

# ARMOUR HEIGHTS COMMUNITY CENTRE | CHILDREN'S PROGRAMS

## SPRING 2024

REGISTER ONLINE | [www.armourheightscommunitycentre.com](http://www.armourheightscommunitycentre.com) | AHCC@YIPOH.COM

### GYMNASTICS

<b>C100</b>	<b>GIRLS-ONLY GYMNASTICS</b>	Ages 4 – 6 yrs.	Sunday	3:30 – 4:30 pm	Jan. 7 – June 16	<b>CLASS IS FULL</b>
<b>C101</b>	<b>GIRLS-ONLY GYMNASTICS</b>	Ages 6+ yrs.	Sunday	4:30 – 5:45 pm	Jan. 7 – June 16	<b>CLASS IS FULL</b>

*No classes Feb. 18, March 10, 24, 31, April 28 & May 19 | Please: No food allowed in the gym.*

<b>C102</b>	<b>CO-ED GYMNASTICS</b>	Ages 4 – 6 yrs.	Monday	4:15 – 5:15 pm	March 18 – June 17	\$120.00 (10 Weeks)*
<b>C103</b>	<b>GIRLS-ONLY GYMNASTICS</b>	Ages 6+ yrs.	Monday	5:15 – 6:30 pm	March 18 – June 17	<b>CLASS IS FULL</b>

*No classes April 1, 22, 29, May 20 | Please: No food allowed in the gym.*

<b>C104</b>	<b>GIRLS-ONLY GYMNASTICS</b>	Ages 4 – 6 yrs.	Tuesday	4:15 – 5:15 pm	Jan. 9 – June 18	<b>CLASS IS FULL</b>
<b>C105</b>	<b>GIRLS-ONLY GYMNASTICS</b>	Ages 6+ yrs.	Tuesday	5:15 – 6:30 pm	Jan. 9 – June 18	<b>CLASS IS FULL</b>

*No classes Feb. 20, March 12, April 2, 23, 30, May 21 | Please: No food allowed in the gym.*

### CARTWHEEL CLINIC 101 & MORE (Girls-Only Specialty Gymnastics) | CLASSES ARE FULL

<b>C106</b>	<b>CARTWHEEL CLINIC 101</b>	Ages 5 – 12 yrs.	Sunday	12:30 – 1:45 pm	Jan. 7 – May 12	<b>CLASS IS FULL</b>
<b>C107</b>	<b>CARTWHEEL CLINIC 101</b>	Ages 5 – 12 yrs.	Sunday	1:45 – 3:00 pm	Jan. 7 – May 12	<b>CLASS IS FULL</b>

*Sundays: No classes Feb. 18, March 10, 24, 31, April 28*

### COOKING

<b>C300</b>	<b>COOKING WITH CHEF DYLAN</b>	Ages 4 – 7 yrs. (JK – Gr. 2)	Monday	4:30 – 5:30 pm	March 18 – June 10	\$170.00 (10 Weeks)
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*Instructor: Dylan Trevisan | Please advise us of any dietary restrictions or food allergies | No classes April 1, May 20 & June 3*

**NEW CLASS: PARENT & CHILD COOKING with Chef Dylan | Ages 3 - 5 Years and one parent | Saturdays | Please register through the Tiny Tots' Link.**

<b>C302</b>	<b>MASTERCHEF JUNIOR</b>	Ages 7 – 10 yrs.	Wednesday	4:45 – 5:45 pm	March 20 – May 29	\$187.00 (11 Weeks)
<b>C303</b>	<b>MASTERCHEF 'TWEEN</b>	Ages 10 – 13 yrs.	Wednesday	6:00 – 7:00 pm	March 20 – May 29	\$187.00 (11 Weeks)

*Instructor: Monique Creary | Please advise us of any dietary restrictions or food allergies.*

### DANCE & MUSIC

<b>C400</b>	<b>HIP HOP JUNIOR</b>	Ages 4 – 6 (JK-SK)	Wednesday	4:30 – 5:15 pm	Mar. 20 – May 29	\$132 (11 Wks)
<b>C401</b>	<b>HIPHOP/CONTEMPORARY DANCE</b>	Ages 6 – 8 (Gr. 1-3)	Wednesday	5:15 – 6:15 pm	Mar. 20 – May 29	CANCELLED
<b>C402</b>	<b>INTRODUCTION TO BALLET/JAZZ*</b>	Ages 3 – 4 Yrs	Sunday	10:45 – 11:30 am	Mar. 24 – June 9	\$132 (11 Wks)
<b>C403</b>	<b>INTRODUCTION TO BALLET/JAZZ</b>	Ages 5 – 7 Yrs.	Sunday	11:30 am – 12:15pm	Mar. 24 – June 9	\$132 (11 Wks)

*Instructor: Elise Plant | Sundays: No classes March 31, May 19 | \*This is a drop-off class.*

<b>C404</b>	<b>LITTLE MUSICIANS*</b>	Ages 3 – 5 Yrs.	Thursday	4:15 – 5:00 pm	March 21 – June 13	\$156 (13 Wks)
<b>C405</b>	<b>SING!</b>	Ages 5 – 7 Yrs.	Thursday	5:00 – 5:45 pm	March 21 – June 13	\$156 (13 Wks)

