

Childrens Programs



Get your 60 a Day with Sports Afterschool at Hyde Creek!

Active Living & Sport

Monday	Tuesday	Wednesday	Thursday	Friday
Soccer	Floor Hockey	Racquet Sports	Sports of Sorts	Basketball

Best Way to keep
your kids healthy!

Afterschool ACTIVE - Hyde Creek

Afterschool Active includes a Healthy Snack, Team Building, Safe Sport instruction from KidProof Canada and 60 minutes of Active FUN! Join the Rec Team as we learn the FUNdamentals of various sports.

Bring a Water Bottle and your smile! Weekly and Full Session Registrations available!

SOCCER

AFTERSCHOOL ACTIVE (5-10yrs)
11917 **M** Jan 18-Mar 7
3:30-5pm \$49/7
(No Class on Mon Feb 8)

FLOOR HOCKEY

AFTERSCHOOL ACTIVE (5-10yrs)
11918 **Tu** Jan 19-Mar 8
3:30-5pm \$56/8

RACQUET SPORTS

AFTERSCHOOL ACTIVE (5-10yrs)
11919 **W** Jan 20-Mar 9
3:30-5pm \$56/8

SPORTS OF SORTS

AFTERSCHOOL ACTIVE (5-10yrs)
11920 **Th** Jan 21-Mar 10
3:30-5pm \$56/8

BASKETBALL

AFTERSCHOOL ACTIVE (5-10yrs)
11921 **F** Jan 22-Mar 11
3:30-5pm \$56/8



Afterschool Active - Weekly (5-10 yrs)

11922	M, Tu, W, Th, F	Jan 18-22	3:30-5pm	\$25/5
11923	M, Tu, W, Th, F	Jan 25-29	3:30-5pm	\$25/5
11924	M, Tu, W, Th, F	Feb 1-5	3:30-5pm	\$25/5
11925	Tu, W, Th, F	Feb 9-12	(No Class on M Feb 8)	3:30-5pm \$20/4
11926	M, Tu, W, Th, F	Feb 15-19	3:30-5pm	\$25/5
11927	M, Tu, W, Th, F	Feb 22-26	3:30-5pm	\$25/5
11928	M, Tu, W, Th, F	Feb 29-Mar 4	3:30-5pm	\$25/5
11929	M, Tu, Th, F	Mar 7-11	3:30-5pm	\$25/5

Afterschool Active Full Session (5-10 yrs)

Hyde Creek
11930 **M, Tu, W, Th, F** Jan 18-Mar 11
3:30-5pm \$160.00/39

GYMNASTICS CLUB (5-10yrs)

Learn the basics of gymnastics positions and movement. The fundamentals in physical fitness will be incorporated into a high energy class.



Stations will be set up to guide the basics of rolls, handstands and bridges. Jumps and landings will round out working the main muscle groups of the body.

TAG Gymnastics

11931 **W** Jan 20-Mar 9
3:30-5pm \$99

STRONG KIDS (6-12yrs)



Strong Kids is a FREE program to develop a child's social and emotional skills, promote resiliency and increase coping skills. This program will involve physical activity, art projects, dramatic play and more. Snacks will be provided.

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11932 **Th** Jan 21-Mar 10
3:30-5pm FREE

ACTIVE KIDS CLUB

- SUNDAY (5-10yrs)

This program is for parents wanting to enter the 5 or 10km Up The Creek training clinics and keep their kids active in a fun and supervised multi-sport program. Please register early to guarantee a spot.

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12036 **Su** Jan 17-Apr 10
9-10:15am \$66.95/Class