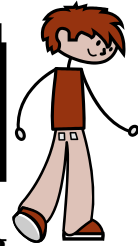


# YOUTH PROGRAMS



**Registration for all youth general interest programs begins Wednesday, August 17 at 6:00 pm and is ongoing.**

## Junior Fitness (9 - 12 years)

**\$20**

This program is part theory and part practical, but ALL FUN! It has been designed specifically for 9 – 12 year olds interested in learning more about fitness. During the 15-20 min classroom part of each hour weekly session, participants will learn about fitness components, basic nutrition, as well as the importance cardio and strength and flexibility training.

Program	Reg.#	Day	Time	Start	Finish	Length	Cost
Junior Fitness	1557	Tue/Thurs	4:00 - 5:00 pm	Sept 13	Oct 6	4 wks	\$20
Junior Fitness	1565	Tue/Thurs	4:00 - 5:00 pm	Oct 11	Nov 3	4 wks	\$20

## Youth Visual Art (11 - 12 years)

**\$20**

To all you artists out there, this is the program for you! This program will teach you the basic and advanced techniques to create and improve your artwork! Artist will use different media such as pencil, pen and ink, pencil crayons, pastels, charcoal, and paint to invent their very own artwork, to add to their portfolio!

Program	Reg.#	Day	Time	Start	Finish	Length	Cost
Youth Visual Art	1558	Tues	6:00 - 7:30 pm	Sept 20	Oct 18	5 wks	\$20
Youth Visual Art	1695	Tues	6:00 - 7:30 pm	Oct 25	Nov 22	5 wks	\$20

## Hip Hop (11 - 15 years)

Do you have style and flare and want to show it off on the dance floor? Then join the hype and learn some new moves with Greenboro's own HIPHOP classes.

Program	Reg.#	Day	Time	Start	Finish	Length	Cost
Hip Hop 1	1560	Sun	4:30 - 6:00 pm	Sept 25	Nov 27	9 wks	\$56
Hip Hop 2	1561	Sun	6:30 - 8:00 pm	Sept 25	Nov 27	9 wks	\$56

*No class Sunday, October 9 (Thanksgiving Weekend)*

## Babysitter Certification Course (12 - 14 years)

Children must be 12 years of age by December 7, 2011. This program will provide participants with the necessary skills to become confident babysitters. Weekly subjects include safety, first aid, crafts, games, discipline, and infant care. A certificate is issued by the Canadian Safety Council upon successful completion of this course.

Program	Reg.#	Day	Time	Start	Finish	Length	Cost
Babysitter Cert. Course*	1562	Mon	6:00 - 7:30 pm	Sept 19	Nov 28	10 wks	\$62

*No class Monday, October 10 (Thanksgiving)*

## Teens Can Cook (12 - 15 years)

Hey, do you love to cook and experiment with all sorts of different kinds of food? Then come roll up your sleeves and do some serious cooking!!! Each week you will make your own dinner and dessert as well as get a copy of all the recipes!

Program	Reg.#	Day	Time	Start	Finish	Length	Cost
Teens Can Cook	1563	Thurs	7:00 - 8:30 pm	Sept 22	Nov 17	9 wks	\$92

*(includes supplies)*



**We regret the inconvenience but due to the volume on Registration Nights, we will not be able to accommodate the use of the Visa, MasterCard, or Debit cards.**

# YOUTH PROGRAMS

## Teen Power Hour (13 - 16 years)

New!

Teens are under more pressure than ever before. Peer pressure and other external influences are at its highest, and self esteem is at its lowest. How do we combat these social pressures and media images? Our fitness-training program presented in a boot camp fashion will impact teens by increasing their self-esteem and self-image that a healthy, fit body breeds.

We are looking for teenagers, beginners or advanced, to become a positive team participant in this teen-only program. Our commitment is to your teens tomorrow! Let's get them on the right track today!

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Teen Power Hour	1566	Mon/Wed	4:00 - 4:55 pm	Sept 19	Nov 16	8 wks	\$100

*No class Monday, October 10 (Thanksgiving), October 31 (Halloween)*

## Teen Strength (15+ years)

New!

Strength training, when done properly, increases bone strength, bone density, and improves muscle coordination in teens. This 4 weeks program will educate your teen about weight room etiquette, safety, strength and conditioning principles, workout program design, basic nutrition and proper weight lifting techniques. Completion of this program will allow teens 15 years of age to workout in the weight room with a purchase of a weight room membership. **Must be 15 years of age by completion of course.**

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Teen Strength	1567	Sat	9:30 - 10:30 am	Oct 1	Oct 29	4 wks	\$70

*No Class Saturday, October 8 (Thanksgiving Weekend)*

## Youth and Aerobics (16 - 18 years)

An opportunity for teens to join our regular adult aerobics program for half-price. **Please see the Group Fitness Section on page 19 for information concerning time and dates for this program.**

Program	Cost
Youth and Aerobics	\$66

## Here's your opportunity to save lives.

Blood Donor Clinic  
Greenboro Community Centre

Aug 22

Monday 1:30-3:30 pm & 5:00-8:00 pm

Oct 26

Monday 1:30-3:30pm & 5:00-8:00 pm

Call 1 888 2 DONATE  
for more information or to book an appointment  
[www.blood.ca](http://www.blood.ca)

