



The Community Services Department and the Clarington Older Adult Association are pleased to introduce the following partnership programs for older adults of Clarington.

Pre-registration is required for all classes

ARTHRITIS FITNESS

This class is suited for those with Osteo Arthritis, Rheumatoid Arthritis and Fibromyalgia. The class helps to increase range of motion, balance and strength which improves your quality of life by decreasing pain, swelling and stiffness.

LOCATION	DAY	TIME	COST + HST	BARCODE
COURTICE FITNESS CENTRE	Wednesdays starts Sept 14 10 WEEKS	10:00 - 11:00 AM	\$37.20 members	122326
			\$41.60 non members	122376

BALLROOM & LATIN DANCE

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory. *Please no rubber soled shoes*
 Instructor: Barbie Cameron with Assistants: John Pyatt & Peter Gill

BEGINNER - Learn the Rumba, Jive and Merengue

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays starts Sept 14 12 WEEKS	3:00 - 4:00 PM	\$56.20 members	120426
			\$60.62 non members	120427

INTERMEDIATE - Learn the Quickstep, Foxtrot and Jive

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays starts Sept 14 12 WEEKS	2:00 - 3:00 PM	\$56.20 members	120428
			\$60.62 non members	120429

BRONZE - Learn the Foxtrot/Quickstep, Cha Cha and Mambo/Salsa

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays starts Sept 14 12 WEEKS	1:00 - 2:00 PM	\$56.20 members	120430
			\$60.62 non members	120431

DROP-IN PROGRAMS

Please pay at Reception Desk upon arrival for all drop-in programs

BADMINTON

LOCATION	DAY	TIME	COST (+ HST)
NEWCASTLE RECREATION COMPLEX	Wednesday Oct 5 - Nov 30 10 WEEKS	10:00 AM - 12:00 PM	\$1.20 members \$1.50 non members PER PLAY



PICKLEBALL

Pickleball is the fastest growing sport among older adults. It is a cross between badminton and table tennis. The game is played on a badminton court with tennis height nets using a larger size table tennis paddle and a wiffle ball. It is fun and all the rage!.

LOCATION	DAY	TIME	COST (+ HST)
NEWCASTLE RECREATION COMPLEX	Mondays Sept 19 - Dec 5	10:00 AM - 12:00 PM	\$1.20 members
	Thursdays Sept 22 - Dec 8	1:00 - 3:00 PM	\$1.50 non members PER PLAY



For additional information on the Clarington Older Adult Association, please see page 58.




TRADITIONS OF DURHAM
 Retirement Community

WHY DIDN'T I DO THIS SOONER?

Good question. And one that residents of Traditions of Durham ask all the time. After some initial hesitation regarding a move, they're delighted by all that life here has to offer them. New friends, great experiences, first-rate services and a beautiful new home. So don't hesitate a moment longer. Call Eleanor or Fiona today to see for yourself everything life at Traditions of Durham can offer you.

905-432-0002

1255 Bloor Street East, Oshawa
www.traditionsofdurham.ca



*Find Your Voice
 with the
 Durham Girls'
 Choir*

Founded in 1972, the Durham Girls' Choir is a non for profit organization dedicated to the achievement of excellence in choral music. The Durham Girls' Choir invites singers' ages 7 - 11 (junior) and 12 - 21 (senior) to join our choir community.

- Choral and Vocal Training (including 2 Workshops)
- Community Performances
- Weekly Rehearsals
- Fall Weekend Music Retreat
- Fun Social Events
- Opportunity to Travel Abroad (for senior choristers only)

For more information contact Lynn Barre at 905-404-9227 or by email durhamgirlschoir@sympatico.ca

Please check out our website www.durhamgirlschoir.org

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Brought to you by
 Metroland Durham Region / Northumberland Media Group:

Clarington



Plan to attend the **11th Annual** Family Safety Day

Saturday, September 24, 2011

10:00 AM to 4:00 PM

2430 Highway #2, Bowmanville (Fire Station #1)

Hosted by

Clarington Emergency & Fire Services
Durham Regional Police Service - Clarington
Kelsey's Restaurant
Municipality of Clarington

Corporate Sponsor

Ontario Power Generation (OPG)

Bring the family (and camera) for a fun-filled day that will include interactive exhibits by Emergency Service Personnel, Safety Agencies, local businesses and organizations. There will be shows, demonstrations, live music and lots of activities and information for all ages!



