

WINTER RECREATION PROGRAMS FOR Adults, Youth and Children



new!

My Preschool Pass PRESCHOOL DROP IN ACTIVITIES

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Your name here!

Check out the fun programs that will keep your preschooler coming back for more! Every day offers fun choices for your guy or gal on the go, with morning and afternoon classes to fit your schedule.
Beginning January 4th.

Two payment options: One-time drop in fee \$8 or 10 visit pass for \$75

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		9:30-10am Tall Tales Storytime 2-3 yrs 10-10:30am Tall Tales Storytime 4-5 yrs 10-11am Clay Play 2-4 yrs 11:15am-12:45pm Kids in the Kitchen 3-5yrs	10-11am Clay Play 3-5 yrs 11:15am-12:45pm Kids in the Kitchen 3-5yrs (lunch provided)	9-9:45am Wake up Shake up: Preschool Play 2-4 yrs 9:45-10:15am Go, Fish! Preschool swim 3-5 yrs	10:30-11:15am Sports for Shorts: Preschool Play 3-5 yrs 11:15-12:45pm Kids in Motion 2-4yrs
Afternoon	1:45 - 2:45pm Sports for Shorts: Preschool Play 2-4 yrs 3-3:30pm Go, Fish! Preschool Swim 3-5yrs	1:45-2:45pm Kids in Motion		12:30-1:30pm Kids in Motion 3-5 yrs 1-2pm Art Start 3-5 yrs	

Check out all the great classes available with your Preschool Pass!

Sports for Shorts

One hour non-stop active gym time including soccer, noodle hockey, gymnastics and parachute games. Activities will focus on building and practicing the fundamental skills of different sports.

Go, Fish!

Come on in, the water's warm! Supervised swim time for 3-5 yr olds with a mix of structured games and unstructured free swim. Parents must be present to assist with changing before and after swimming.

Tall Tales Storytime

Enter into a world of adventure, with princesses, pirates, dinosaurs and more. Excite your child's interest in reading and creativity as they hear stories brought to life through games, songs and crafts.

Clay Play

Roll up your sleeves for this fun pottery class especially for preschoolers. Children will play with clay and create their own masterpieces.

Kids in the Kitchen

It's lunchtime at Dovercourt! Join us in the kitchen as we learn how to make easy and healthy kid-friendly lunches. Your child will learn about kitchen safety and hygiene as they cook, eat and even help to clean up.

Kids in Motion

An exciting and active session involving a circuit of fun fitness activities including agility ladders, Bosu balance trainers, a variety of balance tools, tubing, hurdles, obstacle course and more.

Wake Up Shake Up

Rise and shine, it's time to shake all of your wiggles out for the day! Parents, enjoy a quiet cup of coffee while your child is busy dancing, jumping, shaking and bouncing with one of our enthusiastic leaders.

Art Start

Tap into your creative side with a one-hour visual art class using paints, crayons, modeling clay and other exciting media. You'll have new artwork to hang on the fridge every week. Be sure to dress for a mess.

Special Art Start sessions:

- Dec 17: Holiday Decorations
- January 21: Outdoor Art (Snow painting & sculpting)
- April 1: Easter Eggs
- May 6: Mother's Day Gifts
- June 17: Father's Day Gifts

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Registration begins Tue. Nov. 24;
Programs begin as early as January 9

Learn to Skate

Learn to Skate with Parent: 6-12 yrs

A class where the child learns skating fundamentals assisted by their parent. The instructor will use a variety of techniques to improve forward and backward skating, stopping, jumping and spinning. Helmets are required for all participants.

Saturdays begins Jan. 23 11:30am 63472 \$54

Learn to Skate: 3-5 yrs, 5-7 yrs

Develop the basic fundamental skating skills through an interactive program of games, drills and more! Focus will be on continuous movement and creative play with music and songs. Learn to go forward, backwards, jump, spin and stop! Helmets are required for all participants.

3-5 yrs

Saturdays begins Jan. 23 9:30am 63473 \$54
Sundays begins Jan. 24 10:30am 63474 \$54

6 yrs & up

Saturdays begins Jan. 23 10:30am 63475 \$54
Sundays begins Jan. 24 9:30am 63476 \$54

CAST IRON COOKING SCHOOL

Put a little adventure and variety into your cooking!

A brand new cooking series of courses & workshops exclusively at Dovercourt!