  
Canadian Blood Services  
it's in you to give

GREENBORO





Ottawa

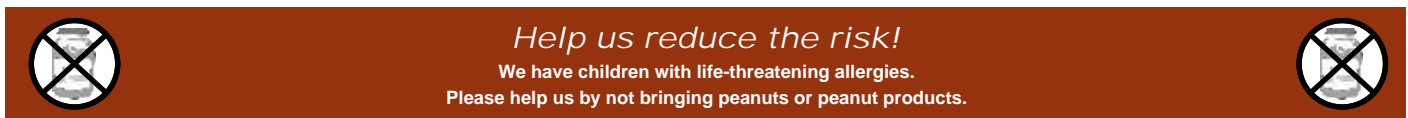
Share your vitality

# YOUTH Sports Programs

Want a place to come and compete against your friends? Need somewhere to go after school and work on your skills? Come to the youth sports at Greenboro and burn that EXTRA energy. We are going to offer a different sport each day, so check the schedule and join up.

<p><b>Floor Hockey III</b> (12 - 14 years) Come join the ALLSTARS that have played through the years. Guaranteed, these games will be worthy of the NHL!</p>							
<b>Program</b>	<b>Reg.#</b>	<b>Day</b>	<b>Time</b>	<b>Start</b>	<b>Finish</b>	<b>Length</b>	<b>Cost</b>
Floor Hockey III	1572	Sat	5:00 - 6:00 pm	Sept 24	Dec 3	10 wks	\$51
<p><i>No class Saturday, October 8 (Thanksgiving Weekend), October 22 (Halloween Party set-up)</i></p>							
<p><b>Basketball</b> (12 - 15 years) This is pickup basketball, we are going to make new teams each week and put together as many games as we can. Previous playing skills required. This is not instructional.</p>							
<b>Program</b>	<b>Reg.#</b>	<b>Day</b>	<b>Time</b>	<b>Start</b>	<b>Finish</b>	<b>Length</b>	<b>Cost</b>
Basketball	1573	Mon	5:30 - 7:00 pm	Sept 19	Dec 12	11 wks	\$55
<p><i>No Class Monday, October 10 (Thanksgiving Weekend), October 31 (Halloween)</i></p>							
<p><b>Volleyball</b> (12 - 15 years) </p>							
<p>Recreational volleyball for the teens, looking to improve on their game. If you are looking to make the high school team come get some practice with us. Previous skill required to playing. This is not instructional.</p>							
<b>Program</b>	<b>Reg.#</b>	<b>Day</b>	<b>Time</b>	<b>Start</b>	<b>Finish</b>	<b>Length</b>	<b>Cost</b>
Volleyball	1574	Tues	7:00 - 8:00 pm	Sept 20	Oct 25	6 wks	\$20
Volleyball	1696	Tues	7:00 - 8:00 pm	Nov 1	Dec 6	6 wks	\$20
<p><b>Badminton</b> (12 - 15 years) </p>							
<p>Want some time to play some badminton with your friends? This is the place to be. Come on in to Greenboro for our Youth Badminton program. Previous skill required to playing. This is not instructional.</p>							
<b>Program</b>	<b>Reg.#</b>	<b>Day</b>	<b>Time</b>	<b>Start</b>	<b>Finish</b>	<b>Length</b>	<b>Cost</b>
Badminton	1575	Tues	7:00 - 8:00 pm	Sept 20	Oct 25	6 wks	\$20
Badminton	1697	Tues	7:00 - 8:00 pm	Nov 1	Dec 6	6 wks	\$20
<p><b>Soccer</b> (12 - 15 years) Recreational soccer for the youth in our community. We are offering pickup soccer each week; we will be splitting up into teams and playing as many games as possible.</p>							
<b>Program</b>	<b>Reg.#</b>	<b>Day</b>	<b>Time</b>	<b>Start</b>	<b>Finish</b>	<b>Length</b>	<b>Cost</b>
Soccer	1576	Wed	7:30 - 8:30 pm	Sept 21	Dec 7	13 wks	\$60

*Make sure you register on time to avoid disappointment!  
Programs with insufficient registration may get cancelled  
before you decide to sign up.*



# YOUTH Sports Programs

## Ping Pong (12 - 15 years)

Want a chance to practice your skills on our tables? Come on in for the Ping Pong program at Greenboro!

