



Youth Fitness

Menu

**Fitness Resources for our
Community Schools**

2004 • 2005

At Dovercourt Recreation Centre, we have the resources to help you add some spice to your school's Phys Ed program.

Order up your fitness fix from our menu of great instructors & programs for Take-out (at your school) or Eat-in (at our place)!

Our chefs

Serving up heaping helpings of energy & fun, here are some of our talented team!



Trish

Skip Circuit, Step Interval, Ball, Bosu/ Core



Pam

Spinning, Pilates, Aqua, Bosu/ Core



Nadia

Bosu, Yoga, Hip Hop, Group Fitness



Angela

Pilates



Dylan

Core Training, Spinning, Rollerblading



Bill J

Hip Hop



George

Strength & Sports Training



Anne

Spinning, Shanti Yoga, Cycle Yoga



Janice

Ashtanga Yoga



Teri

Nutrition



Kelly

Strength Training, Learn to Run



Amy

Kickbox, Group Fitness



Ginette

Urban Tai Chi, Boot Camp



Jen & Meghan

Ballet, Jazz, Tap



Kathleen & Christine

CPR, 1st Aid, Bronze, Lifesaving, Defib, Oxygen etc.



Marla

Bosu, Ball, Yoga, Functional Fitness

Main Courses

Chose from a wide variety of
TANTALIZING ENTREES!
Something for every taste!

- Kickbox
 - Interval & Circuit classes
 - Hip Hop
 - Yoga
 - Pilates
 - Spinning
 - Dance
 - Aquafitness
 - First Aid
 - Aquatic Leadership
 - Core, Fit Ball, Bosu
 - Nutrition
 - Learn to Run
 - Sports Training
 - Strength Training
 - Skipping
- ...and more!

Side Orders

Connect with some of our program partners:

- The Ottawa Gymnastics Centre
 - Ottawa Royals Soccer club
 - Bel-air Copeland Lions Sports Club
 - The School of Dance
- ...and more!

Our Mission

We want to help you help kids discover the life-long benefits of a healthy lifestyle.

Programs for Youth is an important direction from Dovercourt's Board of Directors.

The **Youth Fitness Menu** is our way of thinking globally and acting locally. Make use of our team & resources!

Contact Us



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