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
**Arts & Crafts**

**Comic Book Creation** $  
Do you love comic books? Learn the basics of planning, designing, and creating your own graphic novels and comic book strips. Children will create a plot and transform it into their very own illustrated story.

- **Age:** 6 to 10 years
- **Age:** 10 to 14 years
- **Venue:** Arts Resource Centre

**Drawing Skills** $  
Does your child love to draw? They will learn basic techniques needed to draw portraits, landscapes and abstract drawings using media such as pencils, markers, pastels and charcoal.

- **Age:** 6 to 10 years
- **Age:** 10 to 14 years
- **Venue:** Donevan Recreation Complex

**Animé Introduction** $  
Learn how to create sketches, and full colour illustrations in the popular Japanese cartoon style ‘Anime’. Using a variety of drawing media, learn how to create various characters, costumes and facial expressions.

- **Age:** 6 to 12 years
- **Venue:** Northview Community Centre

**Art Exploration** $  
An exploration of various creative mediums including pottery, drawing, and painting. Class material will be based around popular themes with each art form being taught over two-week segments.

- **Age:** 6 to 12 years
- **Venue:** Arts Resource Centre

**Build an Adventure Game** $ NEW  
Design, construct, and take home a fully functioning board game. Participants will engage and develop skills in illustration, game development, and planning.

- **Age:** 6 to 12 years
- **Venue:** Arts Resource Centre

**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
- **Venue:** Arts Resource Centre

**Claymation** $  
Use clay and plasticine along with your imagination to create a story, 3D characters, design backgrounds, props, and build mini sets or dioramas. Working with our instructor, children will record their creations making their very own stop motion animation.

- **Age:** 6 to 12 years
- **Venue:** Arts Resource Centre

**Minecraft© Creations** $  
This class will be focused around the popular game Minecraft©. Children will unleash their creativity by making a variety of Minecraft© projects using watercolours, drawing, painting and sculpting.

- **Age:** 6 to 12 years
- **Venue:** 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
- **Venue:** Arts Resource Centre

**Pottery Workshop** $  
In this workshop participants will be guided in their creation learning basic hand building techniques and exploring such areas as construction, design, and glazing. Participants will create one piece per workshop and all pieces created will be fired and ready to take home approximately two weeks after the workshop completes.

- **Age:** 6 to 12 years
- **Venue:** Arts Resource Centre
Children 6 and Over

Arts & Crafts ...continued

**Acrylic Painting for Youth** [$$]
Youth will be encouraged to experiment with a variety of techniques, including paint handling and application, brush work, colour theory and composition. Participants will be required to purchase some of their own supplies after the first class.

*Age: 10 to 14 years*
*Venue: Arts Resource Centre*

**Pottery Wheel for Youth** [$$]
This next level class is designed for youth who would like to try their hand on the potter’s wheel. Youth will express creativity as they design and build their own works of art.

*Age: 10 to 14 years*
*Venue: Arts Resource Centre*

**Paint the Night Away - Adult & Child** [$$]
Come out, get creative, and enjoy a social night out. This one-night class includes all required material, an instructor to guide you through each step of the way, and a masterpiece of your very own to take home. No artistic skills are required.

*Age: 10 years +*
*Venue: 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*
*Venue: Donevan Recreation Complex, Northview Community Centre*

**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*
*Venue: Donevan Recreation Complex*

**Funky Town** [$$]
A fun, recreational dance program that teaches some of the latest hip hop video dance moves. The program includes cardio warm up and dance combinations to the latest radio hits. Focus is on building self-esteem and confidence in a non-competitive environment.

*Age: 6 to 9 years*
*Venue: Northview Community Centre*

**Hip Hop - Boys Only** [$$]
Learn today’s hottest funky dance moves, combinations and challenging dance routines. An informal recital for family and friends will be held at the end of the session.

*Age: 6 to 10 years*
*Venue: Donevan Recreation Complex*

**Hip Hop - Level 1** [$$]
Introduction to the steps of today’s hottest dance through funky dance combinations. An informal recital for family and friends will be held at the end of the session.

*Age: 6 to 10 years*
*Venue: Delpark Homes Centre, Donevan Recreation Complex*

**Acro - Intermediate** [$$]
Building on steps and skills learned in Acro - Intro children will put together a more challenging routine. An informal recital for family and friends will be held at the end of the session.