Free Hot Dogs, Drinks and Pop Corn

Enter Draws to Win Family Prizes

Family Safety Day is a
"Rain or Shine" Event!



Recreation Program Descriptions

Recreation Co-ordinator: Stephen Myers - smyers@clarington.net

Infants & Instruments **NEW!** Ages: 3 - 5 yrs.

This pre-school program is alive...with the sound of music! Using songs, instruments and assorted props, children develop music appreciation, imagination, creativity and gross motor skills.



Messy Mondays **NEW!** Ages: 2 - 4 yrs.

Do your pre-schoolers love to get creatively messy? Take the mess out of your house and let your child create fantastic messy art and explore their creative side, leaving the cleanup to us!



Mini Movers **NEW!** Ages: 2 - 3 yrs.

Introduce physical activity to your child at an early age with this active program that encourages movement, exploration and socialization. Children will use a variety of equipment to enhance their gross motor skills.

Babysitting Course Ages: 11 - 16 yrs.

A practical course designed to teach proper care of infants, toddlers and older children. Learn the roles & responsibilities of a sitter, child development, proper nutrition and child safety. A Babysitting handbook & certificate is received upon completion of this course.

Basketball Drop-in (8 weeks at South Courtice Arena) Ages: 8 - 14 yrs.

Join us for an evening of fun, FREE, supervised play. The basketball drop-in provides participants the opportunity to improve their skills and develop teamwork in a recreational atmosphere. Fun games of everything from Bump to 21 and Money in the Bank will be played each week.

Creative Kids Ages: 5 - 12 yrs.

Children will enjoy one hour of programmed craft time per week. Participants will create fun and easy art projects each week that can be taken home. Hands-on projects will allow children to use their imagination and explore their creativity. Creative Kids is great for both boys and girls.



Dodgeball Ages: 9 - 13 yrs.

Build your team skills in a fun and active environment that focuses on the game of dodgeball. This program incorporates different versions such as King's Court, Elimination, Survivor dodgeball and many more.

Floor Hockey **NEW AGES!** Ages: 6 - 8 yrs. & 9 - 12 yrs.

Let's take your favourite road game and bring it inside! Not only is this program in a safe environment, participants will have the opportunity to learn new skills and abilities. The emphasis of the program is on fair play, sportsmanship and team work skills, but most importantly the love of the game. No previous experience is required. Please note: this is a recreational program, not an instructional program.

Glee Club **NEW AGES!** Ages: 7 - 9 yrs. & 10 - 14 yrs.

Want to be the star of your very own singing group? Come out and join our Glee Club! Participants will be instructed in basic vocal/dance skills and techniques in order to create numbers to your favourite hit songs. Think hip hop meets choir. Participants will be invited to take part in the Fall Session Showcase on Wednesday, December 7 – see page 25.

 Program eligibility for Children's Fitness Tax Credit

Game Time Ages: 6 - 12 yrs.

For the child who loves a little bit of all sports, games & fun! A variety of exciting, active, and engaging activities will be planned around a new sport/game/activity each week. A great way to meet new friends while enjoying an assortment of activities. Some activities may take us outdoors; staff will notify participants when these dates are approaching. Emphasis will be on FUN!

Sept 24	Indoor Soccer	Oct 29	Obstacle Courses
Oct 1	Outdoor Fun (weather permitting)	Nov 5	Olympic Games
Oct 8	Floor Hockey	Nov 12	Badminton
Oct 15	Camp Games	Nov 19	Dodgeball
Oct 22	Basketball	Nov 26	Player's Choice

Guitar Lessons Ages 8 - 14 & Ages 14 yrs.+

You supply the guitar, we'll supply the music! Learn the basics of guitar, reading sheet music, playing musical exercises and simple melody songs. Acoustic guitar recommended. Participants will be invited to take part in the Fall Session Showcase on Wednesday, December 7 – see page 25.



Hip Hop Dance Ages: 9 - 16 yrs.

Have you ever watched a music video and wished you could dance like they do? Now is your chance to learn! This introductory program will give participants the opportunity to learn new moves to "get their groove on" and gain confidence in their ability to dance! Participants will be invited to take part in the Fall Session Showcase on Wednesday, December 7 – see page 25.