The first course, **Cooking with Cast Iron**, will cover selecting, seasoning, cooking, safety and sampling. Classes cover technique and tasting and culminate in a Graduation day!

Additional workshops include **Chef's Tools** and **Knife Basics** (open to all; separate registration)

FREE "Meet the Chef" Open House - Jan. 6: 9:30 - 10:30am and 7-8pm

Course begins Wednesday January 13th, 8 weeks (no classes: Feb. 3, Mar. 3, Mar. 17)

Daytime Class: 9:30-11:00 am 63477

Evening Class: 7-8:30pm 63478

Course Fee: \$120 plus \$30 supplies fee *

*Supply fee covers some sampling costs as well as Graduation Day food. Limited enrollment (6 maximum)

Extra Workshops: Feb. 3 - Chef's Tools 63481 (9:30-10:30am) 63482 (7-8pm) \$20
Mar. 3 - Knife Basics 63483 (9:30-10:30am) 63484 (7-8pm) \$20



Creativity & Education Express yourself & learn!

Teeter Tots (2-4 years) Starts Jan. 11 & Mar. 22
This is Dovercourt's Cooperative Preschool Program. Two hours of fun with activities designed for children aged 2 to 4 years. Songs, games, circle time, crafts, snack time, outdoor activities and free play in a warm and welcoming environment.

Kindermusik Starts Feb. 4
Through a unique blend of multi-level activities that includes creative movement, vocal play, object and instrument exploration, and a colourful literature component, your baby's growth and development are stimulated and all of their senses engaged. Fee includes take home materials. Kindermusik Village Cock-a-doodle-moo (0-18mos) Kindermusik Our Time: Away We Go! (18mos-3yrs)

Lego® Time! (4-5yrs) Starts Jan. 13
Using specialized LEGO Duplo™, emerging engineers will build sturdy structures and create simple mechanical devices using levers, pulleys, gears, wheels and axles. Projects will include vehicles, bridges, tools and amusement rides.

Lego® Club (7-9 yrs & 9-12 yrs) Starts Jan. 12. Enjoy open ended fun with LEGO® Technic and Mindstorms. Learn building methods, and choose from a variety of Technic projects including an amusement ride, a steering mechanism, a paper crinklier, and a "bumperbot". Develop your own creations using a wide selection of Technic pieces including gears and motors. Learn about LEGO® Mindstorms, and build a sensor-controlled LEGO® robot.

Dog Manners Starts Jan. 13
Dogs four months and up and their owners will learn the basic commands in dog training. You will also develop an understanding of the latest scientific information on a dog's perspective of the world. Dogs attend in all classes.

Home Alone (8-12 years) Starts Jan. 1
Help your child become more confident and competent when they are at home alone. This six-hour program features home and fire safety, dealing with strangers, emergency procedures and first aid, as well as snack and meal preparation.

Babysitting (11+ years) Starts Jan. 22
This course prepared by the Canadian Safety Council prepares students for their roles and responsibilities as babysitters. Each student receives a workbook and much of the course is done in small group discussions. There is a final exam (75% to pass).

Parents As Teachers Starts Jan. 20
Parents as Teachers (in partnership with Mothercraft Ottawa): Learn how to help prepare your child for life and academic success through the PAT. This group will feature current information on play, brain development and safety. Certified PAT educator and child developmental advisor Linda Read brings 30 years of experience to your parenting challenges.

new! Cast Iron Cooking
(see front of flyer for details)

Ballroom Practice with Lil
Starts Jan. 7. Perfect your ballroom steps with a master instructor.

Choose what fits your schedule...

