

46 Sports Child/Youth

Badminton (Child/Youth) 🍁

Join friends for some fun, exercise and learn the skills of the game! Racquets and shuttles are provided for players new to the game.

Civic Recreation Complex

8-12yrs Fall: 10 classes \$53.10
Winter: 8 classes \$42.48

Day	Start	Time	Code
Thu	Sep 22	6:30pm - 7:30pm	169595
Thu	Jan 12	6:30pm - 7:30pm	169752

Northview Community Centre

8-14yrs 8 classes \$42.48

Day	Start	Time	Code
Wed	Sep 28	7:15pm - 8:15pm	169163
Wed	Jan 11	7:15pm - 8:15pm	169164

Baseball Basics 🍁

Great beginner program! learn the basics including pitching catching and batting. Your child will use real batting cages to discover the fun of baseball and improve their skills.

Civic Recreation Complex

7-10yrs Fall: 10 classes \$53.10
Winter: 9 classes \$47.49

Day	Start	Time	Code
Wed	Sep 21	5:00pm - 6:00pm	173767
Wed	Jan 11	5:00pm - 6:00pm	173769

Baseball Skills and Drills Development 🍁

This program will teach expand your child's knowledge of baseball basics. Your child will learn skills and field positioning as well as batting practice using real batting cages. Techniques and fitness drills will be incorporated to develop speed, agility and coordination!

Civic Recreation Complex

11-15yrs Fall: 10 classes \$53.10
Winter: 9 classes \$47.49

Day	Start	Time	Code
Wed	Sep 21	5:00pm - 6:00pm	173770
Wed	Jan 11	5:00pm - 6:00pm	173772

Basketball (Child/Youth) 🍁

Learn the basics of basketball in a fun and friendly environment.

Pierre Elliott Trudeau Public School

7-9yrs 8 classes \$42.48

Day	Start	Time	Code
Mon	Sep 26	5:45pm - 6:45pm	166239
Mon	Jan 9	5:45pm - 6:45pm	166289

Cheerleading 🍁

Learn great cheerleading skills, choreograph a routine, build confidence ... and have lots of fun!

Civic Recreation Complex

7-12 yrs Fall: 10 classes \$53.10
Winter: 9 classes \$47.49

Day	Start	Time	Code
Tue	Sep 20	5:00pm - 6:00pm	173774
Thu	Sep 22	4:00pm - 5:00pm	173776
Tue	Jan 10	5:00pm - 6:00pm	173777
Thu	Jan 12	4:00pm - 5:00pm	173778

Dodgeball (Child/Youth) 🍁

This program focuses on the game of dodgeball and incorporates different versions such as king's court, elimination dodgeball and many more!

Legends Centre

8-12yrs Fall: 10 classes \$53.10
Winter: 9 classes \$47.79

Day	Start	Time	Code
Tue	Sep 27	7:00pm - 8:00pm	166292
Tue	Jan 10	7:00pm - 8:00pm	166294

Family Sports Social 🍁

Spend quality family time and stay active learning and playing a variety of sports and games together and with others in a fun and non-competitive setting. Please register the child only.

Northview Community Centre

6-8yrs 8 classes \$60.00

Day	Start	Time	Code
Sun	Sep 25	4:45pm - 6:00pm	169628
Sun	Jan 8	4:45pm - 6:00pm	169630

Floor Hockey (Child) 🍁

A basic introduction to floor hockey with emphasis on minimal contact, basic skills of stick handling, passing, rules, team play and sportsmanship. Boys and girls are welcome! Helmets and face masks are mandatory.

Pierre Elliott Trudeau Public School

7-9yrs 8 classes \$42.48

Day	Start	Time	Code
Mon	Sep 26	7:00pm - 8:00pm	166295
Mon	Jan 9	7:00pm - 8:00pm	166296

Junior Squash - Beginner 🍁

Learn basic squash skills and develop fitness, strength, and flexibility in this exciting fast paced game. Racquets and eye guards are provided.

Civic Recreation Complex

8-12yrs 10 classes \$63.70

Day	Start	Time	Code
Sat	Sep 17	9:20am -10:00am	169596
Sat	Jan 7	9:20am -10:00am	169771

Civic Recreation Complex

13-17yrs 10 classes \$63.70

Day	Start	Time	Code
Sat	Sep 17	10:00am -10:40am	169597
Sat	Jan 7	10:00am -10:40am	169772

Junior Squash - Intermediate 🍁

Progression of squash drills and development of strategies of the game will be the focus. Recommended for players who have taken beginner level at least twice. Racquets and eye guards are provided.

Civic Recreation Complex

8-12yrs 10 classes \$63.70

Day	Start	Time	Code
Sat	Sep 17	10:40am -11:20am	169598
Sat	Jan 7	10:40am -11:20am	169773

Civic Recreation Complex

13-17yrs 10 classes \$63.70

Day	Start	Time	Code
Sat	Sep 17	11:20am -12:00pm	169599
Sat	Jan 7	11:20am -12:00pm	169774

Karate (Children/Youth) 🍁

This beginner program provides a great opportunity for children/youth who have expressed an interest to learn the basics of Karate.

