

FALL 2010 SCHEDULE

PROGRAM	AGE	DAY	DATES	TIME	COST
C100 Gymnastics	4 - 6 Years	Sun.	Sept. 19- Dec. 5	3:30 - 4:30 pm	\$121.00
C101 Gymnastics	6+ Years	Sun.	Sept. 19 - Dec. 5	4:30 - 5:45 pm	\$143.00
	No Class Oct. 10				
C102 Gymnastics	4 - 6 Years	Mon.	Sept. 20 - Dec. 6	4:15 - 5:15 pm	\$110.00
C103 Gymnastics	6+ Years	Mon.	Sept. 20 - Dec. 6	5:15 - 6:30 pm	\$130.00
	Mondays: No Class Oct. 11 & 25				
C104 Gymnastics NEW!	4 - 6 Years	Tues.	Sept. 21 - Dec. 7	4:15 - 5:15 pm	\$132.00
C105 Gymnastics (Girls Only)	6+ Years	Tues.	Sept. 21 - Dec. 7	5:15 - 6:30 pm	\$156.00
C501 So You Want To Dance?	6+ Years	Sun.	Sept. 19 - Dec. 5	12 Noon - 1:00 pm	\$88.00
	*Sundays: No Class Oct. 10				
C502 Ballet 1	4 - 5 Years	Tues.	Sept. 21 - Dec. 7	4:15 - 5:15 pm	\$96.00
C503 Ballet 2	6+ Years	Tues.	Sept. 21 - Dec. 7	5:15 - 6:15 pm	\$96.00
C600 Musical Theatre	4 - 6 Years	Wed.	Sept. 22 - Dec. 8	4:15 - 5:15 pm	\$96.00
C901 Karate 1	6+ Years	Mon. &/or Fri.	Sept. 20(24) - Dec. 6(10)	4:30 - 5:30 pm	M \$88.00 F \$96.00 M&F \$184.00
C902 Karate 2 <small>Prerequisite Karate 1</small>	7+ Years*	Mon. & Fri.	Sept. 20(24) - Dec. 6(10)	5:30 - 6:30 pm	\$184.00
C903 Karate 3 <small>Prerequisite Karate 2</small>	7+ Years*	Mon.	Sept. 20 - Dec. 6	5:30 - 6:30 pm]	\$184.00
		Fri.	Sept. 24 - Dec. 10	6:30 - 7:30 pm]	
	* Karate 2 & 3 students will have a joint class on Mondays				
	Mondays: No Class October 11				
C904 Floor Hockey	5 - 7 Years	Wed	Sept. 22 - Dec. 1	4:15 - 5:15 pm	\$77.00
C905 Floor Hockey	8+ Years	Wed.	Sept. 22 - Dec. 1	5:15 - 6:15 pm	\$77.00
C906 Junior Leaguers	5 - 7 Years	Thurs.	Sept. 23 - Dec. 9	4:30 - 5:30 pm	\$77.00
C907 Soccer	6 - 8 Years	Thurs.	Sept. 23 - Dec. 9	5:30 - 6:30 pm	\$77.00
C908 Taekwondo NEW!	7+ Years & Parents	Thurs.	Sept. 23 - Dec. 9	5:15 - 6:15 pm	\$110.00
	Thursdays: No Class November 11				
C909 Taekwondo	7+ Years & Parents	Sat.	Sept. 25 - Dec. 11	12 Noon - 1:00 pm	\$110.00
C910 Archery	10+ Years & Parents	Sat.	Oct. 16 - Dec. 11	12 Noon - 1:00 pm	\$90.00
C911 Family Badminton	8+ Yrs & Parents	Sat.	Sept. 25 - Dec. 11	2:00 - 3:30 pm	1: \$44.00 2: \$77.00 3-4: \$110.00
	Saturdays: No Class October 9				
C800 Themes & Schemes	4 - 7 Years	Mon.	Sept. 20 - Dec. 6	4:15 - 5:15 pm	\$77.00
	Mondays: No Class October 11				
C801 Little Picasso's Art	4 - 6 Years	Tues.	Sept. 21 - Dec. 7	4:15 - 5:15 pm	\$84.00
C802 Toys & Games To Make & Play With	6 - 9 Years	Tues.	Sept. 21 - Dec. 7	5:15 - 6:15 pm	\$96.00
C300 Cooking With Nancy 1	7 - 9 Years	Mon.	Sept. 20 - Dec. 6	4:30 - 5:30 pm	\$121.00
	Mondays: No Class October 11				
C301 Cooking With Nancy 2	4 - 6 Years	Tues.	Sept. 21 - Dec. 7	4:30 - 5:30 pm	\$132.00
C302 Mad Science, System 3	6+ Years	Tues.	Oct. 12 - Nov. 30	4:30 - 5:30 pm	\$150.00
C303 Chess	7+ Years	Thurs.	Sept. 23 - Dec. 9	4:30 - 5:30 pm	\$100.00
	Thursdays: No Class November 11				

