

# FALL 2022 SPORTS & REC | SEPT 19 - DEC 9, 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 | Tuesdays, 5:30-6:15 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 | Tuesdays, 5:00-5:30 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 | Tuesdays, 4:30-5:00 p.m.**

## **FUSE Lacrosse (4-6 years / 7-10 yrs) \*\***

A fun program to introduce kids to the sport of lacrosse. Non-contact and equipment is provided. **\$60**

**4-6 years: Thursdays, 5:00-5:45 p.m.**

**7-10 years: Thursdays, 6:00-6:45 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, 7:00-8:00 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, 6:00-6:45 p.m.**

## **Jitterbugs (18 m-3 years) Parent participation required**

Our starter dance class where children and parents dance together and learn how to have some fun to the rhythm of the music. Designed to get children to enjoy music.

**\$51.40 Mondays, 4:00-4:30 p.m. \*\*\***

## **Jr. Dance (3-5 years)**

Children will explore the fundamentals of dance in a safe and nurturing environment. This program focuses on movement, co-ordination, and spatial awareness.

**\$51.40 | Mondays, 4:30-5:00 p.m. \*\*\***

## **Sr. Dance (6-8 years)**

Children will explore the fundamentals of dance in a safe and nurturing environment. This program focuses on movement, coordination, and spatial awareness.

**\$68.75 | Mondays, 5:00-5:45 p.m. \*\*\***

## **Hip Hop Dance (8-12 years)**

Learn the fundamentals of Hip Hop and find the funky dancer within! This high-energy class improves physical fitness, rhythm, movement, and self-confidence.

**\$68.75 | Mondays, 6:00-6:45 p.m. \*\*\***

## **Cheerleading (8-12 years)**

Classes will combine jumps, tumbling, stunting, motions (dance) and so much more! The athletes will work towards learning a fun and challenging routine and performing it for friends and family at the end of the session.

**\$82.50 | Mondays, 7:00-7:45 p.m. \*\*\***

**Questions? Call  
905-871-2592 ext.  
222**

**bgcn.ca**



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

\*\*FUSE Lacrosse will run Sept. 29 - Nov. 10, 2022.

\*\*\* Note that this program will run from Sept. 26 - Dec. 19, 2022