

## YOUTH AND TEEN PROGRAMS SPONSORED BY JUMPSTART

### Uxbridge Recreation Child & Youth Programs: 905-852-7831 \*\$25 programs Sponsored by Jumpstart

<b>Mondays</b>	<b>Location</b>	<b>Time</b>	<b>Fall Session</b>	<b>Winter Session</b>	<b>Weeks</b>	<b>Age</b>	<b>\$/Session</b>
Tiny Yogi and Parent	Uxpool H	4:00-4:30pm	Sept 25-Nov 20	Jan 8-Mar 5	8	3-4yrs	\$25/child
Junior Yogi and Parent	Uxpool H	4:45-5:30pm	Sept 25-Nov 20	Jan 8-Mar 5	8	5-7yrs	\$25
Parent n' Child Yoga	Uxpool H	6:00-6:45pm	Sept 25-Nov 20	Jan 8-Mar 5	8	8-11 yrs	\$25/child
Yoga and Meditation	Uxpool H	7:00-8:00pm	Sept 25-Nov 20	Jan 8-Mar 5	8	11-15yrs	\$25
Pick up Basketball	JGPS	6:00-7:00pm	Sept 25-Nov 20	Jan 8-Mar 5	8	9-11yrs	\$25
Floor Hockey - Comp	JGPS	7:00-8:00pm	Sept 25-Nov 20	Jan 8-Mar 5	8	9-11yrs	\$25
<b>Tuesdays</b>	<b>Location</b>	<b>Time</b>	<b>Fall Session</b>	<b>Winter Session</b>	<b>Weeks</b>	<b>Age</b>	<b>\$/Session</b>
Indoor Soccer	UPS	6:00-7:00pm	Sept 26-Nov 14	Jan 9-Feb 27	8	9-11yrs	\$25
Dodgeball	UPS	7:00-8:00pm	Sept 26-Nov 14	Jan 9-Feb 27	8	10-13yrs	\$25
Jr Gym	USS	6:00-6:45pm	Sept 26-Nov 14	Jan 9-Feb 27	8	4-6yrs	\$25
Multisport	USS	7:00-8:00pm	Sept 26-Nov 14	Jan 9-Feb 27	8	7-9yrs	\$25
<b>Wednesdays</b>	<b>Location</b>	<b>Time</b>	<b>Fall Session</b>	<b>Winter Session</b>	<b>Weeks</b>	<b>Age</b>	<b>\$/Session</b>
Bop & Beatz	Uxpool H	4:00-4:45pm	Sept 27-Nov 15	Jan 10-Feb 28	8	3-4yrs	\$25
Energy Busters w/Parent	Uxpool H	5:00-5:45pm	Sept 27-Nov 15	Jan 10-Feb 28	8	3-5yrs	\$25/child
Rec Instructor in Training	Uxpool H	6:00-7:00pm	Sept 27-Nov 29	Jan 10-Mar 7	9	13-15yrs	\$25
Floor hockey-Rec	JGPS	6:00-7:00pm	Sept 27-Nov 15	Jan 10-Feb 28	8	9-11yrs	\$25
Dodgeball	JGPS	7:00-8:00pm	Sept 27-Nov 15	Jan 10-Feb 28	8	7-9yrs	\$25
<b>Thursdays</b>	<b>Location</b>	<b>Time</b>	<b>Fall Session</b>	<b>Winter Session</b>	<b>Weeks</b>	<b>Age</b>	<b>\$/Session</b>
Jr Hikers	UX Trails	4:15-5:15pm	Sept 28-Oct 26	NA	5	6-8yrs	\$25
Sr Hikers	UX Trails	5:30-6:30pm	Sept 28-Oct 26	NA	5	9-11yrs	\$25
Bike and Play	Elgin Park	4:15-5:15pm	Sept 28-Oct 26	NA	5	6-7yrs	\$25
Ping Pong Champs	Elgin Park	5:15-6:15pm	Sept 28-Oct 26	NA	5	9-11yrs	\$25
Move 2 Groove	Uxpool H	6:00-7:00pm	Sept 28-Nov 16	Jan 11-Mar 1	8	6-9yrs	\$25
Move 2 Groove	Uxpool H	7:00-8:00pm	Sept 28-Nov 16	Jan 11-Mar 1	8	10-12yrs	\$25
<b>Fridays</b>	<b>Location</b>	<b>Time</b>	<b>Fall Session</b>	<b>Winter Session</b>	<b>Weeks</b>	<b>Ages</b>	<b>\$/Session</b>
Parent n' Child Yoga	Uxpool H	11:45am-12:30pm	Sept 29-Nov 24	Jan 12-Mar 2	8	3+yrs (flexible)	\$25/child

