Before you go, you should know...

• Art programs can be messy, we recommend not wearing new or expensive clothes to programs.
• Clean indoor shoes are required for sports and dance programs.

Ice Programs

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

Why participate?

• Learn motor skills through play and sport
• Gain physical fitness and enhance overall health and well being.
• Learn creativity through play and arts/cultural activities.
• Builds self-esteem and positive self-image.
• Develop life-skills through play.
• Develop life-long friendships.
• Have fun!

The Benefits of Parks & Recreation

Save time, register online
register.oshawa.ca
Children 6 and Over

**Arts & Crafts**

**Cartooning**
Learn the basics of cartoon drawing such as facial expressions, costume designs and caricatures. Children will be encouraged to use their imagination and humor to create different cartoon characters.

**Age:** 6 to 12 years  
**Location:** Arts Resource Centre

**Pottery**
An introduction to pottery using basic hand building techniques. Children will be encouraged to use their imaginations to create projects such as musical instruments, jewelry boxes, dragons, castles, animals and figurines.

**Age:** 6 to 12 years  
**Location:** Arts Resource Centre

**Dance**

**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  
**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  
**Location:** Donevan Recreation Complex

**Learning & Cognitive Development**

**Red Cross Babysitting Course**
Designed for youth who are, or want to become, a babysitter, the course covers safety tips for children of all ages, basic child care skills, and what to do in case of an emergency. Additional fees for materials and awards are applied at checkout.

**Age:** 11 years+  
**Location:** Civic Recreation Complex

**Learning & Cognitive Development ...continued**

**Standard First Aid & CPR-C**
This course provides comprehensive training covering all aspects of Standard First Aid and CPR-C. Additional fees for materials and awards are applied at checkout.

**Age:** 13 years+  
**Location:** South Oshawa Community Centre

**Standard First Aid & CPR - Recert**
Successful candidates will receive both Standard First Aid and CPR-C certification. Recertification can only be done through the original certifying agency. A recertification course can only be taken once. Award holders must then repeat the full Standard First Aid course. Additional fees for materials and awards are applied at checkout. 

**Prerequisite:** Current Lifesaving Standard First Aid and CPR-C certification not more than three years from the date of issue.

**Age:** 13 years+  
**Location:** South Oshawa Community Centre

**Sports**

**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  
**Location:** Delpark Homes Centre

**Hockey Skills**
House league caliber and first-time hockey players are taught fundamental hockey skills: stick handling, puck control, passing, and shooting. Participants must be able to skate in order to attend this program and are required to wear full hockey equipment including a CSA approved hockey helmet with full face mask and a neck guard.

**Age:** 6 to 8 years  
**Age:** 9 to 14 years  
**Location:** Delpark Homes Centre
Sports ...continued

**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. This is an outdoor program.

*Age: 6 to 9 years*
*Location: Delpark Homes Centre formerly Legends Centre*

**Karate Kid Style**
Karate Kid style refers to the combination of both karate and kung fu. 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. * Additional fees may apply.

- **Beginner: White Belt**
  *Age: 6 to 17 years*

- **Intermediate: Yellow to Green Belt (Prerequisite: White Belt)**
  *Age: 6 to 17 years*

- **Advanced: Blue to Black Belt**
  *Age: 11 to 17 years*
  *Location: Civic Recreation Complex*

**Kidz X-FITT**
A fast paced fitness circuit developing balance, body control, flexibility, and movement through running, jumping, hopping, climbing, throwing, and skipping. This program is sure to be challenging but exhilarating for the athlete in training and the non-athlete looking to get active.

*Age: 8 to 14 years*
*Location: Civic Recreation Complex*

**Learn to Skate - Youth**
Learn basic skating skills to help you feel more comfortable on the ice including: starting, stopping, striding, and gliding. CSA approved hockey helmets are mandatory for all participants. A face mask and gloves/ mitts are strongly recommended.

*Age: 12 to 17 years*
*Location: Delpark Homes Centre formerly Legends Centre*

*Partnership program, see page 7 for more information.*
*Financial assistance available, see page 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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arts &amp; Crafts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cartooning</td>
<td>6-12 yrs</td>
<td>8</td>
<td>Thu</td>
<td>Jul 11 - Aug 29</td>
<td>5:30pm - 7:00pm</td>
<td>ARC 10154</td>
<td>$97.68</td>
<td></td>
</tr>
<tr>
<td>Pottery</td>
<td>6-12 yrs</td>
<td>4</td>
<td>Tue - Fri</td>
<td>Jul 9-12</td>
<td>10:00am - 12:00pm</td>
<td>ARC 11993</td>
<td>$65.12</td>
<td></td>
</tr>
<tr>
<td>Pottery</td>
<td>6-12 yrs</td>
<td>4</td>
<td>Tue - Fri</td>
<td>Aug 20-23</td>
<td>10:00am - 12:00pm</td>
<td>ARC 11994</td>
<td>$65.12</td>
<td></td>
</tr>
<tr>
<td><strong>Dance</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acro - Intro</td>
<td>5-7 yrs</td>
<td>8</td>
<td>Thu</td>
<td>Jul 4 - Aug 22</td>
<td>6:15pm - 7:00pm</td>
<td>DRC 10329</td>
<td>$50.40</td>
<td></td>
</tr>
<tr>
<td>Ballet</td>
<td>5-7 yrs</td>
<td>8</td>
<td>Thu</td>
<td>Jul 4 - Aug 22</td>
<td>5:45pm - 6:15pm</td>
<td>DRC 10325</td>
<td>$33.60</td>
<td></td>
</tr>
<tr>
<td><strong>Leadership, Safety &amp; First Aid</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red Cross Babysitting Course</td>
<td>11 yrs +</td>
<td>1</td>
<td>Sat</td>
<td>Jul 13</td>
<td>9:00am - 5:00pm</td>
<td>CRC 10019</td>
<td>$53.41</td>
<td></td>
</tr>
<tr>
<td>Standard First Aid &amp; CPR C</td>
<td>13 yrs +</td>
<td>2</td>
<td>Sat - Sun</td>
<td>Aug 17-18</td>
<td>9:00am - 5:00pm</td>
<td>SOCC 10089</td>
<td>$111.12</td>
<td></td>
</tr>
<tr>
<td>Standard First Aid &amp; CPR C - Recert</td>
<td>13 yrs +</td>
<td>1</td>
<td>Sun</td>
<td>Aug 18</td>
<td>9:00am - 5:00pm</td>
<td>SOCC 10090</td>
<td>$98.93</td>
<td></td>
</tr>
</tbody>
</table>
Program Registration Information