*Age: 8 to 12 years*
*Venue: Donevan Recreation Complex*

**Hip Hop - Level 2** [$$]
Building on previous hip hop knowledge by adding funky dance moves and combinations, and a more challenging dance routine. An informal recital for family and friends will be held at the end of the session.

*Age: 8 to 12 years*
*Venue: Donevan Recreation Complex*
**Drama & Music**

**Little Actors $**  
Casting call for little actors ready to step into the spotlight! Songs, dances, and fairy tales are explored. Activities and games focus on co-operation, movement, voice, and imagination. There is a short performance for family at the end of the session.  

*Age: 4 to 6 years*  
*Venue: Arts Resource Centre*

**Junior Actors $**  
Activities and games will focus on cooperation, movement, voice, and imagination. Songs, dances, and fairy tales will be explored. A short performance will be held for friends and family at the end of the session.  

*Age: 6 to 10 years*  
*Venue: Arts Resource Centre*

**Musical Keyboarding - An Introduction $**  
Learn basic keyboard functions, note reading, chords, and popular songs. All material provided.  

*Age: 6 to 10 years*  
*Age: 10 to 14 years*  
*Venue: Arts Resource Centre*

**Musical Theatre $**  
Combining dancing, singing, and acting to musical numbers from popular shows, participants will practice then perform at an informal recital for family and friends at the end of the session.  

*Age: 6 to 10 years*  
*Venue: Arts Resource Centre*

**Buckets & Beats $**  
This high energy and exciting program introduces participants to the basics of rhythm, tempo and stick handling of bucket drumming. Using plastic buckets and other objects participants will create drum beats, songs, and work toward writing their own drum music.  

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

**Guitar - An Introduction**  
Study the types, parts, handling, and tuning of guitars. Participants will learn to read music notation and will develop performance skills as you play several popular songs.  

*Age: 8 to 14 years*  
*Venue: Northview Community Centre*

**Guitar - Level 2**  
Study the types, parts, handling, and tuning of guitars. Participants will learn to read music notation and will develop performance skills as you play several popular songs.  

*Age: 8 to 14 years*  
*Venue: Northview Community Centre*

**Lights, Camera, Action! $**  
Participants will collaborate! to create a theatrical performance of their very own by writing a script, directing, and acting. Participants will showcase their work in a performance for friends and family at the end of the session.  

*Age: 10 to 14 years*  
*Venue: Arts Resource Centre*

**The Voice $**  
Learn vocal techniques, range, tonal clarity, breath control, and endurance to get the most out of your voice.  

*Age: 10 to 14 years*  
*Venue: Arts Resource Centre*

**Today’s Pop Hits $**  
Learn vocal techniques, stage movement, line memorization, and receive performance tips while creating fun and dynamic group numbers from the pop hits of today. Participants will showcase their work during performance for friends and family at the end of the session.  

*Age: 10 to 14 years*  
*Venue: Arts Resource Centre*
Children 6 and Over

Leadership, Safety & First Aid

When I’m Home Alone

The course will help participants learn the skills required to stay home alone whether just after school or for longer periods of time. Parents/guardians are required to attend with their child to achieve the full benefit of the program.

Age: 9 to 12 years
Venue: Northview Community Centre

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+
Venue: Civic Recreation Complex

Select these materials when registering:
Manual Code: 16057

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+
Venue: Donevan Recreation Complex

Select these materials when registering:
Manual Code: 14901 Award Code: 14897

Age: 13 years+
Venue: Civic Recreation Complex

Select these materials when registering:
Manual Code: 16069 Award Code: 16062

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+
Venue: Donevan Recreation Complex

Select these materials when registering:
Manual Code: 14903 Award Code: 14902

Recreation Instructor - In - Training

This course prepares youth for opportunities in the recreation work field by teaching program planning, child/group management and leadership techniques. Participants take part in a placement at a City of Oshawa recreation facility, these hours qualify towards a participant’s volunteer hours for high school.

Age: 14 to 16 years
Venue: Donevan Recreation Complex

Sports

Junior Sports

Younger athletes try their hand or foot at fun sports. Hockey, soccer, basketball and many other sports make this course a ton of fun!

Age: 4 to 6 years
Venue: Delpark Homes Centre

Karate Kidz

Young children will have fun learning the fundamentals of karate.

Age: 4 to 6 years
Venue: Northview Community 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.