Instructional Basketball Ages: 6 - 12 yrs.

Get your game on! Join us in this instructional basketball program. Our instructors will help to teach participants rules of the game, different techniques and maneuvers, as well as how to display good sportsmanship.



Junior Badminton Ages: 6 - 12 yrs.

Come out and learn the rules and skills of badminton. Bring your own racquet if you have one or use one of ours. Bring a friend and join the fun. Efforts will be made to match participants up with those of the same skill level. The majority of each class will be spent on recreational play time culminating in an end of session tournament.

Kids in Action Ages: 5 - 8 yrs.

An opportunity to meet new friends, get active, and enjoy recreational sports and games. Participants will have the opportunity to play a variety of sports and games including basketball, dragonflies, scooter board racing, indoor soccer and more.

Kids in the Kitchen Ages: 6 - 10 yrs.

Children will enjoy cooking and eating a variety of fun recipes all while learning basic cooking skills, and kitchen safety.



Super Cool Science Ages: 5 - 12 yrs.

In this program, children will have a terrific time learning science concepts in a fun and hands-on atmosphere. Participants will create fun and easy science experiments each week! Super Cool Science is great for both boys and girls!

Volleyball



Ages: 11 - 14 yrs.

Get ready for volleyball season with this fun recreational program. Participants will be taught basic rules and skills each week, while spending the majority of time in recreational play. The emphasis of the program is on fair play, sportsmanship and teamwork skills. No previous experience is required.

Salsa Babies

Ages: 6 weeks – 1 yr

Salsa Babies is a dance class

that helps new moms get back in shape with the best little partner of all - their babies! With little ones snuggled into baby carriers, moms learn popular Latin dances while babies shake maraca rattles and bounce along to the salsa beat. Classes are appropriate for babies to start at 6 weeks old and up.



The Community Services Department is proud to partner with the Newcastle Family Connection to bring you children's dance classes.

Movement to Music



Ages 3 - 4 yrs.

This fun, recreational class will introduce young children to the rhythm of music. Parachutes, hoola hoops and tambourines are just some of the accessories used to encourage creative movement. Children should wear comfortable clothes and shoes.

Creative Dance



Ages 5 - 6 yrs.

A fun, first introduction to dance. This recreational class will have children working on improving balance and rhythm while learning basic dance moves. Children should wear comfortable clothes and gymnastic shoes.



Ages: 3 - 6 yrs.



Movement Adventure based on Treehouse TV's wildly popular children's fitness series, this is a unique program for children aged 3 – 6 years. Combining storytelling, music and movement, it supports both children's fitness and early literacy skills. Young explorers will stretch, crawl, clap and hop their way through land and sea while starring in their very own story adventures. Participants will receive a CD of original roll play songs free, featuring artists such as Great Big Sea, Patrick Pentland of Sloan and Sarah McCully. No program October 8.

Adult Drop-in Basketball

Ages 18 yrs. +

Looking for a fun and active evening out with your friends? Take part in a game of pick-up basketball, have FUN and get some exercise too! Staff are on-site to assist and guide your games, teach new participants and separate participants into appropriate skill level.



Adult Volleyball

Ages 18 yrs. +

It's a great way to keep fit, meet new people, or hang out with friends. Each evening will consist of a brief overview of some rules, safety, and building basic skills such as; bumping, spiking, and serving in a recreational based atmosphere. The majority of time will be spent on recreational play and fun competition. Participants of all skill level are welcome.



Adult Badminton

Ages 18 yrs. +

Here's your opportunity to brush up on your badminton skills, while enjoying a fun evening out. Each week will begin with a brief overview of some rules and basic skills such as; court placement, drop shots, serving and the smash. The majority of each class will be spent on recreational play time culminating in an end of session tournament. Bring your own racquet or use one of ours. Participants of all skill level are welcome.



Ballroom Dance (Couples)

Ages 18 yrs. +

Participants will learn and practice basic combination of ballroom and popular styles of dancing such as the Waltz, Fox Trot, Cha Cha, Rhumba, Tango & Jive. The fee includes both participants. Please only register one of the two people attending the class.



