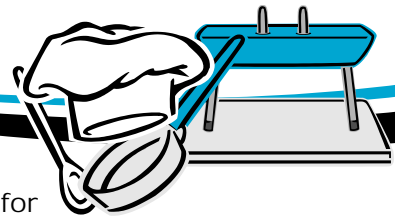


Children

General Interest & Sports Programs

AT A GLANCE

Please see page 2 & 3 for Detailed Registration Information



| TIME | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|-----------------------------------|-------------------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------|---|
| General Interest/ Cooking | Kids Can Cook 2:00-3:55 pm | Drama 6:00-7:25 pm | | Crafty Kids 6:00-7:25 pm | Iron Chef 5:30-6:55 pm | | Home Alone 10:00-12:25 am |
| | Creative Cupcakes 4:30-5:55 pm | | | | Creative Drawing 6:00-7:25 pm | | Lego 9:00-12:00 am |
| | | | | | | | Saturday Sizzlers 12:30-2:25 pm |
| | | | | | | | Early Engineers 1:00-2:25 pm |
| Tap Dance/ Sports | Karate Beg. 1:00-1:55 pm | Basketball 4:30-5:25 pm | Ping Pong Beg. 5:00-5:55 pm | Indoor Soccer I 5:30-6:25 pm | Indoor Soccer I 5:00-5:55 pm | Sports Club 5:00-5:55 pm | Tap 9:00-9:55 am 10:00-10:55 am 11:00-11:55 am |
| | Karate Novice 2:00-2:55 pm | Yoga for Kids 6:30-7:25 pm | Ping Pong Inter. 6:00-6:55 pm | Indoor Soccer II 6:30-7:25 pm | Floor Hockey I 6:00-6:55 pm | | Intro to Gymnastics 2:00-2:55 pm |
| | Karate Inter. 3:00-3:55 pm | | Badminton 6:00-6:55 pm | | | | Rhythmic Dance 3:00-3:55 pm |
| | Volleyball 3:00-3:55 pm | | | | | | Floor Hockey I 3:00-3:55 pm |
| | Pickle Ball 3:00-3:55 pm | | | | | | Floor Hockey II 4:00-4:55 pm |

CHILDREN - GENERAL INTEREST

Saturday Sizzlers (6-9 years)

Spend your Saturday afternoons with us at Greenboro and you'll be sure to have a sensational time. Activities may include sports, cooking, crafts, games, drama and lots of adventures.

Crafty Kids (6-9 years)

Unleash your creativity to imagine and create a variety of projects. Children will use their imagination to make a variety of arts and crafts projects. Participants will use recycled material found at home to create exciting and messy projects for the kids to experiment and enjoy.

Creative Drawing and Painting (8-12 years)

Learn different skills and techniques in drawing, shading and colour to create and improve your drawings and paintings. Artists will use different media such as pencils, pencil crayons, charcoal, pastels and paint.

LEGO® Club (7-12 years)

Open ended fun with LEGO®! Develop your own creations using a wide variety LEGO® Technic pieces, including gears and motors.

LEGO® Contraptions (7-12 years)

Build contraptions, vehicles and machines that move. Learn about special LEGO® Technic gears, beams, pulleys, wheels, axels, pieces and motors. Everything you need to know to invent cool things that move using LEGO®.

LEGO® Intermediate (8-12 years)

Using motors and gears, build intermediate LEGO® projects including a drawbridge, robotic arm, flywheel, bumperbot, and a sensor-controlled NXT Mindstorm robot. LEGO®.

LEGO® NXT (8-12 years)

Learn all about LEGO® NXT Robotics. You will build a variety of robots and control them using sensors. You will also learn the basics of programming using NXT-G to control your robot using Netbooks and laptops.

Drama (8-12 years)

If all the world is a stage, and we are merely actors, then this is the program you don't want to miss. This program will introduce you to the world of drama. Learn creative movement, skits, improv skills, musical theatre and be part of a staged production. No class Monday, February 20th (Family Day).

Early Engineers (10-12 years)

This program is designed for children interested in creating, designing and testing simple engineering principles. Through various activities, participants will explore new concepts and build cool projects.

Home Alone (10-12 years)

Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.



Diane Deans
 Councillor/Conseillère
 Quartier Gloucester-
 Southgate Ward

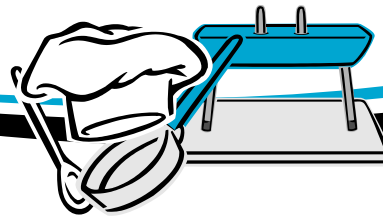
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Children

General Interest & Sports Programs



CHILDREN - COOKING

Creative Cupcakes (8-12 years)

Curious about cupcakes? Come and join our own Cake Boss, Jess, to learn the ins and outs of cupcake decorating. We will explore various techniques used by the pros to craft different creations each and every week. Your family and friends will be amazed at your custom cupcakes that look too good to eat!