<table>
<thead>
<tr>
<th>Sports</th>
<th>Age Range</th>
<th>#</th>
<th>Day</th>
<th>Start Date - End Date</th>
<th>Time</th>
<th>Location</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to Skate</td>
<td>5-11 yrs</td>
<td>8</td>
<td>Tue</td>
<td>Jul 2 - Aug 20</td>
<td>7:00pm - 7:50pm</td>
<td>DEL</td>
<td>8878</td>
<td>$83.04</td>
</tr>
<tr>
<td>Learn to Skate</td>
<td>5-11 yrs</td>
<td>8</td>
<td>Tue</td>
<td>Jul 2 - Aug 20</td>
<td>8:00pm - 8:50pm</td>
<td>DEL</td>
<td>8879</td>
<td>$83.04</td>
</tr>
<tr>
<td>Hockey Skills</td>
<td>6-8 yrs</td>
<td>8</td>
<td>Wed</td>
<td>Jul 3 - Aug 21</td>
<td>7:00pm - 7:50pm</td>
<td>DEL</td>
<td>8867</td>
<td>$83.04</td>
</tr>
<tr>
<td>Sportball Mult-Sport: Outdoor</td>
<td>6-9 yrs</td>
<td>9</td>
<td>Thu</td>
<td>Jul 4 - Aug 29</td>
<td>11:00am - 12:00pm</td>
<td>DEL</td>
<td>8760</td>
<td>$146.25</td>
</tr>
<tr>
<td>Karate Kid Style - Beginner White Belt</td>
<td>6-17 yrs</td>
<td>10</td>
<td>Wed</td>
<td>Jul 10 - Sep 11</td>
<td>6:00pm - 7:00pm</td>
<td>CRC</td>
<td>10165</td>
<td>$75</td>
</tr>
<tr>
<td>Karate Kid Style - Intermediate Yellow to Green Belt</td>
<td>6-17 yrs</td>
<td>10</td>
<td>Wed</td>
<td>Jul 10 - Sep 11</td>
<td>7:00pm - 8:00pm</td>
<td>CRC</td>
<td>10168</td>
<td>$75</td>
</tr>
<tr>
<td>Kidz X-FITT</td>
<td>8-14 yrs</td>
<td>11</td>
<td>Mon</td>
<td>Jul 8 - Sep 30</td>
<td>5:30pm - 6:25pm</td>
<td>CRC</td>
<td>10159</td>
<td>$47.08</td>
</tr>
<tr>
<td>Kidz X-FITT</td>
<td>8-14 yrs</td>
<td>13</td>
<td>Thu</td>
<td>Jul 11 - Oct 3</td>
<td>5:30pm - 6:25pm</td>
<td>CRC</td>
<td>10161</td>
<td>$55.64</td>
</tr>
<tr>
<td>Hockey Skills - Youth</td>
<td>9-14 yrs</td>
<td>8</td>
<td>Wed</td>
<td>Jul 3 - Aug 21</td>
<td>8:00pm - 8:50pm</td>
<td>DEL</td>
<td>8868</td>
<td>$83.04</td>
</tr>
<tr>
<td>Karate Kid Style - Advanced Blue to Black Belt</td>
<td>11-17 yrs</td>
<td>10</td>
<td>Wed</td>
<td>Jul 10 - Sep 11</td>
<td>8:00pm - 9:00pm</td>
<td>CRC</td>
<td>10170</td>
<td>$75</td>
</tr>
<tr>
<td>Learn to Skate - Youth</td>
<td>12-17 yrs</td>
<td>8</td>
<td>Tue</td>
<td>Jul 2 - Aug 20</td>
<td>8:00pm - 8:50pm</td>
<td>DEL</td>
<td>8880</td>
<td>$83.04</td>
</tr>
</tbody>
</table>

ARC - Arts Resource Centre  CRC - Civic Recreation Complex  DEL- Delpark Homes Centre formerly Legends Centre  DRC - Donevan Recreation Complex  SOCC - South Oshawa Community Centre

---

**Emergency Preparedness**

Emergencies can happen anytime, anywhere.

**Is your family ready?**

Be prepared to take care of yourself and your family for a minimum of 72 hours (3 days).

For updates during an emergency:

- [oshawa.ca](http://oshawa.ca)
- [@OshawaCity](https://twitter.com/OshawaCity)
- /OshawaCity
- 905-436-3311

Visit [www.oshawa.ca/emergencynews](http://www.oshawa.ca/emergencynews) for tips on how to be prepared!

---

**Learn, play, explore, and more with books, technology, and stimulating programs at every stage of life.**

**oshlib.ca**

905.579.6111