

## Childminding 6 weeks - 10 yrs

Parents - enjoy some time to yourselves while your little ones have fun under the care of qualified staff and volunteers in a safe environment. Our program includes supervised play with age appropriate toys, arts & crafts, as well as special care for babies. Please note: parents must remain in the facility when using the child-minding services. Maximum stay is 1.5 hours.

### AM

Monday	8:30am - 1:30pm
Tuesday - Friday	8:30am - 1:15pm
Saturday	8:30am - 12:15pm
Sunday	9:00am - 1:00pm

### PM

Monday & Tuesday	5:00pm - 7:00pm
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**Closures:** All statutory holidays - April 6 - 9th

### FEES

**Members:** \$3.75/hr or \$34.50/10 Pass Punch Card

**Additional child:** \$1/hr (max 3 additional children per family)

**Public:** \$7.50/hr or \$69/10 Pass Punch Card

**Additional child:** \$1.50/hr (max 3 additional children per family)

## Drop-in Programs

### Rug Rats 7 - 24 months

Meet new friends, sing songs, play games and enjoy gym activities during this interactive parent and tot program.

**Mon & Wed 12:30 - 1:30pm**

**Members:** Included in Membership

**Public:** Facility Drop-in Fee

## Registered Programs

### Art - Ragueous 3 - 5yrs

An arts and crafts program for the littlest Picasso in the household. Be sure to wear paint friendly clothing to this interactive parent and tot program.

**Tues 1:30 - 2:30pm** (monthly sessions – starting this February)

**Members:** Included in Membership

**Public:** \$20 /month

### Nature Detectives 6 - 8yrs

Get out your magnifying glasses and detective hats, it's time to explore what Mission Creek and the surrounding area has hidden in its trails. Each week we will study, explore, experiment and create with the help of Mother Nature. Weather Appropriate clothing required.

**Mon 3:15 - 4:45pm** (monthly sessions – starting this February)

**Members:** Included in Membership

**Public:** \$30/month

### Invention Convention 9 - 12yrs

Exploding volcanoes, pop bottle oceans, rock candy, invisible ink and more are awaiting you in this hands on program that explores the super cool world of science and discovery

**Tues 2:30 - 4:00pm** (monthly sessions – starting this February)

**Members:** Included in Membership

**Public:** \$40/month

### GirlSpace 9 - 13 yrs

When Girls get together great things happen! Girls, join us on Wednesday nights for an opportunity to develop your creativity, make new friends, discuss topics related to girls, learn leadership skills and take part in a variety of activities such as special events and volunteering. Please bring a swim suit and towel.

**Wed 5:30- 7:30pm** Feb 15 - May 18 (no class March 14 & 21)

**Members:** Included in Membership

**Public:** \$75

### Babysitter Training 12+ yrs

Following the Canada Safety Council Curriculum, participants will learn: safety and basic first aid training, handling emergencies, nutrition and caring for children. Course graduates will receive a certificate of completion and graduation wallet card. Student Reference Book included in cost of program.

Feb 17 & 18                      Fri & Sat                      9 - 3pm

Mar 16 & 17                      Fri & Sat                      9 - 3pm

April 21 & 22                      Sat & Sun                      9 - 3pm

**Members:** \$59

**Public:** \$75

Updated as of 4Jan12

## Child & Youth Fitness

### Fitness Centre 12+ yrs

✦ **Mandatory Youth Orientation** - All youth (members & drop-ins) 12 to 16 years are required to participate in a Fitness Centre orientation prior to use and will receive a shoe tag upon a successful completion. Please see a Fitness/Wellness Instructor for an orientation.

✦ **Personal Gym Orientation (17+ yrs)** - Our Fitness/Wellness staff will be happy to introduce you to all the equipment. Please sign up at the Fitness Desk.

✦ A workout towel, proper athletic attire and footwear are required.

In addition to having a certified Trainers/Fitness Instructors on the floor at all times, many personal fitness programs and services are available.

### Specialized Fitness or Physical Education Alternatives 10 - 17 yrs

These programs will work with participants and parents/guardians in creating a specialized active program for any ability. Each session is one-hour in duration with a personal trainer.

Please inquire with the Wellness/Fitness Director as to the various options available.

**Members:** \$30/hr      **Public:** \$40/hr

*For additional Personal Training package options, please see Health & Fitness handout sheets.*

### Supervised Pre-teen Fitness Centre use 10yrs & 11yrs

This registered program will allow your pre-teen to join their parents/guardians in leading a healthy lifestyle while learning safe and age appropriate functional exercise. Pre-teen will work with coaches in a group setting to create an active lifestyle program. (Parent/Guardians must be present in the Fitness Centre during this program)

**Mon– Fri      2:30pm - 4:00pm**

**Monthly registered program**

**Members:** Included in membership      **Public:** \$100/month

### ZumbAtomic® 4 - 12 yrs

What is Zumbatomic®? Kids love to crank up the music, dance, wiggle and have a blast with their friends. So why not get fit while doing it? Zumbatomic® is an exhilarating workout designed specially for kids' minds & bodies. Limited space available so register early!

#### L'il Stars 4 - 5 yrs

Jan 14 –Feb 18      Sat      11:45 - 12:15pm

Feb 25 –March 31      Sat      11:45 - 12:15pm

**Members:** Included in membership      **Public:** \$50

#### L'il Stars 6 - 7 yrs

Jan 14 –Feb 18      Sat      12:25 - 12:55pm

Feb 25 –March 31      Sat      12:25 - 12:55pm

**Members:** Included in membership      **Public:** \$50

#### Big Stars 8 - 12 yrs + Parent/Guardian

Jan 14 –Feb 18      Sat      1:00 - 1:45pm

Feb 25 –March 31      Sat      1:00 - 1:45pm

**Members:** Included in membership      **Public:** \$65/person\*

*\*Child and Parents need to both register for this program\**

## Water Safety

**Public drop in or included with membership!**

### Skills & Drills 6+ yrs

Allow your child that little extra practice between lessons in this skill building drop-in program before they progress into their next Learn to Swim or Star Level water safety course.

Learn to Swim level - **Tues/Thurs 6:45pm - 7:15pm**

Star level – **Mon/Wed 7:00pm - 7:30pm**

### Youth Streamliners 10+ yrs

Youth get a swim workout under the guidance of a certified coach to help build endurance, strength and speed.

Must be able to swim 25 meters.

**Mon/Wed/Fri 7:00pm - 8:00pm**

### H<sub>2</sub>O Water Polo 16+ yrs

The H<sub>2</sub>O lifeguard team wants you! Join our recreational water polo group lead by a host, have fun, enjoy practices and mini competitions. You must have a wrist band upon entry. **Members are free, and drop in is \$5.**

**Wed 8:30pm – 9:30pm**

### Flow Rider Lessons 8+ yrs

Perfect for beginners to advanced riders who would like to improve their wave riding skills in a coached setting. Participants must be a minimum of 42" tall and participants under 19 years must have a signed waiver by a legal guardian on file to surf stand up. Government issued ID is required at the time of the signature. Tuesdays will be dedicated to novice boogie board riders, and stand up novice riders looking for personalized instruction to get them started. Thursdays will be geared towards intermediate to advanced stand up rider looking for coaching and peer advice along with dedicated flow time.

**Tue/Thurs 8:00pm – 9:30pm**