Age: 5 to 8 years
Venue: Donevan Recreation Complex

Age: 5 to 11 years
Venue: Delpark Homes Centre

Age: 5 to 14 years
Venue: Donevan Recreation Complex

Sportball Multi-Sport

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: 5 to 8 years
Venue: Delpark Homes Centre, Northview Community Centre
*Sports ...continued*

**Floor Hockey** $  
A basic introduction to floor hockey with emphasis on stick handling, passing, team play, sportsmanship and the rules of the game. Boys and girls are welcome! This is a non-contact program.

*Age: 6 to 8 years*  
*Venue: South Oshawa Community Centre*

**Hockey Skills** $  
House league caliber and first-time hockey players are taught fundamental hockey skills: stick handling, puck control, passing, and shooting.

*Age: 6 to 8 years*  
*Age: 9 to 12 years*  
*Venue: Delpark Homes Centre*

**Karate** $  
A beginner program for children with an interest in Karate.

*Age: 6 to 8 years*  
*Venue: Northview Community Centre*

**Soccer Basics** $  
Soccer Basics is an introductory program that will focus on basic ball handling skills such as passing, dribbling, and shooting. This program will also benefit beginners wishing to improve their skills. Closed-toed running shoes are required.

*Age: 6 to 8 years*  
*Venue: South Oshawa Community 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.

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

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

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

*Age: 8 to 10 years*  
*Venue: Delpark Homes Centre, Northview Community Centre*

**Flag Football Fundamentals** $  
In partnership with Kingdom Force Football, participants will be introduced to flag football skills and learn agility, balance, and coordination.

*Age: 8 to 12 years*  
*Venue: 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*  
*Venue: Civic Recreation Complex*

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

*Age: 8 to 15 years*  
*Venue: Northview Community Centre*

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

*Age: 8 to 15 years*  
*Venue: Northview Community Centre*

**Volleyball** $  
Join friends for noncompetitive volleyball in a fun and friendly setting. A great opportunity for exercise and to improve your skills.

*Age: 10 to 14 years*  
*Venue: Northview Community Centre*
Children 6 and Over

Sports ...continued

**Mother & Daughter Yoga**
Develop physical strength, endurance, flexibility, and learn basic yoga moves while spending quality time with your daughter. Daughters must be 10 years of age or older. A yoga mat and warm clothing are recommended. The course fee includes one adult and one child. Additional family members are $22.61 each. Registration available in person or by fax only.

*Age: 10 years+
Venue: Donevan 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.

*Age: 12 to 17 years
Venue: Delpark Homes Centre*

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**Technology**

**Kids Great Minds (KGM) - Computer Character Animation Workshop**
Participants will be introduced to the computer animation where their creativity and imagination can soar. In this workshop children will animate their own characters and write a short story to send them on a trip around the world.

*Age: 6 to 11 years
Venue: Northview Community Centre*

**Kids Great Minds (KGM) - Interactive Programming Workshop**
Get creative in a maker environment that blends arts, electronics and code! In this workshop kids will get to explore beginner technological literacy, coding and creating a small piano to play ‘happy birthday’.

*Age: 8 to 12 years
Venue: Northview Community Centre*

**Kids Great Minds (KGM) - 3D Modelling: Fantasy Character Design Workshop**
Participants will learn 3D Modelling techniques to create an animated-fantasy version of themselves! By the end of the workshop, students will have learned how to model a character, clothes and props. Their 3D character will be printed and given to families following the workshop.

*Age: 8 to 12 years
Venue: Northview Community Centre*

**Kids Great Minds (KGM) - Google Tools Series: Presentations Workshop**
Students will be introduced to creating fun and informative, Google Slide presentations. In this workshop we will cover; the organization of ideas with slides, pictures, titles, and bullet points, as children will create an ‘all about me profile’ presentation.

*Age: 9 to 12 years
Venue: Northview Community Centre*

**Kids Great Minds (KGM) - Intermediate Game Design Workshop**
Children will build on their knowledge, diving deeper into coding concepts and video game design. At the end of this workshop, children will create a small version of the game “Brick Breaker”.

*Age: 9 to 13 years
Venue: Northview Community Centre*
## Course Registration Information

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
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## Technology

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<tr>
<td>KGM - 3D Modelling: Fantasy Character Design Workshop</td>
<td>8-12 yr</td>
<td>1</td>
<td>Thu</td>
<td>Mar 5</td>
<td>5:00pm - 8:00pm</td>
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<td>15877</td>
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ARC - Arts Resource Centre  CRC - Civic Recreation Complex  DEL- Delpark Homes Centre  DRC - Donevan Recreation Complex  NCC - Northview Community Centre  SOCC - South Oshawa Community Centre