15

Discover. Recharge. Breathe. With a focus on health and well-being, develop flexibility, strength, balance and body awareness through simple yoga sequences. Meditation exercises will help improve concentration, relaxation and relieve stress. Please bring your own mat.

Dodgeball! Ages 7-9 and 10-13

Kings Court, Doctor Dodgeball, and Ultimate Elimination! Enjoy a variety of friendly competitive dodgeball games in a fun and high-energy environment. * Indoor running shoes and water needed.

Bike & Play! Ages 6-7

Little riders will be able to zip around the new Elgin Park paved path to practice their bicycle skills! Riders will practice riding on the paved area, grass sections, stopping, bicycle safety, bike signals, and obstacles! We will also practice our mastered skills on nearby sidewalks and Uxbridge Trails located behind Elgin Park. At the end, participants will have time to play on the playground. Riders must be coordinated enough to ride without a parent or 1:1 assistance, must have a proper fitting and certified bike helmet, and must have their own personal bike which is properly tuned and safety-checked. We are not responsible for any potential damage to personal bikes or safety equipment.

Jr. & Sr. Hikers! Ages 6-11

Practice hiking skills on our trails while learning basic trail safety and how to read the Uxbridge Trail Maps! Enjoy scavenger hunts, and trail games. We will be exploring three Uxbridge trail heads in 5 weeks! Trail locations will be sent 7 days in advance via email and/or text message.

Outdoor Ping Pong! Ages 9+

Elgin Park has new outdoor Ping Pong tables! Each week participants will play each other in friendly competition! Not sure how to play? We will teach you! All equipment is provided. Don't forget to dress for the weather and to bring your water bottle.

Please note: In order to eliminate program distractions and to implement proper safety measures with facility space, we do not allow parents/guardians inside the same program area until the last day. Please prep your child in advance. Exceptions are made for special situations and programs that include parent supervision. Thank you for your understanding. As always, please feel free to connect with the Recreation Coordinator if you have any special requests or questions.