Children 5 and Under

Before you go, you should know...

- Having fun can be messy sometimes, we recommend not wearing new or expensive clothes to programs.
- Indoor shoes are great for playing and running, they are much safer than sock feet.

Parented Programs

Some preschool programs require Parents to actively participate in the program. Look for the P

Child Only Programs

Preschoolers are required to be toilet trained and out of diapers.

Ice Programs

- CSA approved hockey helmet is mandatory for everyone on-ice including a full mask for participants under 18 years.

Everything I need to know I learned in a preschool class...

- I learned to interact with other children.
- I learned how to wait.
- I learned how to take turns, and how to listen.
- I learned about balance, jumping, rolling and running.
- I learned social skills while I played with my friends.
- I learned how to follow a routine.
- I learned to share.
- I learned to get along with others.
- I learned early phonics and reading skills.
- I learned that I am a big kid.
- I learned matching skills.
- I learned the foundations for academic learning.
- I learned that mommy and daddy will always be back.
- I learned about letters, numbers, colours and shapes.

I learned that I can do it all by myself!

Save time,
register online
register.oshawa.ca
**Children 5 and Under**

### Dance

**Pre-Dance**
Introduction to creative movement through basic dance steps of ballet and jazz. Participants should wear non-marking shoes. An informal recital for family and friends will be held at the end of the session.

- **Age:** 3 to 5 years - Child Only
- **Location:** Donevan Recreation Complex

**Ballet**
Children will learn the basics of ballet in this non-competitive, structured program, focusing on fun, improving balance, and enhancing coordination skills. A mini recital will be held during the last class. Participants should wear non-marking shoes.

- **Age:** 3 to 5 years - Child Only
- **Location:** Delpark Homes Centre formerly Legends Centre

**Hip Hop**
Introduction to the steps and moves of hip hop dancing. Participants should wear non-marking shoes. A mini recital will be held during the last class.

- **Age:** 3 to 5 years - Child Only
- **Location:** Delpark Homes Centre formerly Legends Centre

**Acro - Intro**
Incorporating jumps, cartwheels and other acrobatics this introductory program combines jazz, dance and gymnastics. An informal recital for family and friends will be held at the end of the session.

- **Age:** 5 to 7 years - Child Only
- **Location:** Donevan Recreation Complex

**Ballet**
Aimed at improving a dancer’s balance, body awareness, and graceful movement by focusing on ballet and basic body positions. An informal recital for family and friends will be held at the end of the session.

- **Age:** 5 to 7 years - Child Only
- **Location:** Donevan Recreation Complex

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### Movement & Play

**Parent & Baby Fit**
This program allows adults to exercise with their newest workout partner-Baby! In this unique strength and stretch class, your baby provides the resistance for strength training. Children must be between 3 and 12 months.

- **Age:** 3 to 12 months - Parented
- **Location:** Northview Community Centre

**Sportball Multi-Sport: Outdoor**
This dynamic and unique sports program will focus on skill development in floor hockey, baseball, basketball, soccer, tennis, volleyball, and golf. It’s creative, non-competitive, and helps children build self-esteem and prepare for a future of confident sports play.

- **Age:** 2 to 3 years - Parented
- **Age:** 3 to 5 years - Child Only
- **Location:** Delpark Homes Centre formerly Legends Centre

**Learn to Skate - Parent & Child**
New skaters are introduced to the fundamental skating skills with the assistance of a parent. Instructors lead parents and children through various games and activities to make the child reach a comfort level on the ice. Parents must have competent skating ability in order to help their child during the program and may only accompany one child on the ice. All program participants (adult and child) must wear a CSA approved hockey helmet on the ice. Bicycle and ski helmets are not permitted. A face mask and gloves/mitts are strongly recommended.

- **Age:** 2 to 5 years - Parented
- **Location:** Delpark Homes Centre formerly Legends Centre

**Learn to Skate**
Skating skills are taught in a progressive sequence of seven levels. New participants are assessed at the first class and assigned to the most appropriate level. Participants previously enrolled in this program should bring progress cards to the first class. CSA approved hockey helmets are mandatory for all participants. A face mask and gloves/mitts are strongly recommended.

- **Age:** 5 to 11 years - Child Only
- **Location:** Delpark Homes Centre formerly Legends Centre

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Partnership program, see page 7 for more information.

Financial assistance available, see pages 7-8 for more information.

Inclusion Support Services available, see page 24 for information.
## Program Registration Information

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Facility</th>
<th>Code</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td><strong>Dance</strong></td>
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<tr>
<td>Pre-Dance</td>
<td>3-5 yrs</td>
<td>8</td>
<td>Thu</td>
<td>Jul 4 - Aug 22</td>
<td>5:15pm - 5:45pm</td>
<td>DRC</td>
<td>10322</td>
<td>$33.60</td>
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<tr>
<td>Ballet</td>
<td>3-5 yrs</td>
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<td>Sat</td>
<td>Jul 6 - Aug 24</td>
<td>1:30pm - 2:00pm</td>
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<td>Hip Hop</td>
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<td>Acro - Intro</td>
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<td>Thu</td>
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<td>6:15pm - 7:00pm</td>
<td>DRC</td>
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<td>Ballet</td>
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## Movement & Play

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<th>Program</th>
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<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Facility</th>
<th>Code</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Parent &amp; Baby Fit</td>
<td>3-12 mths</td>
<td>10</td>
<td>Thu</td>
<td>Jul 11 - Sep 12</td>
<td>10:00am - 10:45am</td>
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## Sports

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<tbody>
<tr>
<td>Sportball Multi-Sport: Outdoor - Parented</td>
<td>2-3 yrs</td>
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<td>Jul 4 - Aug 29</td>
<td>9:15am - 10:00am</td>
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<td>Learn to Skate - Parent &amp; Child</td>
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DEL - Delpark Homes Centre formerly Legends Centre   DRC - Donevan Recreation Complex   NCC - Northview Community Centre

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## Rotary Pool Outdoor Swimming Lessons

**For children 6 to 13 years**

**Monday to Friday, 11:30am - 12:00pm**

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<thead>
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<tbody>
<tr>
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<td>Level 3/4</td>
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<td>Level 5/6</td>
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<td>13230</td>
<td>13231</td>
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<td>Level 7/8</td>
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<td>Level 9/10</td>
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*4 classes $35.52  5 classes $44.40

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**Monday to Friday, 5:30pm - 6:00pm**

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<tr>
<th>Level</th>
<th>Jul 2-5 *</th>
<th>Jul 8-12</th>
<th>Aug 6-9*</th>
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<td>Level 3/4</td>
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<td>Level 5/6</td>
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<td>13278</td>
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<td>Level 7/8</td>
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<tr>
<td>Level 9/10</td>
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See page 49 for Red Cross swim lesson descriptions