Please Note: We are unable to offer full-year gymnastics classes at this time. The Community Centre will be undergoing renovations and we are uncertain as to when we can resume classes in January. Thanks.

Please Note: All programs are subject to change or cancellation, without notice, due to insufficient enrolment or an election. For these reasons only, a full refund will be issued or classes will be rescheduled.

ARMOUR HEIGHTS COMMUNITY CENTRE CHILDREN'S AFTER-SCHOOL PROGRAMS

AGES 4 YEARS (J.K.) TO TEENS



2140 Avenue Road
Toronto, Ontario
(South of 401)

email: ahcc@rogers.com

www.armourheightscommunitycentre.com

Message Centre: (416) 603-2422

FALL REGISTRATION
Wednesday, September 15th, 2010
7:00 - 8:30 pm
PLEASE BRING BIRTH CERTIFICATES

REGISTRATION
The Children's Committee has discontinued the lottery number draws. Registration will be on a 'first-come, first-served' basis.

Classes Start Sunday September 19th, 2010

SEPTEMBER	Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
	19	20	21	22	23	24	25
	Children's Classes Begin						

JOB OPPORTUNITIES:
Certified Gymnastics Coaches
Gymnastics C.I.T.'s
and more....
Please call or email for further information.

NEW FOR FALL 2010

C105 & C105F GYMNASTICS TUESDAYS (6+ Years) **NOW - GIRLS ONLY!** **NEW!**

By popular demand, we are now offering Tuesday's 6+ year-olds' gymnastics class as "girls only."
All other gymnastics classes are co-ed.

C908 & C909 TAEKWONDO (7+ Years & Parents) **NEW!**

Parents can now participate in both Taekwondo classes with your children. Same pricing applies.

C302 MAD SCIENCE (6+ Years) **NEW TOPIC!**

SYSTEM #3: Examining the world children interact with is an ideal way to explain complex scientific principles. Students will learn all about the science of flight and the forces that are involved in the process. Children will discover the basic scientific principles of magic and see how almost everything can be logically explained. Their reasoning skills will be put to the test as they become Junior Engineers, building and testing magnificent structures! We explore the amazing properties of water in a class called Wacky Waves, which is always a "splashing" success.
Topics: Che-Mystery, Current Events, Fundamental Forces, Science of Magic, Stunt Planes, Super Structures, Under Pressure, Wacky Waves.

CHILDREN'S RECREATIONAL GYMNASTICS

C100, C101, C102, C103, C104, C105

If you love to be active and make new friends, then this is for you. Different rolls and jumps are just some of the fun, new skills you can learn on the bars, beam, horse and floor mats. Our instructors are highly qualified and have been teaching children gymnastics for many years. You will also receive a certificate at the end of each session which shows your progress and the level you have achieved. Suggested attire is: Shorts, T-shirts, body suits, leggings, and bare feet.

C100, C102, C104 – 4 - 6 Years (Must be four years old by start date.)

C101, C103, C105 – 6+ Years

PLEASE NOTE: REGISTRATION AFTER 2nd CLASS is at the head coach's discretion.

NEW!

C105 TUESDAYS - GIRLS ONLY

All Other Gymnastics Classes Are Co-Ed

CHILDREN'S DANCE

C501 SO YOU WANT TO DANCE? (Age 6+ Years)

Along the lines of the popular TV show, this class offers instruction in a variety of dance styles and elements to inspire the potential 'stars' of the future. Bring your friends and dance to fun music while creating fantastic routines. An end-of-session performance for parents and friends will be presented at the end of the term.

