

COBOURG COMMUNITY CENTRE  
**NEWSLETTER**  
WINTER 2020

**ASK  
ABOUT OUR  
PAYMENT  
OPTIONS**



**CHILD, YOUTH, ADULT PROGRAMS**

# PROGRAM SCHEDULE

JANUARY - APRIL, 2020

**CHILD** 18MTHS - 7YRS

**YOUTH** 8 - 16YRS

**ADULT** 18+YRS

**ICE PROGRAMS**

## MONDAY

### BOOT CAMP

Multipurpose Room  
12:30 - 1:15pm

### PARENT/TOT CREATIVE DANCE

Bea's Place  
5 - 5:30pm

### BOOT CAMP

Multipurpose Room  
5:15 - 6pm

### CREATIVE DANCE

Bea's Place  
5:30 - 6pm

### PERSONAL SAFETY\*

Multipurpose Room  
6 - 7pm

### MUSICAL THEATRE

Bea's Place  
6 - 7pm

### CREATIVE WRITING

Whitelaw Room  
6 - 8pm

## WEDNESDAY

### BOOT CAMP

Multipurpose Room  
12:30 - 1:15pm

### YOGA

Multipurpose  
5 - 5:45pm

### KINDER DANCE

Bea's Place  
5 - 5:30pm

### CARDIO + CORE

Multipurpose Room  
5:15 - 6pm

### TINY BALLERINAS

Bea's Place  
5:30 - 6pm

### CREATIVE DANCE COMBO

Bea's Place  
6 - 6:45pm

## THURSDAY

### CARDIO CIRCUIT

Multipurpose Room  
10:30 - 11:15am

### TOTAL BODY CIRCUIT

Multipurpose  
12:30 - 1:15pm

### LEARN TO SKATE

Pond  
3:50 - 4:20pm

### LEARN TO SKATE

Pond  
4:20 - 4:50pm

### POWERSKATING

Pond  
5 - 5:50pm

### SUPER SPORTS

Gym B  
5 - 5:45pm

### FIT HAPPENS

Multipurpose Room  
5:15 - 6pm

## SATURDAY

### LEARN TO PLAY HOCKEY

Pond  
8 - 8:50am

### LEARN TO SKATE

Pond  
8:50 - 9:20am

### PARENT/TOT LEARN TO SKATE

Pond  
9:20 - 9:50am

### INTRO TO SPANISH\*

Whitelaw Room  
10am - 12pm

### TEEN TECH WORKSHOP

Whitelaw Room  
10am - 12pm

### ADULT FITNESS \$5 DROP-IN RATE

Check monthly schedules for updates and monthly pass rates

### \*REGISTRATION REQUIRED

\*Personal Safety  
\*Intro to Spanish



## MARCH BREAK

## DAY CAMP

March 16-20  
Ages 4-10 • 9am - 4pm

SINGLE DAY  
\$35+HST  
FULL WEEK  
\$135+HST  
EXTENDED CARE  
\$5+HST  
period/child/day

### EARLY BIRD!

Pay for your March Break Camp by February 14 and camp is \$120+HST for the week!

### UNDER THE BIG TOP

Run away and join the circus. Campers will learn juggling, magic tricks, clowning, balancing acts and so much more. Come under the big top for a creative, fun, active week that will be sure to keep campers engaged. Regular camp activities and ice time will also be part of our week.

# ADULT PROGRAMS

Adult programs run for 6 weeks and are for participants 18+

## INTRO TO SPANISH • Saturdays 10am - 12pm

January 18 - February 22

Suitable for beginners, this program will provide you with a very positive start into the Spanish language. \*\*All participants are required to purchase a class book separately for \$15.00 each.

**COST \$70 +HST**

## PERSONAL SAFETY • Mondays 6pm - 7pm

January 13 - February 24 \*No class February 17

A six week program that will teach you how to feel confident and safe when you're on your own. Discussion regarding home safety (internet, phone, door to door), safe traveling practices (travel to work, vacations, shopping), and practical review on how to protect yourself.

**COST \$60 +HST**

# Birthday Parties

## ROOM + GYM PARTY \$75+HST

2 hours in total with 1 hour in the gym.

## ROOM + ICE PARTY \$181.50+HST

1 hour of ice time + 1 hour in a party room

Subject to ice availability.

**BOOK YOUR WINTER BIRTHDAY PARTY TODAY!**

## SANTA'S WORKSHOP

December 12 4 - 8pm

\$20 +hst, per child

Join us in Santa's workshop for a fun-filled evening, while the adults finish up their shopping! Kids will make a small gift/craft to take home to celebrate the season, have supper and watch a movie with us!

Spaces are limited, sign up fast!



# CHILD PROGRAMS

Child programs run for 10 weeks. These programs are for children 18 months - 7 years, please check ages in descriptions.

## PARENT/TOT CREATIVE DANCE • Mondays 5 -5:30pm

January 13 - March 23 \*No class February 17

Parent/Tot Creative Dance is a fun & energetic class that will introduce toddlers to creative music and creative dance.

Parents/Caregivers participate fully in the class each week. Structure will be enhanced throughout the session while children enjoy learning through repetition and exploration.

**COST \$70 +HST • Ages 18 months - 3 years**

## CREATIVE DANCE • Mondays 5:30 - 6:00pm

January 13 - March 23 \*No class February 17

Designed for kids to introduce them to dance with a focus on being active and getting moving! A fun and interactive dance class that encourages creativity and exploration in dance!

