

FALL 2022 SPORTS & REC | SEPT 19 - DEC 10, 2022*

Be Creative (6-8 yrs)

Kids are encouraged to 'be themselves' in an environment that is relaxed, creative and fun, allowing young artists the freedom to explore their potential. Weekly activities will introduce a variety of arts, crafts, and drama exercises.

\$75 Mondays, 5:00-5:45 p.m.

Make a Little Mess (3-5 yrs)

Finger paint, slime, and homemade Play-Doh. If your budding artist doesn't mind getting a little dirty, then this is the program for them! Each week, a new medium will be introduced, designed to enhance fine motor skills, imagination and creativity! Getting a little messy isn't just allowed; it's encouraged!

\$56 | Mondays, 4:30-5:00 p.m.

Make a Little Noise (3-5 yrs)

Building on your little one's natural love of music, each week participants will explore new sounds, rhythm and tempos designed to boost creativity and unlock imagination. Sing songs, basic instruments and even a little dancing is all part of the fun!

\$56 | Mondays, 4:00-4:30 p.m.

Kitchen Creations (7-12 years)

Sizzle and Bake! Come into our kitchen and taste your creations. The kitchen creations program is designed to teach youth the basics of solid nutritional cooking (don't worry desserts will be made on occasion as well). Come and enjoy a social atmosphere and learn a lifelong skill.

\$75 | Tuesdays or Thursdays, 7:15-8:15 p.m.

UFMA Martial Arts (7-10 years)

Instructors from United Family Martial Arts conduct classes in a disciplined and safe environment. Children will learn a combination of self-defense techniques, personal safety, and protection. Physical fitness and fun are incorporated into the classes taught by qualified instructors.

\$75 | Thursdays, 4:30-5:15 p.m.

Tiny Tumblers (18 m-3 years) Parent participation required

Our starter gymnastics class, parent and child together in a fun filled environment. Taught by qualified gymnastics instructors, this very basic gymnastics course teaches about how to move and some knowledge of gymnastics equipment.

\$51.30 | Saturdays, 9:00-9:30 a.m. **

Jr. Gymnastics (3-5 years)

A recreational gymnastics class designed to teach children the basics of the sport with an emphasis on skill-building and fun. Certified instructors will work with children on coordination, balance, and flexibility while keeping safety in mind.

\$51.30 | Saturdays, 9:30-10:00 a.m.; 11:00-11:30 a.m. **

Sr. Gymnastics (6-12 years)

A recreational gymnastics class designed to teach children the basics of the sport with an emphasis on skill-building and fun. Certified instructors will work with children on coordination, balance, and flexibility while keeping safety in mind.

\$68.75 | Saturdays, 10:00-10:45 a.m.; 11:30-12:15 p.m. **

Ninja (6-9 years)

Our Ninja classes will develop physical fitness and character traits as students learn new skills in a fun and safe environment. Will include obstacle course run training with aspects of gymnastics, tumbling, and physical fitness. Ninjas will have fun while working on focus and concentration, agility, balance, spatial awareness, perseverance, confidence and so much more!

\$82.50 | Saturdays, 12:30-1:15 p.m. **

**Questions? Call 905-
357-2444 ext. 1**

bgcn.ca



*Note that Monday classes will not run on October 10 or 31, so classes will run until Dec 19, 2022

** Note that this program will run from Oct. 1 - Dec. 10, 2022