*Instructor: Ariana Ribeiro | \*This is a drop-off class.*

### SEWING , KNITTING & TEXTILE ARTS

<b>C500</b>	Ages 8 – 13 yrs.	Mondays	5:30 – 6:30 pm	March 18 – June 3	\$135.00 (9 Weeks)
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*Instructor: Jessica Haberman | No class April 1, 22 & May 20*

### ARTS & CRAFTS

<b>C600</b>	<b>MY LITTLE ARTIST</b>	Ages 4 – 6 Yrs.	Thursday	4:15 – 5:15 pm	March 21 – May 30	\$165.00 (11 Weeks)
<b>C601</b>	<b>ADVENTURES IN ARTS &amp; CRAFTS</b>	Ages 7 – 9 Yrs.	Thursday	5:30 – 6:30 pm	March 21 – May 30	\$165.00 (11 Weeks)

*Instructor: Noel Herbert*

## SCIENCE

<b>C700</b>	<b>SCIENCE EXPLORERS</b>	Ages 4 – 7 Yrs.	Tuesday	4:15 – 5:15 pm	March 26 – May 14	\$128.00 (8 Weeks)
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*Instructor: Maryam Gholami*

## KARATE

[www.armorheightscommunitycentre.com](http://www.armorheightscommunitycentre.com)

<b>C800</b>	<b>KARATE 1</b>	Ages 6+	Saturday (Co-Ed)	10:15 – 11:15 am	March 23 – June 15	\$132.00 (11 Weeks)
<b>C801</b>	<b>KARATE 2</b>	Ages 6+*	Saturday (Co-Ed)	11:15 am – 12:15 pm	March 23 – June 15	\$132.00 (11 Weeks)

*Instructor: Tricia Dass, ShotoKan | \* Prerequisite: Must have obtained a Yellow Belt | No Classes March 30, May 18*

<b>C802</b>	<b>KARATE 3</b>	Ages 6+	Tuesday (Boys Only)	6:00 – 6:45 pm	March 19 – June 11	\$132.00 (11 Classes)
<b>C803</b>	<b>KARATE 3</b>	Ages 6+	Thursday (Co-Ed)	5:30 - 6:30 pm	March 21 – June 13	\$156.00 (13 Classes)

*Instructor: Vladimir Kolomeisky, Goju Ryu | 6+ Beginners to Junior Black Belt Goju Ryu Karate | Tuesdays: No Classes April 23 & 30*

<b>C804</b>	<b>KARATE 4</b>	N/A	Tuesday (Boys Only) Thursday (Co-Ed)	5:45 - 6:45 pm 5:30 – 6:30 pm	March 19 – June 11 March 21 – June 13	\$288.00 (24 Classes)
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*Instructor: Vladimir Kolomeisky, Goju Ryu | Prerequisite: Must have obtained a Brown Belt or a Junior Black Belt | Tuesdays: No Classes April 23 & 30*

## SPORTS

### INSTRUCTIONAL SOCCER

<b>C901</b>	Ages 4 – 6	Saturday	1:15 – 2:00 pm	March 23 – June 22	\$144.00 (12 Weeks)
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*Instructor: Patric Ferreira | Please bring indoor shoes and a filled water bottle | No Classes March 30, May 18 | Please: No food allowed in the gym*

### SOCCER

<b>C902</b>	Ages 6 – 9	Saturday	2:15 – 3:15 pm	March 23 – June 22	\$144.00 (12 Weeks)
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*Instructor: Patrick Ferreira | Please bring indoor shoes and a filled water bottle. | No Classes March 30, May 18 | Please: No food allowed in the gym*

### BASKETBALL SKILLS & DRILLS

<b>C903</b>	Ages 7 – 9	Wednesday	4:00 – 5:00 pm	March 20 – June 19	\$168.00 (14 Weeks)
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*Instructor: Maya<sup>2</sup> | Please bring indoor shoes and a filled water bottle. | No Class March 13*

<b>C904</b>	Ages 8 - 12	Thursday	5:15 – 6:15 pm	March 21 – June 20	\$168.00 (14 Weeks)
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*Instructor: Darryl Boucard | Please bring indoor shoes and a filled water bottle | Please: No food allowed in the gym*

### BASKETBALL INTERMEDIATE LEVEL

<b>C905</b>	Ages 8 - 12	Thursday	4:00 – 5:00 pm	March 21 – June 20	\$168.00 (14 Weeks)
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*Instructor: Darryl Boucard | Please bring indoor shoes and a filled water bottle | Please: No food allowed in the gym.*

### TENNIS

<b>C907</b>	Ages 8 – 13 Intermediate	Wednesday	5:15 – 6:15 pm	March 20 – June 19	\$168.00 (14 Weeks)
<b>C908</b>	Ages 7 - 9	Saturday*	3:30 – 4:30 pm	March 23 – June 22	\$144.00 (12 Weeks)
<b>C909</b>	Ages 7 – 9	Sunday**	11:15 a.m. – 12:15 pm	March 17 – June 16	\$144.00 (12 Weeks)
<b>C910</b>	Ages 8 – 12	Sunday**	1:45 – 2:45 pm	March 17 – June 16	\$144.00 (12 Weeks)

