



Shine On

SUMMER YOUTH PROGRAMS

Registration starts June 20 at 7:00 a.m. ONLINE

Programs start the week of June 30

EARLY YEARS (0 - 5 years)

REGISTERED PROGRAMS

Session runs from Week of June 30 - Week of August 18

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

Ballet (4 - 5 yrs.)

Learn basic ballet positions and classical movements along with barre work, strength and grace.

Saturdays from 9:00 a.m. - 9:45 a.m.

Movin' & Groovin' (4 - 5 yrs.)

Fun filled, creative movement dance class where youth learn how to move to the beat while having a ton of fun!

Saturdays from 11:00 a.m. - 11:45 a.m.

Rhythmic Gymnastics (4 -5 yrs.)

Perfect for young athletes of all skill levels, this program combines dance, flexibility, and apparatus work with ribbons, hoops, balls, clubs, and ropes. Under the guidance of experienced NCCP certified coaches, campers will enhance their coordination, balance, and artistic expression through engaging routines and skill-building exercises. Each day includes technique training, choreography, fun team activities, and confidence-boosting performances. Whether your child is a beginner or an experienced gymnast, our rhythmic gymnastics camp provides a supportive and inspiring environment to grow, express creativity, and make new friends! **Saturdays from 2:00 p.m. - 3:00 p.m.**

Gym Tots (9 mo. - 5 yrs.)

Indoor physical activity structure that will keep your child smiling and active. This is a parent-led drop-in program and does not require registration. **Runs every morning from 10:45 a.m. - 11:45 a.m.**

Play & Swim (6 mo. - 2yrs.) & (3 - 5 yrs.) (Parent - Child)

Children run, climb, roll, hop, balance and crawl! The fun continues in the warm pool with water skills development through songs and games with their parents. (Parent led)

Saturday 9:15 a.m. - 10:15 a.m.

Saturday 9:45 a.m. - 10:45 a.m.

Sunday 10:00 a.m. - 11:00 a.m.

Sunday 10:30 a.m. - 11:30 a.m.



YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of June 30 - August 18

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

Dance

Ballet (6+ yrs.)

Learn basic ballet positions and classical movements along with barre work, strength and grace.

Saturdays from 10:00 a.m. - 11:00 a.m.

Movin' & Groovin'(6+ yrs.)

Fun filled, creative movement dance class where youth learn how to move to the beat while having a ton of fun!

Saturdays from 1:00 - 1:45 p.m.

Rhythmic Gymnastics (6+ yrs.)

Perfect for young athletes of all skill levels, this program combines dance, flexibility, and apparatus work with ribbons, hoops, balls, clubs, and ropes. Under the guidance of experienced NCCP certified coaches, campers will enhance their coordination, balance, and artistic expression through engaging routines and skill-building exercises. Each day includes technique training, choreography, fun team activities, and confidence-boosting performances. Whether your child is a beginner or an experienced gymnast, our rhythmic gymnastics camp provides a supportive and inspiring environment to grow, express creativity, and make new friends!

Saturdays from 3:00 p.m. - 4:00 p.m.



Youth Programs (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of June 30 - Week of August 18

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

Martial Arts

Aikido - Beg./Int./Adv. (7+ yrs.)

Aikido is a Japanese martial art that focuses on harmony and non-aggressive techniques. Translated as "the way of harmony with the spirit," Aikido emphasizes blending with an opponent's movements rather than meeting force with force. It is an ideal discipline for young individuals as it promotes physical fitness, mental focus, and the development of a strong sense of discipline and respect. Aikido techniques involve redirection of an opponent's energy, joint locks, and throws, fostering a spirit of cooperation and mutual understanding. This martial art not only provides effective self-defense skills but also cultivates a peaceful mindset, making it a valuable addition to our youth program.

Muay Thai Beg. (7 - 13 yrs.)

This program focuses on introducing the art of Muay Thai to participants aged 7-13, guiding them through various techniques, training exercises, and simulated combat scenarios. Participants will develop foundational skills and an understanding of Muay Thai's principles through structured drills and practical applications.

Muay Thai Int. (7 - 13 yrs.)

This program focuses on introducing the art of Muay Thai to participants aged 7-13, guiding them through various techniques, training exercises, and simulated combat scenarios. Participants will develop foundational skills and an understanding of Muay Thai's principles through structured drills and practical applications.

Muay Thai for Youth/Intermediate 7+ yrs.

This program is designed for participants aged 13 onwards and focuses on introducing them to the art of Muay Thai. They will learn various techniques, participate in training exercises, and engage in simulated combat scenarios. Through structured drills and practical applications, participants will develop foundational skills and an understanding of Muay Thai principles.

PROGRAM	MON.	WED.	THURS.	FRI.	SAT.	SUN.
Aikido Beg./Intro./Adv.)	7:30 - 9:00 p.m.	7:30 - 9:00 p.m.	-	-	8:00 - 9:30 a.m.	-
Muay Thai Beg. (7+)	6:00 - 7:00 p.m.	-	6:00 - 7:00 p.m.	6:00 - 7:00 p.m.	-	10:30 - 11:30 a.m.
Muay Thai Intermediate (7+)	-	-	7:00 - 8:30 p.m.	7:00 - 8:30 p.m.	-	11:30 - 1:00 p.m.
Muay Thai Teens & Adults	-	-	7:00 - 8:30 p.m.	7:00 - 8:30 p.m.	-	11:30 - 1:00 p.m.

