



Collingwood Neighbourhood House

Recreation Programs: Winter 2011/2012

Collingwood Neighbourhood House offers a range of recreation programs and activities for all ages. Activities include music, dance and the arts, as well as other physical and social activities. We strive to provide a good balance of activities for people of all ability levels and interests in our neighbourhood. Most of our recreation programs take place at our main site at 5288 Joyce Street; some, however, are located at satellite facilities in the community. Integration, fairness, cooperation and mutual respect are some of the values central to our recreation programs, while having fun!

Registration

Please read the following program descriptions which include start dates, times, cost and registration information. Participants in the many drop-in recreation programs at CNH pay the drop-in fee at the front desk. For some programs participants must register before the program begins; in those cases it's a good idea to sign up early as many popular programs fill quickly. Most pre-registered programs run for 12 weeks, three times each year (fall, winter, spring) or as special summer programs. Recreation participants are required to purchase a very modestly priced annual CNH membership to participate in programs. For more information call 604-435-0323.

Preschool Recreation Programs

Parent and Tot Activities (Ages 2-5)

Games and physical play activities will help children develop social and motor skills. Adult participation is required. Tuesdays and Thursdays; 10 am-11:45 am; \$2.50 drop-in fee. Program is ongoing.



Spanish with Fun Program (Ages 3-5)

This is a great opportunity to stimulate your child's Spanish language skills in a safe and enjoyable environment. Saturdays, Jan. 21 - Mar. 10; 10:30 am-12:30 pm; \$30/8 classes (pre-registration is required).

Preschool and Kinder Creative Dance (Ages 4-5)



Creative dance is a playful and fun way for young boys and girls to develop their physical movement skills, stimulate their imagination and creativity and strengthen their cognitive, social and emotional skills. We will explore the elements of dance using a wide variety of music, props and rhythm instruments in a supportive, non-competitive environment.

Kinder Creative Dance: (Age 4 and 5)

Tuesdays, Jan. 17 - Mar. 20; 3:40-4:25 pm; \$50/10 classes.

Rhythmic Gymnastics (Ages 3 1/2-5)

Children develop hand-eye coordination using rhythmic equipment such as skipping ropes, hoops, ribbons and balls to learn routines to music while they have fun. Wednesday, Jan. 25- Mar. 14; 9:45-10:45 am; \$45/8 classes; pre-registration is required.



ZumbAtomic (Ages 4-7 Boys and Girls)

Classes are rockin', high energy fitness-parties packed with specially choreographed, kid-friendly routines and all music kids love, like hip-hop, reggaeton, cumbia and more. The positive effects for kids is that it increases their focus and self-confidence; boosts metabolism and enhances coordination. Tuesdays, Jan. 24-Mar. 27; 4:00-4:45 pm; \$35/10 classes.

Children's Recreation Programs at CNH

Chinese Classical Dance (Ages 6-14)

This dance provides excellent exercise for children of all ages. It also allows expansion of knowledge towards Chinese culture and art. Thursdays, Jan. 19-Mar. 22; Mar. 29-May.31; 4:30- 5:30 pm; \$45/10 classes.

Children's Floor Hockey (Ages 6-9)

Canada's favorite game is coming to Collingwood Neighbourhood House! Learn, work on your skills, and play lots of games in a friendly and safe environment. It's great exercise and lots of fun! Equipment provided. Wednesdays, Jan. 18-Mar. 21; 3:45-4:45pm; \$48/10 classes.



Piano Classes (Ages 5-7 and 8-9)

This fun class for beginners focuses on the basics of proper touch, hand technique and reading notes. The class uses John Thompson's Easiest Piano Course. Saturdays, Jan. 28-Mar. 17; \$85/8 classes; pre-registration is required
Ages 5-7, 10:30-11:30 am or 11:30-12:30 pm (beginner and intermediate)
Ages 8-9, 12:30-1:30 pm.

Children's Gymnastics Education

The safe and supportive atmosphere helps children learn the skills needed to enjoy gymnastics. Pre-registration is required.

Tuesdays, Jan. 17-Mar. 20
Ages 5-7, 4:15-5:15 pm (beginner and intermediate)
Ages 7-10, 5:15-6:45 pm (intermediate and advanced)
\$66/10 classes.

Wednesdays, Jan. 18-Mar. 21
Ages 11 and over, 5:00-7:00 pm (all levels)
Cost: \$66/10 classes.