**COST \$70 +HST • Ages 4 - 7 years**

## KINDER DANCE • Wednesdays 5 - 5:30pm

January 15 - March 18

Kinder Dance is an upbeat and energetic introduction to movement and music for our busy toddlers! Being creative and learning how to make your body move will keep this class fun and exciting! Let the beat move you!

**COST \$70 +HST • Ages 3 - 5 years**

## TINY BALLERINAS • Wednesdays 5:30 - 6pm

January 15 - March 18

This is an introductory ballet based class, incorporating the balance and form through creative movement. Lots of fun, with good music and laughter makes this class a great class to start with, in your tiny dancer's journey through dance.

**COST \$70 +HST • Ages 2 - 4 years**

## CREATIVE DANCE COMBO • Wednesdays 6 - 6:45pm

January 15 - March 18

Get up and DANCE! This class will try a little bit of everything! From tap, to ballet, jazz, hip hop and creative movement, this class is great for our dancers that have participated in some of our other dance programs and looking to try new things - new dancers are welcome too!!

**COST \$70 +HST • Ages 5 - 7 years**

## SUPER SPORTS • Thursdays 5 - 5:45pm

January 16 - March 26 \*No class January 23

Join us for an energy filled program that will allow kids to try new sports, practice skills and enjoy some 'game time' each week. Some of the sports we will try; Basketball, Soccer, Volleyball, Floor Hockey, Pickleball, Badminton. \*\*Please bring indoor running shoes and a bottle of water!

**COST \$70 +HST • Ages 3 - 5 years**

# YOUTH PROGRAMS

Youth programs run for 10 weeks. These programs are for youth 8 - 16 years, please check ages in descriptions.

## MUSICAL THEATRE • Mondays 6 - 7pm

January 13 - March 23 \*No class February 17

We encourage kids to be creative and try new things! That's why Musical Theatre is a great place to start! Kids will learn about dancing, singing, acting and have a chance to put it all together in a mini-show-case at the end of the program, for friends and family.

**COST** \$70 +HST • Ages 8 - 12 years

## CREATIVE WRITING • Mondays 6 - 8pm

January 13 - March 23 \*No class February 17

Participants will get to explore their writing with practice, discussion, peer critique and editing. We will learn about short stories, creative non-fiction and poetry while we write our own and listen to the writing of our peers. We will also explore other genres of interest to participants. Access to Google Drive will enhance participation in this program.

**COST** \$100 +HST • Ages 10 - 16 years

## TEEN TECH WORKSHOP • Saturdays 10am - 2pm

March 7, 14, 21, 28

Come out and explore the world of technology and what it means to you! In a series' of workshops, we will review different types of social media, design, coding, branding and marketing while always keeping cyber safety as a priority. \*Bring your own laptop.

**COST** \$100 +HST • Ages 13 - 16 years • 4 sessions



# P.A. DAY CAMPS

AGES 4-10 YEARS

## DAY CAMP PRICING • CRAZY CAMP

Ready for a day of fun?? Join us for your next PA day and try some CRAZY arts and crafts, activity and gym time!

**Single Day** \$40 + HST/Camper/PA Day

Pizza Lunch and Snacks included.

**JANUARY 31 + APRIL 24 • 9am-4pm**

Extended care available from 7:30am - 5:30pm

(\$5 +HST extra)

# ICE PROGRAMS

These programs are for children 2 - 10 years, please check ages in descriptions.

## LEARN TO SKATE

THURSDAYS January 16 - March 19 • 3:50 - 4:20pm • 10wks

THURSDAYS January 16 - March 19 • 4:20 - 4:50pm • 10wks

SATURDAYS January 18 - March 14 • 8:50 - 9:20am • 8wks

\*No class February 15

Learn to skate in small classes with additional CCC Instructors and Volunteers, which encourage children to try skating and learn the basics at their own pace. Children are put into groups based on their skill/age when they arrive at their first lesson. \*All participants MUST wear skates and CSA approved hockey helmets during the program.

**COST** \$88 +HST/8 wks \$110 +HST/10 wks • Ages 4 - 10 years

## LEARN TO PLAY HOCKEY • Saturdays 8- 8:50am

January 18 - March 14 \*No class February 15

A great program that introduces kids to the world of hockey! Each session will include opportunities for children to improve their skating, passing, shooting and scoring skills! \*\*\*FULL HOCKEY EQUIPMENT IS REQUIRED FOR THIS PROGRAM, including CSA approved helmets with face mask/shield. Mouthguards are optional, however, encouraged.

**COST** \$133 +HST • Ages 4 - 10 years • 8wks

## PARENT/TOT LEARN TO SKATE

SATURDAYS January 18 - March 14 • 9:20 - 9:50am

\*No class February 15

Parent & Child Learn to Skate program, encourages parent participation in their child's skating education! Skill stations are set up on the ice and CCC Instructors are available to assist parent/guardian, through beginner skills to help their child learn the basics of skating. Program is focused on building confidence in the child and improving their balance and comfort on the ice. \*\*\*All participants (parents/guardians included) MUST wear skates and CSA approved hockey helmets during the program. Parents/Guardians should be comfortable on the ice with their child, to participate.

**COST** \$60+HST Ages 2 - 10 years, Parent/Guardian 16+ • 8wks

## POWERSKATING

THURSDAYS January 16 - March 19 • 5 - 5:50pm

A program based ENTIRELY on skating skills. Pucks are used minimally, as we focus on pure skating technique and improving speed. Great for kids who are currently playing organized hockey, as it is a very fast paced program.

\*\* FULL EQUIPMENT REQUIRED

**COST** \$130 +HST Ages 4 - 10 years • 10wks



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