

## Uxbridge Recreation Child & Youth Programs: 905-852-7831

\*\$25 programs Sponsored by Jumpstart

Mondays	Location	Time	Session	Weeks	Age	Price/Session
Bop & Beatz	Uxpool Hall	4-4:45 pm	March 27 - May 22	8	3-4yrs	\$25
Energy Busters w/parent	Uxpool Hall	5-5:45 pm	March 27 - May 22	8	3-5yrs	\$25
Rec Instructor in Training	Uxpool Hall	4-5 pm	March 27 - June 12	11	14-16yrs	\$40
Rec Volunteer in Training	Uxpool Hall	4-5:45 pm	March 27 - June 12	11	13-14yrs	\$40
Jr Yogi & Beatz	Uxpool Hall	6-6:45 pm	March 27 - May 22	8	5-7yrs	\$25
Yoga & Meditation	Uxpool Hall	7-7:45 pm	March 27 - May 22	8	15-18yrs	\$25
Pick up Basketball	JGPS	6-7 pm	March 27 - May 22	8	9-11yrs	\$25
Floor Hockey	JGPS	7-8 pm	March 27 - May 22	8	9-11yrs	\$25
Tuesdays	Location	Time	Session	Weeks	Age	Price/Session
Dodgeball	UPS	7-8 pm	March 28 - May 16	8	10-13yrs	\$25
Indoor Soccer with Parent	UPS	6-7pm	March 28 - May 16	8	9-11yrs	\$25
Jr Gym	USS	6-6:45 pm	March 28 - May 16	8	4-6yrs	\$25
Jr Soccer	USS	7-8 pm	March 28 - May 16	8	7-9yrs	\$25
Wednesdays	Location	Time	Session	Weeks	Age	Price/Session
Jr Gym	JGPS	6-6:45 pm	March 29 - May 17	8	4-6yrs	\$25
Dodgeball	JGPS	7-8 pm	March 29 - May 17	8	7-9yrs	\$25
Boys Hip Hop	Uxpool Hall	4-4:45 pm	March 29 - May 17	8	6-8yrs	\$25
Parent n' Child Yoga	Uxpool Hall	5-5:45 pm	March 29 - May 17	8	5-8yrs	\$25
Parent n' Child Yoga	Uxpool Hall	6-6:45 pm	March 29 - May 17	8	8-11yrs	\$25
Yoga & Meditation	Uxpool Hall	7-8 pm	March 29 - May 17	8	11-15yrs	\$25
Thursdays	Location	Time	Session #1	Weeks	Ages	Price/Session
Move 2 Groove	Uxpool Hall	6-7 pm	March 30 - May 18	8	6-9yrs	\$25
Move 2 Groove	Uxpool Hall	7-8 pm	March 30 - May 18	8	10-12yrs	\$25
PA Days	Location	Time	Date	Weeks	Ages	
Babysitting Course	Uxpool Hall	9 pm - 4 pm	May 5th or June 2nd	1 Day	11+ years	\$70
Emergency First Aid	Uxpool Hall	9 am - 4 pm	May 5th or June 2nd	1 Day	Gr 6-8	\$70

Through the kind efforts of Uxbridge Canadian Tire Jumpstart, 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 or financial gifts! A Healthy Community is a Happy Community!



# Jumpstart Programs

## **\*\*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 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. Meditation exercises will help improve concentration, relaxation and mindfulness.

## **Boys Hip Hop! Ages 6-8**

Recreational Hip Hop for boys who like to dance & show off their moves! Participants will enjoy exploring Hip Hop moves to fun music while expressing their creative side through dance games & hip hop music!

## **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 in an open and accepting environment. Dance performance for parents/guardians on the last day!

## **Jr Soccer! Ages 7-9**

Drizzle, 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.

## **Pick-Up Basketball! 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! Ages 5-8 & 8-11**

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 & 15-18**

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 with Parent(s)! Ages 9-11 yrs**

For the family that loves sports! Together, parent and child will participate in Recreational Pick-up soccer to encourage physical fitness and fun family competition. Participants will use their new skills to face-off in weekly friendly games. Please note: Parent and guardian participation required. Only the child needs to be registered for the program.

## **Rec Volunteer In Training Ages 13-14**

This program is designed to teach participants leadership skills with an emphasis on those required to become a Rec Volunteer in our After School Recreation program for kids! Topics covered include Basic First Aid & CPR, Volunteer responsibilities, Municipal policies & procedures, proper communication, program planning, exceptionalities workshop, and most importantly the power to influence as an effective leader! Successful completion of this course allows participants a volunteer field placement in a variety of our After School Rec programs. A great way to gain experience and volunteer hours!

## **Rec Instructor In Training Ages 14-16**

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.

*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.*