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Ping Pong	1577	Thurs	5:30 - 6:30 pm	Sept 22	Dec 8	13 wks	\$60

## Youth Dodge Ball (12 - 15 years)

Ever wanted to play a real game? Greenboro is going to host their very own dodge ball games. We are going to pick teams each week and put together some dodge ball.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Youth Dodge Ball	1578	Thurs	7:00 - 8:25 pm	Sept 22	Dec 8	13 wks	\$65

## Basketball Fitness Class (15 - 19 years)

One of the misconceptions in sports is that a sports person gets in shape by just paying or taking part in his/her chosen sport. If a stationary level of performance, consistent ability in executing a few limited skills is your goal, then engaging only in your sport will keep you there. However, if you want the utmost efficiency, consistent improvement, and balanced abilities sportsmen and women must participate in year round conditioning programs. Let Casey teach you the conditioning exercises necessary for you to bring your playing to the next level.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Basketball	1579	Sun	4:00 - 5:00 pm	Oct 2	Nov 20	6 wks	\$100

*No Class Sunday, October 10 (Thanksgiving Weekend), October 23 (Halloween Party)*

## Kettlebell (16+ years)

Kettlebells require a participant to focus on whole-body conditioning because lifting and controlling a kettlebell forces the entire body, and specifically the core, to contract as a group, building both strength and stability at the same time. Kettlebell workouts engage multiple muscle groups at once. In this way, they are a great option for getting a whole body workout in a short time. Let Alex teach you how to perform the key exercises in a kettlebell workout, so you can stay injury free.

Instructor: Alex Vaduva, Personal Trainer, Level 1 Kettlebell Instructor

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Kettlebell 101	1569	Mon	6:00 - 7:00 pm	Sept 12	Nov 7	8 wks	\$160
		Fri	6:15 - 7:15 pm	Sept 16	Nov 4	8 wks	\$160

*No Class Monday, October 10 (Thanksgiving), October 31 (Halloween)*

## Youth Indoor Group Cycling (12 - 15 years)

An opportunity for youths to join our regular adult program for half-price.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Youth Indoor Group Cycling	1570	Tues	5:00 - 5:45 pm	Sept 13	Dec 6	13 wks	\$56

## Teen Tap Beginner/Intermediate (12 - 16 years)

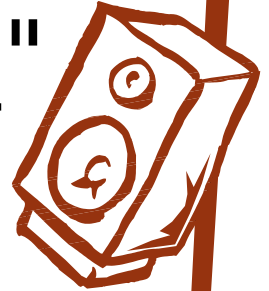
Learn elementary to intermediate current tap trends and techniques following CDTA syllabus and others.

Program	Reg. #	Day	Time	Start	Finish	Cost
Teen Tap Beg./Elem	1684	Sat	4:30 - 5:30 pm	Sept 17	Jan 21	\$130
Teen Tap Inter	1698	Tues	6:45 - 7:45 pm	Sept 13	Jan 17	\$130

*No Class Saturday, October 8 (Thanksgiving Weekend)*



# "FEEL THE HYPE"



@ THE GREENBORO YOUTH DANCE...  
THIS IS WHAT EVERYONE KEEPS TALKING ABOUT!

For all youth 9 to 13 years of age  
(Birth Certificates may be required.)

**DATES:** Friday September 16    Friday October 21  
Friday November 18    Friday December 16  
1580,1581,1582,1583

**Time:** 7:00pm - 10:00pm

**Cost:** \$6.00 in advance, before Dance Night  
\$10.00 on the day of the Dance

Make sure  
to check  
out the

**V.I.P.  
Program**



All youth dances are organized and will be supervised by trained and qualified youth staff members.

## Greenboro Youth Dance **V.I.P. Program**

Do you love our dances?  
Do you come to every one?  
Do you hate the long line ups each dance?

**THEN JOIN THE GREENBORO V.I.P. PROGRAM! 1584**

**Your V.I.P. Pass gets you...**

Advance tickets for Sept, Oct, Nov, Dec  
V.I.P. Members get in first, no waiting...  
Discounted rate on your tickets  
Cool V.I.P. Pass ID Card

# \$20

**GET YOUR  
V.I.P. PASS  
TODAY!!!**  
(Non-transferable)

Hang with the cool crowd... no better way to spend your Saturday night!



Greenboro Community Centre is where it's at!

### Saturday Youth Ball (13 - 16 years)

Sept 17 - Dec 17

6:00 - 7:30 pm

\$3 drop-in  
(1069)

Are you 13-16 years old and want to work on your Basketball skills?

Then come out Saturday Night and show us what you've got!

### Saturday Night Ball (16+ years)

Got Game?

Come play some hoops at Gcc.!

Sept 17 - Dec 17

7:30 - 9:30 pm

\$3 drop-in

Pay before you play

# Friday Night youth

Join us for some good times  
on a Friday night!

GYM GAMES

Come and join in the fun with your friends  
and participate in a variety of sports and games.

MOVIES

Dates: Sept 23 - Dec 9

Time: 6:45 - 9:00 pm

GAMES ROOM

Cost: \$3 drop-in for all youth between 9 and 12 years of age.

Location: Greenboro Community Centre

Note: Program will be cancelled during Youth Dance Nights.  
All activities are organized and will be supervised by trained  
and qualified youth staff members.

Check the Youth  
Calendar

for more info on...  
PROGRAMS  
ACTIVITIES  
CONTESTS  
and much, much more!

And remember.... NO youth nights  
on Dance Nights:

September 16  
October 21  
November 18  
December 16



SPECIAL GUESTS

SPORTS

CANTEEN

COOL CRAFTS