Sportball is a non-competitive skill based sports program for children ages 2 to 8 years. The program focuses on learning to

play seven different ball sports (baseball, basketball, hockey, soccer, tennis, volleyball, and golf) and is structured to assure that skills are refined and that children are challenged according to their readiness and experience. We recognize that developing gross motor skills, physical strength and a healthy active lifestyle are as important as the development of social skills and building of self-esteem. **Note: No program on Saturday, October 8 and Sunday, October 9**



Sportball - Multi-Sport



Ages 3 - 5 yrs. & 6 - 9 yrs.

Children are able to learn the skills of a different sport each week. Focus is on basketball, baseball, hockey, soccer, volleyball, tennis, and golf. Our approach is creative and positive. This program is implemented in a non-competitive environment where children are individually challenged according to their readiness and experience.

Sportball - Parent & Tot



Ages 2 - 3 yrs.

A sporty experience for parents, grandparents and kids. With instruction in a different sport each week, this is a perfect opportunity to introduce parents to some valuable teaching techniques that form the basis of teaching sport to young children.



Program eligibility for Children's Fitness Tax Credit

RECREATION PROGRAMS AT A GLANCE

PROGRAM	AGE	LOCATION	TIME	FEE	BARCODE
SATURDAY					
Game Time	6 -12	NDRC	10:00 - 11:00 AM	\$29.50	111876
Roll Play	3 - 6	NDRC	10:00 - 10:45 AM	\$81.50	111926
Sport Ball – Parent & Tot	2 - 3	SCA	9:15 - 10:00 AM	\$155.00	112326
Sport Ball – Multi-Sport	3 - 5	SCA	10:15 - 11:15 AM	\$155.00	112376
Creative Kids	5 - 12	SCA	10:00 - 11:00 AM	\$45.25	112127
Sport Ball – Multi-Sport	6 - 9	SCA	11:15 AM - 12:15 PM	\$155.00	112378
SUNDAY					
Sport Ball – Parent & Tot	2 - 3	NDRC	10:30 - 11:15 AM	\$155.00	112327
Sport Ball – Multi-Sport	3 - 5	NDRC	11:15 AM - 12:15 PM	\$155.00	112377
MONDAY					
Messy Mondays	2 - 4	NDRC	10:30 - 11:30 AM	\$81.00	120127
Super Cool Science	5 - 12	NDRC	6:30 - 7:30 PM	\$44.75	112176
Floor Hockey	6 - 8	NDRC	6:30 - 7:30 PM	\$29.50	112927
Floor Hockey	9 - 12	NDRC	7:30 - 8:30 PM	\$29.50	112976
Salsa Babies	6 wk-1yr	SCA	11:00 AM - 12:00 PM	\$124.00	112128
Basketball Drop-In	8 - 14	SCA	7:00 - 8:00 PM	FREE	
Ballroom Dancing (couples)	18+	RRC	8:00 9:30 PM	\$121.00	111976
TUESDAY					
Adult Badminton	18 +	NDRC	8:00 - 9:30 PM	\$60.00	112426
Babysitting Course	11 - 16	SCA	6:30 - 8:00 PM	\$48.25	112126
WEDNESDAY					
Infants & Instruments	3 - 5	NDRC	9:00 - 10:00 AM	\$81.00	120326
Kids in Action	5 - 8	NDRC	5:00 - 6:00 PM	\$29.50	112526
Junior Badminton	6 - 12	NDRC	6:15 - 7:15 PM	\$35.50	112527
Movement to Music	3 - 4	NDRC	5:00 – 5:30 PM	\$41.25	112479
Creative Dance	5 - 6	NDRC	5:35 – 6:05 PM	\$41.25	112477
Movement to Music	3 - 4	NDRC	6:10 - 6:40 PM	\$41.25	112478
Creative Dance	5 - 6	NDRC	6:45 - 7:15 PM	\$41.25	112476
Guitar Lessons	8 - 14	NDRC	6:30 - 7:30PM	\$61.00	112079
Hip Hop Dance	9 - 16	NDRC	7:00 - 8:00 PM	\$63.00	112480
Guitar Lessons	14 +	NDRC	7:30 - 8:30 PM	\$61.00	112080
Volleyball	11 - 14	NDRC	7:30 - 8:30 PM	\$35.50	112528
Adult Volleyball	18 +	NDRC	8:30 - 10:00 PM	\$60.00	112529
Dodgeball	9 - 13	CSS	6:00 - 7:00 PM	\$29.50	112276
THURSDAY					
Instructional Basketball	6 - 12	NDRC	6:30 - 7:30 PM	\$35.50	112576
Basketball Drop-In	13 - 17	NDRC	7:30 - 8:30PM	FREE	
Adult Drop-In Basketball	18 +	NDRC	8:30 - 10:00 PM	\$4.82	
Floor Hockey	6 - 8	SCA	6:30 - 7:30 PM	\$29.50	112926
Floor Hockey	9 - 12	SCA	7:30 - 8:30 PM	\$29.50	112977
Kids in the Kitchen	6 - 10	CCC	6:30 - 8:00 PM	\$89.75	112226
Guitar Lessons	8 - 14	RRC	6:30 - 7:30 PM	\$61.00	112077
Guitar Lessons	14 +	RRC	7:30 - 8:30 PM	\$61.00	112078
Glee Club	7 - 9	RRC	6:00 - 7:00 PM	\$44.75	113526
Glee Club	10 - 14	RRC	7:00 - 8:30 PM	\$63.00	112076
FRIDAY					
Mini Movers	2 - 3	NDRC	10:00 - 11:00 AM	\$81.00	120376