C502 BALLET 1 (For Beginners, Age 4 - 5 Years)

What little one doesn't love to dance? This introduction to ballet is perfect for your littlest dancer. Lessons involve fun themes and exposure to both classical and popular children's music. Children will begin to develop agility, balance and creativity. Focus on music expression, utilizing space and developing a love of dance. Not to be missed. Ballet slippers required.

C503 BALLET 2 (Age 6+ Years)

For the older child just starting out or continuing on, this ballet class is sure to bring out the dancer in everyone. Join the fun and start exploring creative movement and classical dance. Focus on developing a sense of movement, grace and self-confidence and, of course, FUN! Ballet slippers required.

C600 MUSICAL THEATRE 1 (Age 4 - 6 Years)

For further information, please leave a message for Sam at (416) 322-5507 or email: ahcc@rogers.com.

For those who love to sing, dance and act! From the beginner to the advanced performer, this class welcomes both boys and girls. Children will learn stage presence, projection and performance skills and will work toward a small end-of-session performance for parents and friends. Dance and movement games begin each class.

CHILDREN'S ART

C800 THEMES & SCENES (Age 4 - 7 Years)

This class provides multiple learning opportunities using stencils, stamps, texture rubbing sets, paper flower presses, plaster moulds, toys and models to draw from or sculpt from, art activity pages and more. Children learn well when themes are reinforced and from experiencing things from different angles or aspects, having hands-on multiple experiences and when multiple senses are involved. This class will appeal to all in its learning opportunities as well as the sheer fun of child-oriented themes.

ALL NEW PROJECTS IN EACH CLASS!

masters of Modern Art. Your child unknowingly learns some important art history, from Dali to Van Gogh, while having fun creating his/her own masterpieces, learning new a twist on some known techniques and using a variety of interesting materials to create art in 2D and even 3D.

C802 TOYS & GAMES TO MAKE AND PLAY WITH (Age 6 - 9 Years)

Make your own toys and games to play with at home. Whether wood or plaster, use a variety of exciting materials and real tools to craft, construct and use your artistic ability, while learning new skills and techniques. The fun goes on!

OTHER PROGRAMS

COOKING WITH NANCY 1 & 2

C300 (7 - 9 Years) & C301 (4 - 6 years)

Join Nancy Burton of Tiny Tots Cooking Classes fame, for a session of fun and creativity in the kitchen. Learn to cook like a pro. Whip up nutritious and delicious snacks and meals. Each child will learn basic cooking skills, safety in the kitchen, and interesting and easy to follow recipes. Eat your tasty creations at the end of every class or bring them home and share them with your family.

C302 MAD SCIENCE (6+ Years)

SYSTEM #3: Examining the world children interact with is an ideal way to explain complex scientific principles. Students will learn all about the science of flight and the forces that are involved in the process. Children will discover the basic scientific principles of magic and see how almost everything can be logically explained. Their reasoning skills will be put to the test as they become Junior Engineers, building and testing magnificent structures! We explore the amazing properties of water in a class called Wacky Waves, which is always a "splashing" success.

Topics: Che-Mystery, Current Events, Fundamental Forces, Science of Magic, Stunt Planes, Super Structures, Under Pressure, Wacky Waves.

C303 CHESS (7+ Years)

The Knights of Chess teaches new and continuing students how to play a complete game and basic tactics. Each student works at his or her own skill level. Board and chess pieces are supplied. See our web site for complete details.

CHILDREN'S SPORTS

KARATE

C901 KARATE 1 (For beginners, 6+ year-olds)

Okinawa Goju Ryu (Hard - Soft Style) was founded by Chojun Miyagi Sensei (fictionalized in the movie, "The Karate Kid"). The terms 'Hard-Soft' refer to the combination of Karate and Kung Fu elements. Blocks, strikes and kicks are developed into kata training with a focus on developing discipline, mental focus and mind-body mastery. Uniforms are not required. Track pants without pockets and t-shirts are suitable. Extra fees may be required for belts and gradings at the end of the second session.

C902 KARATE 2 (For 7+ year-olds. Prerequisite

Karate 1) This class builds on the skills developed in Karate 1. New techniques and more advanced kata are also introduced, as well as the foundations of kumite (sparring). Completion of Karate 1 is a prerequisite for this class. Uniforms are not required, but are highly recommended. Extra fees may be required for belts and gradings at the end of the second session

C903 KARATE 3 (For 7+ year-olds. Prerequisite

Karate 2) This class expands on the skills developed in Karate 2. More complex techniques and advanced kata are introduced and kumite (sparring) and self-defence skills are further developed. Students are also expected to learn theory and history. Completion of Karate 2 is a prerequisite for this class. Uniforms are not required but are highly recommended. Extra fees may be required for belts and gradings at the end of the second session.