Saturdays, Jan. 21-Mar. 24
Ages 5-7, 9:15-10:15 am (beginners and intermediate)
Ages 7-10, 10:15-11:45 am (intermediate and advanced)
Cost: \$66/10 classes.



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Rhythmic Gymnastics (Ages 5 1/2 and up)

Enjoy the unique combination of dance, gymnastics, music and self expression through the use of hand-held apparatus such as ribbons, balls, hoops and ropes and special choreographer rhythm.

Mondays, Jan. 23-Mar. 12, Mar. 19-May. 14;
5:00-6:00 pm; \$60/8 classes.



Arts and Crafts for Children (Ages 5-9)

Drawing, painting, collage, casting, relief and using recycled materials to create forms. Saturdays, Jan. 21-Mar. 24; 10am-12 noon; \$65/10 classes or \$6.75/drop-in (includes supplies).

Children's Soccer (Ages 6-9)

Girls and boys will be introduced to basic soccer skills including dribbling, passing, shooting and ball control. Fun, skill development and teamwork will be emphasized in this program. Thursdays, Jan. 19-Mar. 22; 3:45-4:45 pm; \$50/10 classes. Pre-registration is required.



Children's Basketball (Ages 9-12 boys and girls)

Make new friends practicing and learning basketball skills. Fun, skills development and learning positive values such as teamwork, cooperation and respect will be central to this program.

Wednesdays, Jan. 18- Mar. 21; 4:50-5:50 pm; \$48/10 classes.



Wushu (Ages 6-17)

Wushu is a modern combination of Chinese martial arts based mainly on the Northern and Southern Chinese form of kung-fu. Sundays, Jan. 22-Mar. 25; 5:00-6:30pm; \$45/10 classes.

Pre-Ballet & Creative Dance (Ages 6-8)

Girls and boys are introduced to the world of dance. Through this class each child will develop social interaction, posture, motor skills and self esteem in a positive environment. Tuesdays, Jan. 17-Mar. 20, 4:30-5:30 pm; \$45/10 classes.

Creative Writing for Pre-Teens (Ages 8-11)



This class is tailored for children who want to explore creative writing in an encouraging environment. Participants are encouraged to participate in several writing projects including fiction, non-fiction, poetry, and letters. There are weekly homework assignments. Fridays, Session one: Jan. 13-Feb. 17; Session two: Feb.24-Mar. 30.

Yoga Games (Ages 5-9)

Combine dynamic movements, postures, breathing exercises and meditations. Yoga integrated physical fitness, education and social and self-awareness. The child enhanced concentration, nurtures imagination, relieve stress having fun and provides grounding and peace. Saturdays, Jan. 21-Mar. 10; 10:30-1130 am; \$35/8 classes.

Volleyball (Ages 9-12)

Make new friends practicing and learning volleyball skills. Fun, skills development and learning positive values such as teamwork, cooperation and respect will be central to this program. Mondays, Jan. 16-Mar. 19; 4:00-5:30 pm; \$48/10 classes. Pre-registration is required.



ZumbAtomic (Ages 8-12 Boys and Girls)

Classes are rockin', high energy fitness-parties packed with specially choreographed, kid-friendly routines and all music kids love, like hip-hop, reggaeton, cumbia and more. For the kids, it increasing their focus and self-confidence; boosting metabolism and enhancing coordination. Tuesdays, Jan. 24-Mar. 27; 4:50-5:35 pm; \$35/10 classes.

Gymnastics Spring Break Camp (Ages 6-11)

Lots of fun activities planned for the whole week. Kids are advised to wear comfortable clothing. Please bring snacks and lunch. We will be going outside to do activities after lunch, weather permitting. Note: Due to allergies there will be NO NUTS allowed in the gym. Mar. 12-Mar.16 and Mar. 19-Mar. 23; 9:30 am-2:30 pm; \$95 per week.

Adult Recreation Activities at CNH



Our recreation activity pass is available at a cost of \$55/12 sessions. The pass can be used for the following activities: Volleyball, Badminton, Soccer, Jazzercise, Yoga, Zumba, Women's Badminton Club, Hatha Yoga and Pilates. A single drop-in fee for these activities is \$5.50. You save \$11 by purchasing one pass.

Zumba

A typical Zumba lasts about an hour and incorporates several dance styles, including cumbia, bachata, meringue, salsa, reggaeton, mambo, and bellydance. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. Zumba classes are for ALL ages – no experience necessary.