***All programs run for 10 weeks unless otherwise noted in the program description on pages 22 -23.**

***All programs start the week of Saturday, September 24, 2011**

***No programs on Monday, October 10 for Thanksgiving**

***No programs on Monday, October 31 for Halloween**



FACILITY LEGEND:

NDRC = Newcastle & District Recreation Complex

RRC = Garnet B. Rickard Recreation Complex

CSS = Courtice Secondary School

SCA = South Courtice Arena

CCC = Courtice Community Complex

Birthday Parties (2 hours)

AGES 4 - 12 yrs.

Planning a big birthday party? Well our Program Staff is here to help! You supply the food and beverages and we will supply the fun! Our staff will plan a fun filled two hours with age appropriate games and activities your children are sure to enjoy. So come on out and plan your birthday parties with Clarington. A minimum of one week notice is required to book a birthday party. **Parties include use of the Activity Room and Gymnasium; Newcastle is only use of half of the gym.**

LOCATION	DAY	TIME	FEE
SOUTH COURTYCE ARENA or NEWCASTLE RECREATION COMPLEX	Saturday or Sunday 12:30 - 2:30 PM or 3:00 - 5:00 PM	Please call 905-435-1061 or 905-987-5667	\$155 up to max 12 children \$205 up to max 16 children

After School Drop-In

AGES 6 - 16 yrs.

Come out and enjoy use of the gym and craft room in a safe, supervised environment. Participants can receive help with their homework, mentoring, and meet new friends. Program staff will be on-site to assist participants, provide guidance, leadership and to supervise the program activities.

LOCATION	DAY	TIME	FEE
SOUTH COURTYCE ARENA	Tuesday & Wednesday	3:15 - 4:45 PM	\$1.00/visit \$9.00/10-PASS
September 26 - December 1			
NEWCASTLE RECREATION COMPLEX	Tuesday & Thursday	3:15 - 4:45 PM	\$1.00/visit \$9.00/10-PASS

Pre-Teen Dances

DANCES GRADES 5 - 8 Fee: \$9/DANCE

The Hottest Dance Party in Town! Dance the night away with all your friends to the newest music. You won't want to miss the Clarington Pre-Teen Dances!

All dances are 7:00 - 9:00 PM.



Friday September 30	Courtice Community Complex
Friday October 28	Rickard Recreation Complex
Friday November 25	Courtice Community Complex
Friday December 16	Rickard Recreation Complex

High Five Program

HIGH FIVE is a Provincial Quality Assurance Program, designed to assist children and parents along the path of healthy development.



The HIGH FIVE program is based on the premise that a child's development is best supported when they are in a program that provides them with a caring adult, and the opportunity to play, make friends, master skills and participate. We are committed to ensuring that every child has a positive sport and recreation experience. Through training of staff and the provision of tools for supervisors to assess best practices and overall program quality, recreation and sport programs will offer program excellence that focuses on quality, and the child first approach.