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Teeter Tots 2-4yrs 9:30-11:30am \$98 Jan 11 #63450 Mar 22 #63451	Lego Club 7-9 yrs 5:30-6:30pm \$128 #63427	Cast Iron Cooking School Adult 9:30-11am \$120 #63477	Kindermusik: Our Time 18mos-3yrs 10-10:45am \$266 #63465	Sportball Parent & Tot 2-3yrs 9-9:45am \$98 #63448	Learn to Skate 6+yrs 9:30-10:15am \$54 #63476
Small Ball Basketball 5-7 yrs 6-7pm \$138 #63468	Lego Club 9-12 yrs 6:30-7:30pm \$128 #63428	Lego Time 4-5yrs 10:30-11:15am \$128 #63463	Kindermusik Village newborn-18mos 11-11:45am \$146 #63466	Learn to Skate 3-5yrs 9:30-10:15am \$54 #63473	Learn to Skate 3-5yrs 10:30-11:15am \$54 #63474
Home Alone 8-12 yrs 6:15-7:45pm \$82 #63425		Parents As Teachers: Busy Hands 9:30-10:15am 63511 10:30-11:15am 63512	Kindermusik Village newborn-18mos 12-12:45am \$146 #63467	Sportball Family 2-5yrs 10-10:45am \$170 #63454	
Babysitting 11+yrs 6:30-8pm \$104 #63390		Sport Ball Multi 3-5yrs 1-2pm \$128 #63458	Ballroom Practice with Lil 7-8pm \$100 #63403	Learn to Skate 6+yrs 10:30-11:15am \$54 #63475	
		Jump Rope Club 7-12yrs 6-7pm \$138 #63426		Learn to Skate with a Parent 11:30-12:15am \$54 #63472	
		Cast Iron Cooking School (Adult) 7-8:30pm \$120 #63478		Sportball Multi 3-5yrs 11-12pm \$128 #63457	
		Dogma: Dog Manners Adult 8-9pm \$126 #63421		Sportball Multi 5-7yrs 12-1pm \$128 #63460	

Sports & Athletic Development

Jump Rope Club (7-12 years) Starts Jan. 13.
Learn skills & tricks such as Double Dutch, single rope and free style, plus earn stickers & ribbons. Amaze your family & friends at the end-of-session show! With Bill Chong's Sport Programs and Ottawa Acro Ropers.

Sportball: Family (2-5 yrs) Starts Feb. 20
Fun, games & skills for the whole family! 2 kids max/ adult registration

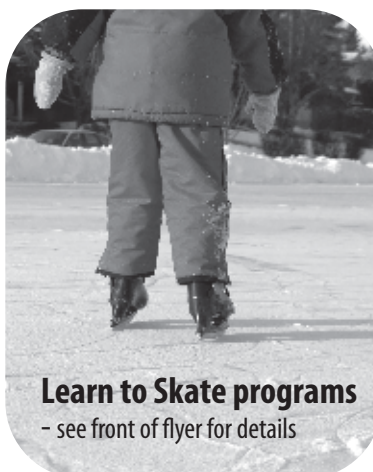
Sportball: Parent & Tot (2-3 years)
Starts Feb. 20. Through 7 different ball sports, Parent & Tot classes teach children important introductory physical skills and help them to develop confidence in their abilities. The programs also help Parents understand techniques that can be applied outside of Sportball classes.

Sportball: Multi (3-5 yrs, 4-6yrs, 5-7yrs)
Starts Feb. 20. Children are taught the fundamental skills of 7 different ball sports — Hockey, Soccer, Basketball, Baseball, Volleyball, Tennis & Golf- and have the opportunity to practice and refine these skills individually and in game situations. Creative games and activities are also integrated into classes, which allow children to interact with peers while learning skills essential for sport.

Small Ball Basketball Starts Feb. 10
A fully inclusive basketball program designed for children 5-7 years old. Created by Basketball Canada in conjunction with the Provincial & Territorial Basketball Organizations and NBA Canada (www.basketball.ca). Children will learn the fundamentals of basketball using equipment and a game that has been modified to suit their needs, size and abilities. 5-7 yrs.

Minds & Bodies grow!

Dance & Pottery programs
- see separate Flyers for details



Learn to Skate programs
- see front of flyer for details

For other Winter Programs
check out these Flyers or go
online: www.dovercourt.org

Dance Pottery Camps



Celebrate your **Birthday** at Dovercourt

Theme & Specialty parties

- ★ Culinary
- ★ Outer Space Adventure
- ★ Dance
- ★ Little Ray's Reptiles
- ★ Swim
- ★ Sports & more!

Book your 2010 party by *Dec 14th & get 2009 pricing!

*2010 parties begin booking Dec. 1

BOYS IN THE HOOD

A DROP IN PROGRAM FOR BOYS

Boys in the Hood (9-12yrs) is an evening drop-in program aimed at providing boys in grade 5 and 6 with some independence and a place to 'hang out'. The program Leader will run games and activities while providing guy-specific training on things like health, nutrition and self confidence. Mondays & Wednesdays 5-6:30pm. Starts January 11th. \$6 / visit or \$50 / 10 visit pass. Free for all existing 2009/2010 After School Participants.