### UXPOOL PA DAY & RECREATION PROGRAMS

<b>PA DAYS &amp; Rec Programs</b>	<b>Location</b>	<b>Time</b>	<b>Fall Session</b>	<b>Winter Session</b>	<b>Weeks</b>	<b>Age</b>	<b>\$/Session</b>
Babysitting Course	Uxpool H	9:00-4:00pm	Nov 17	Jan 19	1 day	11+yrs	\$70
Tube Water Polo + H <sup>2</sup> O Games	Uxpool H	2:00-4:00pm	Oct 6, Nov 17		1 day	7-11yrs (Sk 5 or higher)	\$25
Friday's: Mummy & Baby Yoga	Uxpool H	1:00-2:00pm	Sept 29-Nov 3	Jan 26 - Mar 2	5	Non-crawlers (min 8 to run)	\$30



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.



**Energy Busters! Ages 3-5**

(Parent(s) participation is required)

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 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 burn off some energy! This program is a great introduction to Physical Literacy.

**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**

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: Dance 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 1 hour session of soccer to encourage physical fitness, team play, and fun competition. \*Indoor running shoes and water needed.

**Floor Hockey! Ages 9-11**

Indoor Recreation Pick-up Floor Hockey with instructor/referee. This is an exciting 1 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 Rep hockey players.  
REC = Recreational for those who just want to have fun and not keep score!

**Pick-Up Basketball! Ages 9-11**

Indoor Recreation Pick-up Basketball with instructor/referee. This is an exciting 1 hour session of a basketball game to encourage physical fitness, team play, and fun competition! \*Indoor Running Shoes and water required.

**Parent Child Yoga, Tiny Yogi & Parent, Jr. 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. 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 & 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.

**Indoor Soccer! Ages 9-11 yrs**

Recreational Pick-up soccer to encourage physical fitness and fun competition. Participants will use their new skills to face-off in weekly friendly games.

**Rec Instructor In Training Ages 13-15**

This program is designed for youth who want to gain knowledge and experience working with children in a fun & recreational setting. Learn leadership skills, lesson planning for specific ages and abilities, physical & health literacy, Basic First Aid & CPR, Municipal policies & procedures, skill mastery & progressions, as well as the caretaking needs of children; all with a focus on leadership development. Successful completion of this course allows participants a volunteer field placement in a variety of our After School Rec programs. In order to qualify for our hiring process, individuals must be certified in a Standard First Aid & CPR 'C', which is offered at a future time and cost.

**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! 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 certified bike helmet, and a properly tuned and safety checked bike.

**Jr & Sr Hikers! Ages 6-11**

Hikers will practice their hiking skills and familiarizing themselves with the trails! Participants will learn basic trail safety and how to read the Uxbridge Trail Maps! Scavendure hunts, geocaching, and trail games will be incorporated! We will be exploring 3 Uxbridge Trail heads in 5 weeks!

**Ping Pong Champs! Ages 9-11**

Elgin Park has new OUTDOOR Ping Pong tables! Each week participants will challenge each other for the Ping Pong Champ title!

**Please note:** In order to eliminate program distractions and to implement proper safety measures with facility space, we do not allow parents/guardians to watch programs 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.