Our organization values children and is committed to making sure that all of our programs are designed and delivered in a way that respects and nurtures children, and helps them be the best they can be. Our staff who instructs ages 6 - 12 years of age will be trained in HIGH FIVE Principles of Healthy Child Development.

For more information on the HIGH FIVE Program or the resources, visit www.highfive.org

P.A. DAY CAMP AGES 6-12 years

Not sure what to do on your P.A. Day? Join us for an action packed day of fun and games! Participants take part in games, crafts, swimming/skating and much, much more! All participants should pack a nut-free lunch, bring extra drinks and dress appropriately as some activities may take us outside! Alternate activities will be provided for those who do not wish to swim.

DATES & LOCATION	BARCODE \$31.00 9:00 AM - 4:30 PM	EXTENDED CARE AM \$6.00 7:00 - 9:00 AM	EXTENDED CARE PM \$4.50 4:30 - 6:00 PM	SPECIAL ACTIVITY
Friday September 30 South Courtice Arena	113076	113126	113127	Participants will have the opportunity to skate and should bring skates, a CSA approved helmet and warm clothing
Friday November 25 Newcastle Recreation Complex	113176	113177	113178	Participants will have the opportunity to swim and should bring a swim suit, towel and swim card (if applicable)

Fall Session Showcase

A chance to come out and see what our performance classes have been up to this session! Friends, family, and supporters are welcome to attend. Performances will be made by members of our Guitar and Hip Hop classes, as well as our Glee Club. There is no cost to attend, just show up!

**Wednesday, December 7, 2011 at Rickard Recreation Complex
7:00 PM - 8:30 PM**



Winter Break Camp 2012

Ages: 6 - 12 yrs.

Camp operates: 9:00 AM - 4:30 PM

Location: Courtice Community Complex

Cost: \$146.00

Enjoy activities such as games, arts & crafts, swimming and more! A different theme everyday!

DAY January 2 - 6	THEME	BARCODE 9:00 AM - 4:30 PM	EXTENDED CARE \$40.00 7:00 - 9:00 AM & 4:30 - 6:00 PM
Monday	Mystery Monday	113226	113227
Tuesday	Winter Wonderland		
Wednesday	Sports Superstars		
Thursday	Snack Attack!		
Friday	Up and Away Day		

House League Hockey Camp

Ages: 9 - 12 yrs.

Camp operates: 9:00 AM - 4:30 PM

Location: Rickard Recreation Complex

Cost: \$197.00

This camp offers players (both boys and girls) at house league level, the experience of a hockey camp atmosphere with a combination of traditional camp activities. On ice sessions will be up to 2 hours per day. Off-ice sessions will include activities such as swimming, sports and games. Participants must provide their own snacks and drinks, as well as lunches. **Full ice hockey equipment is required, including CSA approved hockey helmet and mouth guard.**



DATE	BARCODE	EXTENDED CARE \$40.00 7:00 - 9:00 AM & 4:30 - 6:00 PM
January 2 - 6	113676	113726

Santa's Workshop

FEE: \$31.00

Saturday, December 10

9:00 AM - 4:00 PM

Need some time to get your Holiday shopping complete WITHOUT the kids? Drop them off for a fun filled day of supervised programming at the **Courtice Community Complex**. Participants will have the opportunity to create wonderful Holiday crafts and presents for friends and family - while you get the shopping done! A high energy day of games, activities, and fun including gingerbread decorating! Leave the kids with us for and have stress free shopping time for yourself. Participants should pack a nut-free lunch, with plenty of drinks and two snacks.



AGES	4 - 6 YRS	7 - 10 YRS
BARCODE	113626	113627

Songwriters' Workshop

FREE

Ages: 14 yrs.+

Looking for the right tools to write your own song? Join us for these interactive workshops for youth and adults. Singer/songwriter, Author and Musician, Ron Beer, will guide you through the steps. Bring your own musical instruments and don't forget your songs! No experience necessary.

Call today for more information. 905-435-1061 ext. 230



DATE	LOCATION	TIME
September 11, October 2, November 13 & December 11	Rickard Recreation Complex	1:00 - 3:00 PM

We're Looking For YOU - TH!