Northview Community Centre

6-12yrs 8 classes \$53.04

Day	Start	Time	Code
Sat	Sep 24	10:00am -11:00am	169171
Wed	Sep 28	7:00pm - 8:00pm	169172
Sat	Jan 7	10:00am -11:00am	169173
Wed	Jan 11	7:00pm - 8:00pm	169174

Karate - Karate Kid Style

Okinawa Goju Ryu Karate Doh was founded by Miyagi Chojun Sensei and fictionalized in the movie 'Karate Kid'. The term Hard Soft Style refers to the combination of both karate and kung fu elements. Blocks, punches and kicks are developed into kata training (techniques organized into routines) with a focus on developing discipline, mental focus and mind body mastery. This program is suitable for beginners.

Civic Recreation Complex

6-10yrs Fall: 10 classes \$66.30
Winter: 9 classes \$59.67

Day	Start	Time	Code
Wed	Sep 28	6:00pm - 7:00pm	169600
Wed	Sep 28	7:00pm - 8:00pm	169601
Wed	Jan 11	6:00pm - 7:00pm	169775
Wed	Jan 18	7:00pm - 8:00pm	169776

Civic Recreation Complex

11-16yrs Fall: 10 classes \$66.30
Winter: 9 classes \$59.67

Day	Start	Time	Code
Thu	Sep 29	6:00pm - 7:00pm	169602
Thu	Jan 19	6:00pm - 7:00pm	169777
*Thu	Jan 19	7:00pm - 8:00pm	171639

*This class is for Karate graduates who have already obtained a white belt.

Karate Wado Kai

Founded in 1939, Karate Wado Kai remains one of the four purest forms of Karate styles in Japan. This martial arts program will assist in developing speed, balance, flexibility, and coordination. Participants will earn belts and progress through the ranks, led by an International Black Belt Instructor. All levels are welcome, with karate uniform (not required for beginners) and ranking fees extra.

Walter E. Harris School

6-16yrs Fall: 20 classes \$132.60
Winter: 16 classes \$106.08

Day	Start	Time	Code
Mon, Wed	Sep 26	7:00pm - 8:00pm	166093
Mon, Wed	Jan 9	7:00pm - 8:00pm	166144



Dodgeball (Child/Youth)

This program focuses on the game of dodgeball and incorporates different versions such as king's court, elimination dodgeball and many more!

Legends Centre

8-12yrs Fall: 10 classes \$53.10
Winter: 9 classes \$47.79

Day	Start	Time	Code
Tue	Sep 27	7:00pm - 8:00pm	166292

Lacrosse - Child

This program is designed for all levels of play. Children will participate in a short warm-up, drills and a non-competitive game every class. It is mandatory that children wear a helmet and mask.

Northview Community Centre

7-10yrs 8 classes \$42.48

Day	Start	Time	Code
Tue	Sep 27	6:00pm - 7:00pm	173689
Tue	Jan 10	6:00pm - 7:00pm	173690

Sportball (Child)

This dynamic and unique sports program will focus on skill development and floor hockey, baseball, basketball, soccer, tennis, volleyball and golf. It's creative, noncompetitive and helps children build self-esteem and prepare for future of confident sports play.

Northview Community Centre

5-7yrs 9 classes \$146.55

Day	Start	Time	Code
Sat	Sep 24	4:00pm - 5:00pm	170545
Sat	Jan 7	4:00pm - 5:00pm	170546



Tennis Beginner (Child)

No experience required. Our Certified Level 2 Coach will focus on the fundamentals of tennis: proper grip, footwork, forehand and backhand strokes, service toss, basic scoring, rules and etiquette.

Civic Recreation Complex

8-12yrs 6 classes \$63.66

Day	Start	Time	Code
Thu	Sep 22	6:30pm - 7:30pm	169605
Thu	Nov 3	6:30pm - 7:30pm	169606
Thu	Jan 12	6:30pm - 7:30pm	169791

Tennis Intermediate (Child)

Recommended for players who have completed two sessions of beginner lessons. Our certified Level 2 coach will focus on improving ground strokes, the volley, service return and basic play strategies

Civic Recreation Complex

8-12yrs 6 classes \$63.66

Day	Start	Time	Code
Thu	Sep 22	7:30pm - 8:30pm	169609
Thu	Nov 3	7:30pm - 8:30pm	169610
Thu	Jan 12	7:30pm - 8:30pm	169795

Volleyball (Child/Youth)

Join friends for some non-competitive volleyball in a fun and friendly setting. A great opportunity to get some exercise and work on your skills.

Northview Community Centre

8-12yrs 8 classes \$42.48

Day	Start	Time	Code
Wed	Sep 28	6:00pm - 7:00pm	169627
Wed	Jan 11	6:00pm - 7:00pm	173691

Legends Centre

8-12yrs Fall: 10 classes \$53.10
Winter: 8 classes \$42.48

Day	Start	Time	Code
Mon	Sep 26	5:45pm - 6:45pm	167743
Mon	Jan 9	5:45pm - 6:45pm	167744

Register Early!