*Instructor: Patric Ferreira | Please bring your own racquet, indoor shoes and a filled water bottle | \*Saturday: No class March 30, May 18 | \*\*Sunday: No classes March 31, May 19 Please: No food allowed in the gym.*

### KIDS', FAMILY PICKLEBALL\*

<b>C911</b>	Ages 8+ & Parents*	Friday*	7:00 – 8:00 pm	March 22 – June 21	\$144.00 (12 Weeks)
<b>C912</b>	Ages 8+ & Parents*	Saturday**	4:45 – 5:45 pm	March 23 – June 22	\$144.00 (12 Weeks)
<b>C913</b>	Ages 8 - 12	Sunday***	12:30 – 1:30 pm	March 17 – June 16	\$144.00 (12 Weeks)

*Instructor: Patric Ferreira | \*Children and parents must register and pay. | Please bring your own racquet, indoor shoes and a filled water bottle.*

*\*Friday: No classes March 29, May 17 | \*\*Saturday: No class March 30, May 18 | \*\*\*Sunday: No class March 31, May 19*

*Please: No food allowed in the gym.*

### ARCHERY | CONTINUING FROM JANUARY

<b>C914</b>	Ages 10+ & Parents	Saturday	11:30 a.m. – 12:30 pm	Jan. 13 – May 11	<b>CLASS IS FULL</b>
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*Instructor: Rory Knott | Parents may register with their children | Please bring indoor shoes and a filled water bottle | No Classes Feb. 18, March 9, 16 & 30*

*Please: No food allowed in the gym.*

**CHILDREN'S PROGRAM SCHEDULE SPRING 2024**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10:00						<b>PARENT &amp; CHILD COOKING</b> REGISTER ON THE TINY TOTS' LINKZZ
10:15 AM						<b>KARATE 1</b> 6+ YRS.
10:45 AM	<b>INTRODUCTION TO BALLET/JAZZ</b> 4 - 6 YRS					
11:15 AM	<b>TENNIS</b> 7 - 10 YRS					<b>KARATE 2</b> 6+ YRS. & YELLOW BELT
11:30 AM	<b>INTRODUCTION TO BALLET/JAZZ</b> 6 - 8 YRS.					<b>ARCHERY</b> 10+ YRS & PARENTS
12:30 PM	<b>GIRLS-ONLY CARTWHEEL CLINIC</b> 5 - 12 YRS. <b>KIDS' PICKLE BALL</b> 8 - 12 YRS.					
1:15 PM						<b>INSTRUCTIONAL SOCCER</b> 4 - 6 YRS
1:45 PM	<b>GIRLS-ONLY CARTWHEEL CLINIC)</b> 5 - 12 YRS. <b>TENNIS</b> 8 - 12 YRS					
2:15 PM						<b>SOCCER</b> 6 - 9 YRS
3:30 PM	<b>CO-ED GYMNASTICS</b> 4 - 6 YRS					<b>TENNIS</b> 7 - 9 YRS
4:00 PM				<b>BASKETBALL</b> 7 - 9 YRS	<b>BASKETBALL INTERMEDIATE</b> 8 - 12 YRS	
4:15 PM		<b>CO-ED GYMNASTICS</b> 4 - 6 YRS	<b>GIRLS-ONLY GYMNASTICS</b> 4 - 6 YRS <b>SCIENCE EXPLORERS</b> 4 - 7 YRS.		<b>MY LITTLE ARTIST</b> 4 - 6 YRS. <b>LITTLE MUSICIANS</b> 3 - 5 YRS.	
4:30 PM	<b>GIRLS-ONLY GYMNASTICS</b> 6+ YRS.	<b>COOKING WITH CHEF DYLAN</b> 4 - 7 YRS		<b>HIP HOP JUNIOR</b> 4 - 6 YRS		
4:45 PM				<b>MASTERCHEF JR.</b> 7 - 10 YRS		<b>FAMILY PICKLE BALL</b> 8+ YRS & PARENTS
5:00 PM		<b>SEWING, KNITTING &amp; TEXTILE ARTS</b> 8 - 13 YRS			<b>SING!</b> 5-7 YRS.	
5:15 PM		<b>GIRLS-ONLY GYMNASTICS</b> 6+ YRS.	<b>GIRLS-ONLY GYMNASTICS</b> 6+ YRS.	<b>TENNIS INTERMEDIATE</b> 7 - 9 YRS	<b>BASKETBALL</b> 8 - 12 YRS	
5:30 PM			<b>KARATE 3&amp;4 (BOYS ONLY)</b> 6+ YRS		<b>ARTS &amp; CRAFTS</b> 6-8 YRS. <b>KARATE 3&amp;4</b> 6+ YRS	
6:00 PM				<b>MASTERCHEF 'TWEEN</b> 10 - 13 YRS.	<b>*FRIDAY NIGHT FAMILY PICKLE BALL</b> 7-8 PM 8+ YRS & PARENTS	