The Municipality of Clarington is seeking youth volunteers looking to get active in their community. Focus will be on events and activities such as Youth Week 2012.

Have fun and interact with other youth while participating in our monthly meetings.

Please call 905-435-1061 ext. 229 for more information on how to get involved.



The Community Services Department, in Partnership with Ontario Early Years and the YMCA, is pleased to offer these exciting programs for Parents and Tots. No registration is required.

For further information contact the Bowmanville Ontario Early Years Centre 905-697-3171 or Newcastle Ontario Early Years Centre 905-987-6914.



FIT FAMILIES AGES 0 - 6 YEARS

FREE

All classes are done through a story with the parents and kids acting out the parts! We will start the class with animal stretches. Throughout our story we might be tiptoeing through the daisies, lunging through the tall grasses, or running from a wild animal. We will end our class with some relaxation music. Your and your child will get a workout without even knowing it.

LOCATION	DAY	TIME
RICKARD RECREATION COMPLEX	Tuesday	9:30 - 10:30 AM or 11:00 AM - 12:00 PM
10 WEEKS September 27 - November 29		

PLAY TO LEARN - INDOOR PLAYGROUND AGES 0 - 6 YEARS

FREE

Participants will use active play to explore the world around them. Props will be incorporated; parachutes, balls, hoops and an obstacle course are only a few items we will use. Through physical play, the children will develop their creativity, fitness, strength, coordination and motor skills. Children will be encouraged to use active play both individually and as a group.

LOCATION	DAY	TIME
SOUTH COURTICE ARENA	Tuesday & Thursday	9:30 - 11:30 AM
10 WEEKS September 27 - December 1		
NEWCASTLE RECREATION COMPLEX	Tuesday & Thursday	9:30 AM - 12:00 PM
10 WEEKS September 27 - December 1		

TODDLER GYM

AGES 1.5 - 2.5 YEARS

FREE

Toddler Gym is a mobile program. We will sing, move, crawl, walk, hop, jump and relax together. Come enjoy this interactive program with your toddler.

LOCATION	DAY	TIME
SOUTH COURTICE ARENA	Wednesday	9:15 - 10:15 AM
10 WEEKS September 28 - November 30		

BABY & ME YOGA

AGES BIRTH - PRE-CRAWLING

FREE

This program is an introduction to yoga and a great way to tone your body and mind while bonding with your baby. Yoga builds strength, flexibility, concentration and self-esteem.

LOCATION	DAY	TIME
SOUTH COURTICE ARENA	Wednesday	1:30 - 2:30 PM
10 WEEKS September 28 - November 30		
RICKARD RECREATION COMPLEX	Thursday	10:45 - 11:45 AM
9 WEEKS September 29 - December 1 No program October 13		

CRAWLERS AND CRUISERS GYM

AGES FROM CRAWLING TO 15 MONTHS

FREE

Crawlers and Cruisers focuses on fun games, exercise and activities for you and your child. Program for crawlers and walking babies is a mobile practice for your busy child on the move.

LOCATION	DAY	TIME
SOUTH COURTICE ARENA	Wednesday	11:00 AM - 12:00 PM
10 WEEKS September 28 - November 30		

PRE-SCHOOL YOGA

AGES 2.5 - 6 YEARS

FREE

Family members have the opportunity to practice yoga together and experience a magical interaction. They develop strong bonds as they assist each other in the yoga postures. Movement, relaxation, storytelling, music and songs are combined with the yoga practice to create a very unique and fun experience. Please bring a yoga mat.

LOCATION	DAY	TIME
RICKARD RECREATION COMPLEX	Thursday	9:15 - 10:15 AM
9 WEEKS September 29 - December 1 No program October 13		

MOTHER GOOSE

AGES 0 - 12 MONTHS

FREE

Learn new songs and stories to share together. Experiences with music will support language development, creativity and social growth.

LOCATION	DAY	TIME
SOUTH COURTICE ARENA	Thursday	1:30 - 3:00 PM
10 WEEKS September 29 - December 1		

Want to get rid of this stuff in an environmentally friendly way?

Obsolete or unwanted electronic and electrical equipment can be recycled.



Household hazardous waste should be disposed of safely to reduce its potential environmental impact.