Mondays, 12:05-1:05pm; Tuesdays, 7:15-8:15 pm;
Wednesdays, 12:05-1:05 pm & 7:15-8:15 pm;
Saturdays, 11:15-12:15 pm; \$5.50 drop-in.



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Jazzercise

Jazzercise is the number one dance/fitness programs in the world. Using a follow-the-leader style, the instructor gives you the option of doing no impact, low impact and high impact techniques

Mondays, Wednesdays and Fridays: 6:00-7:00 pm

Tuesdays, Thursdays: 12 noon-1:00 pm

Saturdays: 10:00-11:00 am; \$5.50 drop-in.

Hatha Yoga

Increased strength, balance, stamina and body awareness are some benefits you can attain from Hatha Yoga.

Tuesdays and Thursdays: 6:45-8:15 pm. \$5.50 drop-in.

Women's and Men's Drop-in Soccer

(Pre-registration required to ensure a spot)

People of all skill levels welcome and local residents are given sign-up priority when pre-registering.

Thursdays, Jan. 5 – Mar. 22; 8:30-10:00

pm; \$51.50/12 sessions or \$4.75/drop-in. On going.



Men's and Women's Drop-in Volleyball

(Pre-registration is required)

Players of all skill levels welcome and local residents are given sign-up priority when pre-registering.

Mondays, Jan. 9-Mar. 26; Wednesdays, Jan. 4-Mar. 21;

8:15 -10 pm; \$51.50/12 sessions or \$4.75/drop-in.

Women's and Men's Drop-in Badminton

(Pre-registration required to ensure a spot)

People of all skill levels are welcome and local residents are given sign-up priority when they pre-register.

Thursdays, Jun. 5-Mar. 22; 6:45-8:30 pm; \$51.50/12 ses-

sions or \$4.75/drop-in. Tuesdays (starting in April 2012), 8:30-10:15 pm

Women's and Men's Badminton Club

Come enjoy a friendly game of badminton in this fun and safe environment.

Sundays, Jan. 8-Mar. 25; 10:15-12:15 pm;

\$51.50/12 sessions or \$4.75/drop-in.



Seniors Recreation Activities at CNH

Gentle Fit Chair Exercise

Enjoy safe, slow moving exercises for increased joint range of motion, relaxation and improved stamina and muscular strength. Suitable for people with all forms of arthritis and various levels of ability. Wednesdays, 1:00 pm-2:00 pm; \$2.50 per session or use your fitness pass. Begins again Jan. 11, 2012.

Seniors' Kundalini Yoga Drop-in

Relax, renew and rejuvenate through breathing, exercises, stretching and meditation.

Mondays and Thursdays, 9:30 am-10:30 am; \$2.50 per session or use your fitness pass.



24 Forms Simplified Tai Chi For Seniors

Integrate mind, body and qi (energy), keeping blood and energy circulation smooth in the

entire body to prevent disease. Mondays, 10:45 am-11:45 am; Fridays, 9:30-10:30 am; \$2.50 per session or use your fitness pass.

32 Form Tai Chi Sword

Tai Chi Sword is a weaponry form of Tai Chi Chuan, in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and bring about movements which are smooth and graceful. Wednesdays, Jan. 11-Mar. 14; 11:15-12:15; \$30/10 sessions. Prerequisite: 24-Form Tai Chi, 48-Form Tai Chi or experience in other styles of Tai Chi

48 Forms Tai Chi For Seniors

Build upon our knowledge from 24 form Tai Chi (or previous experience) to further enhance your skill and promote overall health and fitness through a combination of graceful and harmonious movements and breathing techniques. Fridays, Jan. 6-Mar. 9; 10:30-11:30 am; \$26/10 classes.



Strength & Stretch

Improve your muscle strength and endurance using light resistance equipment. These exercises may be done in seated, standing or floor positions. Wednesdays, 11:00 am-12:00 noon; Fridays, 11:30 am-12:30 pm; \$2.50 per person or use your fitness pass. Begins again Jan. 11.



Chinese Classical Dance For Adults and Seniors

These dances are a good way to exercise and maintain an energetic lifestyle as well as to learn new skills and Chinese culture. These dances fit all ages.

Wednesdays, Jan. 4-Mar. 7; 9:30-11:00 am

Fridays, Jan. 6-Mar. 9; 12:00-1:30a m; \$43/10 classes, \$4.50 Drop-in Seniors; \$5.25 Drop-in adults.