Iron Chef (8-12 years)

We are calling in all aspiring chefs to come and cook with Chef Jess as she teaches you the ins and outs of the kitchen. She will not only teach you some basics of being an Iron Chef, but she will also give you the opportunity to have a cook-off and compete for the title of the best tasting dish.

Kids Can Cook: Café International (6-12 years)

If you're tired of coming home every night to the same tired meals, join our program whereby your child will learn all the skills he/she needs in order to cook for you! Throughout the session, your child will learn how to make gourmet food from seven different continents! This is a wonderful way to build a child's confidence in cooking and to learn about different cultures. Each week your child will bring home some of the food they prepared that day as well as the recipes!

CHILDREN - TAP DANCE/SPORTS

Get fit, have fun, stay active! Greenboro's programs offer a diverse number of athletic activities for kids of all ages and levels.

Tap Dance

Children will learn tap steps that will be incorporated into routines, choreography, and rhythm studies. This particular discipline of dance will help your child improve coordination, as well as rhythm. All Tap students will be performing in a Tap recital at the end of the year. Your child must have their own tap shoes & dress in comfortable clothing.

Requirements:

Tiny Tappers - no previous experience required.

Tap Dance 1 - completion of Tiny Tappers

Tap Dance 2 - minimum 2 years experience or completion of Tap 1

Introduction to Gymnastics (5-8 years)

Ready, Set ... Tumble, Run, Jump and Roll, it's Gymnastics time. Participants will have the opportunity to improve their balance, flexibility, strength and control while having a rolling good time. Your child will flip with excitement every Saturday afternoon.

Floor Hockey I (5-8 years)

Junior Hockey Night in Greenboro is back. Join the line-up and keep your stick on the floor for fast-paced action.

Floor Hockey II (9-11 years)

If you love hockey and are looking for something to do on Saturday nights, come on down to Greenboro for Saturday Night Hockey. This program offers an hour of action-packed games and good times. A truly Canadian experience.

Indoor Soccer I (5-8 years)

Come on in and enjoy the excitement of indoor soccer. Work on skills and team dynamics in this fun and energetic sport.

Indoor Soccer II (9-12 years)

World Cup soccer has arrived at Greenboro! Get a jump on the competition next spring by joining our indoor soccer program. Fun is the name of this game.

Sports Club (6-9 years)

If you like sports, but aren't sure which one you want to hone in on yet, this may be the program for you. Joining our afterschool sports club will allow you to try your hand (or foot) at a different one every week. Sports will include hockey, soccer, badminton, volleyball and basketball.

Karate (6-12 years)

Learn the ancient art of Karate, from Laura Lowry-Sywyk of the Eastwind Budo Life Centre. First-time participants will receive a t-shirt that is required to be worn during the program. Intermediate participants will be required to purchase the proper Karate uniform also to be worn during the program. Any testing or belts will be available at an additional cost.

Basketball (8-11 years)

By popular demand, basketball for kids has arrived. Come learn the basics, practice some drills and play the game. No class Monday, February 20th (Family Day).

Ping Pong for Kids (8-12 years)

Backhand, forehand, top spins, back spins, slices, smashes – learn all the lingo and skill that go along with this much-loved sport.

Pickleball (8-12 years)

Tired of the same old sports? Want to try something new? Well we've got the sport for you. Pickleball is a combination of tennis, badminton, ping pong and fun.

Yoga for Kids (8-12 years)

Ever wonder what mom or dad's yoga class was like? This trendy relaxing exercise is now made just for you. Join our yoga instructor, who will help you master this art of relaxation, balance and flexibility. This activity is great for any athlete or dancer! No class Monday, February 20th (Family Day).

Rhythmic Dancing (8-12 years)

What do you get when you combine ribbons, hoops, tumbling, dance steps and good music? Rhythmic dance! This course takes the best of gymnastics and dance and combines them for an energetic, good time. Previous dance or gymnastic experience is recommended but not required.

Volleyball (9-12 years)

Bump, smash, volley! Learn the basics of volleyball, and play some matches. This program will introduce you to the sport and develop your skills. Come in and serve up some fun!

Badminton (10-12 years)

Come try your hand at badminton. Practice serving, rallying, and playing a match. Come learn the basics and play the game.

CHRISTMAS COOKIE WORKSHOP

Saturday, December 10, 2:00 - 3:35 pm
Ages 6 - 12 • Cost: \$25 • Reg#: 1753

Come and get into the spirit of the season with some delicious tasty treats that you can share!