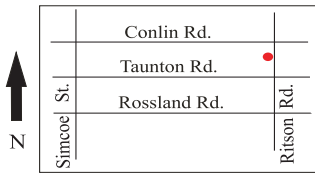
Tires can be recycled.



Loads consisting of one or more of these materials as well as white, agricultural bale wrap and white expanded polystyrene are exempt from fees if delivered separately from regular garbage.

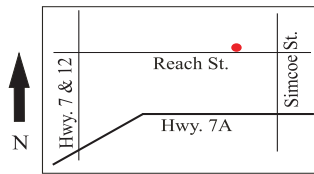
Bring them to any of Durham Region's waste management facilities and let us take care of it for you.

OSHAWA



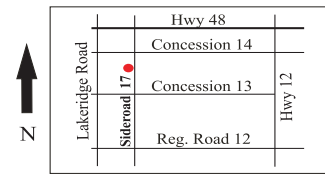
1640 Ritson Road North
Tel: 905-433-2050

PORT PERRY



1623 Reach Street
Tel: 905-985-7973

BROCK TOWNSHIP



Brock Sideroad 17
Tel: 705-437-2933

Waste disposal fees are \$120 per tonne, with a minimum charge of five dollars per visit, payable by cash, VISA, MasterCard or debit card.

Region of Durham Works Department | 1-800-667-5671 | www.durhamregionwaste.ca



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Aquatic Programs

Aquatic Co-ordinator: Tracey Leonard - leonard@clarington.net

WHAT'S NEW THIS FALL...

REGISTRATION

- **Group Swimming Lesson registration** will now begin on **Thursdays at 7:00 AM**. This is to offer a greater level of support to our users should difficulties or questions arise.

- **Private or Semi-Private Lessons** All of our private and semi-private time slots will now be published in the guide. This will assist parents in their selection process and reduce the amount of time spent during registration. **Registration will now begin at 7:00 AM.**

Additionally, we are now offering registration on-line for **10 WEEK PRIVATE LESSONS**.

RED CROSS HAS REVISED THEIR PROGRAM

HERE'S WHAT'S NEW:

- Our parented program ages for Starfish, Duck and Sea Turtle have been modified slightly so please look closely!
- A new preschool level, *Sea Otter* makes its first appearance, replacing the current Sea Turtle 2 un-parented level, for children aged 3 - 5 years.
- Minor revisions to all program levels' content, including the removal of the butterfly stroke from the program.

Group Swimming Lessons

When does Registration start?

- Thursday, **August 18** for Clarington Residents
- Thursday, **August 25** for Non-Residents

What time does Registration begin?

All methods of registration will commence at **7:00 AM**

- EAZYREG 905-623-3299
- www.claringtoneazyreg.ca
- In person



Session Dates

SATURDAYS

September 17 - November 26

SUNDAYS

September 18 - November 20

MONDAYS

September 19 - December 5

TUESDAYS

September 20 - November 22

WEDNESDAYS

September 21 - November 23

THURSDAYS

September 22 - November 24

No lessons

Saturday Nov 19 - Santa Claus Parade

Monday Oct 10 - Thanksgiving

Monday Oct 31 - Hallowe'en

FEES & DURATION - GENERAL YOUTH LESSONS

LEVEL	DURATION	FEE
Red Cross Swim Preschool	30 minutes	\$80.00
Red Cross Swim Kids Levels 1-4	30 minutes	\$80.00
Red Cross Swim Kids Levels 5-12	45 minutes	\$84.50

Plus taxes where applicable. Non-residents add 10% surcharge to fees

Age Pre-requisite for Programs

Please note where age is a pre-requisite for a swimming program, participants must be the correct age to register. Consideration will be given to participants who turn the correct age by the second lesson. Registration **must** be in person.

Screening:

Not sure which level to register your child in? We can help! Come to any Public Swim and a certified instructor will assess your child's swimming level and suggest an appropriate program. Parents wishing to have preschool children screened will be required to enter the water with their child due to Admission Requirements. Contact the Courtice Community Complex at 905-404-1525, Clarington Fitness Centre at 905-623-3392, or Newcastle & District Recreation Complex at 905-987-5667 for more information. **Fee: \$2.75**

We kindly ask that all parents wishing to have a child screened come with their child after the first 30 minutes of the start of the swim and screenings will take place at this time.