Avoid the disappointing call that your course has been cancelled.

48 Sports Adult

Badminton (Adult) 🍁

Join friends for some fun, exercise and a social night out on the court! Racquets and shuttles are provided for players new to the game.

Civic Recreation Complex

18yrs+ Fall: 10 classes \$98.14
Winter: 9 classes \$88.33

Day	Start	Time	Code
Thu	Sep 22	7:30pm - 9:00pm	169594
Thu	Jan 12	7:30pm - 9:00pm	169751

Legends Centre

18yrs+ Fall: 10 classes \$98.14
Winter: 9 classes \$88.33

Day	Start	Time	Code
Tue	Sep 27	8:00pm - 9:30pm	167740
Sun	Oct 2	7:30pm - 9:00pm	167739
Sun	Jan 8	7:30pm - 9:00pm	167741
Tue	Jan 10	8:00pm - 9:30pm	167742

Northview Community Centre

18yrs+ 8 classes \$65.43

Day	Start	Time	Code
Wed	Sep 28	8:15pm - 9:30pm	169165
Wed	Jan 11	8:15pm - 9:30pm	169166

Basketball (Men) 🍁

Join the guys on the court for a game of organized basketball. Enjoy a weekly workout! This program is supervised, but is not an instructional program.

Legends Centre

18yrs+ Fall: 10 classes \$81.78
Winter: 8 classes \$65.43

Day	Start	Time	Code
Thu	Sep 29	8:30pm - 9:45pm	166290
Thu	Jan 19	8:30pm - 9:45pm	166291

Flag Football League (Co-Ed)

This Co-ed league is designed for all levels of participants looking for a fun recreational alternative to traditional leagues. The last week will be reserved for playoffs, come out as individuals, couples or teams.

Civic Recreation Complex

18yrs+ Fall: 10 classes \$57.90
Winter: 9 classes \$52.11

Day	Start	Time	Code
Sun	Sep 25	9:00pm - 10:00pm	173779
Sun	Sep 25	9:00pm - 10:00pm	173780

Squash (Adult) 🍁

A certified coach will focus on the basics of the game. Great for beginners or those who want to fine tune their game.

Civic Recreation Complex

18yrs+ Fall: 10 classes \$94.59
Winter: 8 classes \$75.59

Day	Start	Time	Code
Mon	Sep 19	7:20pm - 8:00pm	169603
Mon	Jan 9	7:20pm - 8:00pm	169787

Tchoukball 🍁

Tchoukball is the latest non-contact sport which combines the pace and excitement of handball and volleyball to make it the fastest handball sport around.

Civic Recreation Complex

18yrs+ Fall: 10 classes \$57.90
Winter: 9 classes \$52.11

Day	Start	Time	Code
Sun	Sep 25	10:00pm - 11:00pm	173781
Sun	Sep 25	10:00pm - 11:00pm	173782

Tennis Intermediate (Adult) 🍁

Recommended for players who have completed two sessions of beginner lessons. Our certified Level 2 coach will focus on improving ground strokes, the volley, service return and basic play strategies

Civic Recreation Complex

18yrs+ 6 classes \$94.58

Day	Start	Time	Code
Tue	Sep 20	7:30pm - 8:30pm	169607
Tue	Nov 1	7:30pm - 8:30pm	169608
Tue	Jan 10	7:30pm - 8:30pm	169793

Volleyball League (Co-ed) 🍁

Join friends on the court for a refereed game of recreational volleyball. Schedules will be set up to play a different team each week. Game start times alternate between 7:00pm and 8:30pm each week. A schedule will be mailed out prior to the first night. The rules of the game will be enforced. Please make sure you are available to play at both times specified.

Legends Centre

18yrs+ Fall: 10 classes \$98.14
Winter: 8 classes \$78.51

Day	Start	Time	Code
Mon	Sep 26	7:00pm or 8:30pm	167748
Mon	Sep 26	7:00pm or 8:30pm	167747
Mon	Sep 26	7:00pm or 8:30pm	167746
Mon	Sep 26	7:00pm or 8:30pm	167745
Mon	Jan 9	7:00pm or 8:30pm	167749
Mon	Jan 9	7:00pm or 8:30pm	167750
Mon	Jan 9	7:00pm or 8:30pm	167751
Mon	Jan 9	7:00pm or 8:30pm	167752

NEW!

Coming this Fall...

**Intro to Kettlebell
and**

Intro to Plyometrics

in the new Fieldhouse!

Call the Civic Recreation Complex
for more details.

Adult Sport Drop-In

Civic Recreation Complex Fieldhouse

Lunch-Time Pick-up

12:15 - 1:45pm

- Soccer (Monday and Wednesday)
- Ultimate Frisbee (Tuesday and Thursday)

Late Night Pick-up

Sunday 10:00pm - 11:00pm

Admission Fee: \$3.80 Begins week of September 19