FLOOR HOCKEY

C904 FLOOR HOCKEY 1 (For 5 - 7 year-olds)

C905 FLOOR HOCKEY 2 (For 8+ year-olds)

A fun way to learn to play or sharpen your skills. Practice and games are played every week. **HOCKEY HELMETS WITH FACE PROTECTORS MUST BE WORN AND NON-MARKING GYM SHOES ARE REQUIRED.**

C906 JUNIOR LEAGUERS (5 - 7 Years)

Send the little ones out for an hour of fun activity! Octopus, soccer, dodge ball and all their other favourite gym-class games will be played. This class is not a skill-development class. It is an hour of structured, supervised fun and games.

C907 SOCCER (6 - 8 Years)

Come and practice your soccer skills for the indoor season or next-year's outdoor season. This class is a skill development class. Participants will be taught soccer skills, passing, shooting, etc., and will be introduced to the idea of soccer positions in a supported and fun environment. Some time will be spent playing the game each week!

C908 & C909 TAEKWONDO (7+ Years & Parents)

Since 1988, Master Iacobucci, 5th Dan Black Belt, has instructed children, teens and adults in this Korean Martial Art, characterized by its fast, high and spinning kicks. We strive to develop the very best in every student. Quality instruction and professional service have been the principles of the Academy for 22 years. Those are not just words, rather a commitment we aim to deliver to you, our students, and most treasured asset, each and every day. We bow into the training hall every session with the goal to work harder than the last. We take nothing for granted, most certainly not you, and we will constantly strive to surpass your expectations.

C910 ARCHERY (10+ Years & Parents)

Learn this ancient and timeless sport in a safe, supervised environment. Our highly-qualified instructor is certified by the National Coaching Certification Program (NCCP). **All equipment is supplied. MUST BE 10 YEARS OF AGE BY START DATE.**

C911 FAMILY BADMINTON

(8+ Years and Parents)

Fun for the whole family! Bring your own badminton racket (birdies supplied). It takes speed, endurance, strength and intelligence – no wonder badminton is a medal event at the Olympics.

REGISTRATION WILL TAKE PLACE AS FOLLOWS:

1. Numbers will be handed out on a 'FIRST-COME, FIRST-SERVED' basis at 6:45 pm on September 15th, 2010.
2. You may wait in the gym (seating will be provided) until your number is called, beginning at 7:00 pm.
3. You must show a BIRTH CERTIFICATE or EQUIVALENT IDENTIFICATION for each child being registered.
4. Cash or cheques, payable to: A.H.C.C. Childrens, are accepted. A \$15.00 fee will be charged for NSF cheques.
5. CREDIT CARDS ARE NOT ACCEPTED.
6. The parent or guardian must sign the registration card before the child will be allowed to

participate in the program.

7. Children must be in the stated age range at the first class of the session.
8. Anyone registering a child with special needs should bring it to the Chairperson's attention on registration night.

LATE REGISTRATION:

Late registrations create added work for the Children's Committee volunteers and instructors. Please make every effort to register on September 15th. Thank you.

If space is available, late registrations will be accepted at the discretion of the class contact. Payment for the late registration is by CHEQUE only.

CANCELLED PROGRAMS:

We reserve the right to cancel classes due to insufficient enrollment or due to an election. For these reasons only, a full refund will be issued or classes will be rescheduled.

REFUNDS:

There will be no refunds once the program has begun.

Please Note: We reserve the right to remove from a program, without refund, any child who is being overly disruptive or unruly or who jeopardizes the safety of participants or instructors.

HELP SUPPORT THE COMMUNITY BY BECOMING A VOLUNTEER ON THE CHILDREN'S COMMITTEE

TO RECEIVE PROGRAM BROCHURES AND ANNOUNCEMENTS BY EMAIL, SEND YOUR REQUEST TO: AHCC@ROGERS.COM. YOUR INFORMATION WILL NOT BE USED FOR ANY OTHER PURPOSE.