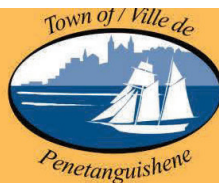


FALL 2019 YOUTH PROGRAMS



Register by email or in person at Town Hall
10 Robert Street W, Penetanguishene
Registration forms on our website
www.penetanguishene.ca
PHONE: 705-549-7453
EMAIL: recreation@penetanguishene.ca

REGISTRATION OPENS MONDAY AUGUST 26th @ 8:30 AM

(Fees subject to HST)

Toddler Fitness Fun with Wildlife Fitness						AGES: 1-5
Penetanguishene Memorial Community Centre						
Wild Life Fitness will have parents and children working together, having a great time learning the elements of physical fitness and social skills through sports, games, dance, fitness, run, wiggle, jump and more!						
*Adult participation required with children						
#	Day	Dates	Wks	Time	Fee	
1	Wednesday	Sept 18 - Dec 4th	12	10:15-11:00 AM	\$75.00	

Kids Kickboxing with Wild Life Fitness						AGES: 8-15
Canadian Martyrs School						
Expect something different each week including obstacle courses, fitness games, kickboxing, MMA, strength and conditioning, self defense, jujitsu, and of course nutrition.						
Instructed by Jill Sargent (2x provincial women's kickboxing champion & personal trainer)						
#	Day	Dates	Wks	Time	Fee	
1	Wednesday	Sept 18 - Dec 4th	12	6:40-7:25 PM	\$75.00	

Kids Running Club						AGES: 7-15
Location: Rotary Park Pavilion (Splash Pad)						
Kids Running Club with instructor Jen Binns is designed to encourage kids to be more active through running. The goal is to teach kids the basics of running, keep it fun and help kids improve their endurance over time. OUTDOOR PROGRAM						
*Wear running shoes, comfortable weather appropriate clothing and bring water						
#	Day	Dates	Wks	Time	Fee	
1	Thursday	September 19th – October 24th	6	5:30 PM - 6:15 PM	\$40.00	

Babysitting Course with CERT						AGES: 10+
Penetanguishene Memorial Community Centre						
If your child is thinking about becoming a babysitter then this course is a must! Learn the basic responsibilities of caring for young children, first aid skills and safety knowledge.						
*Please bring peanut free snacks & lunch, a doll and a pencil/pen to class.						
#	Day	Dates	Wks	Time	Fee	
1	Sunday	September 29th	1	9:00 AM - 4:00 PM	\$45.00	

Cheerfit with Wild Life Fitness						AGES: 5-12
Penetanguishene Memorial Community Centre						
Participants will develop cheer & stunting and work towards routines and presentations in a non-competitive environment. This program promotes teamwork & positive participation while achieving increased flexibility, stamina, movement, strength, & cardio.						
*Both boys & girls welcome!						
#	Day	Dates	Wks	Time	Fee	
1	Wednesday	Sept 18 - Dec 4th	12	4:45 PM - 5:30 PM	\$75.00	

Little Minis Groove Dance with Wildlife Fitness						AGES: 1-6
Penetanguishene Memorial Community Centre						
Introduce your little ones to the world of dance. Structured to stimulate coordination, listening, balance, music interpretation, creative movement & motor development.						
*Adult participation required with children						
#	Day	Dates	Wks	Time	Fee	
1	Friday	Sept 20 - Dec 6th	12	9:25 AM - 10:10 AM	\$75.00	

Glee with Wild Life Fitness						AGES: 6-13
Canadian Martyrs School						
ACT, SING & DANCE! Get ready to own the stage in this show-stopping program that showcases the talents of young aspiring singers and dancers. The students will finish with a performance for family members to enjoy!						
Hosted by Wildlife Fitness & Spaulding School of Music (Andria Andros)						
#	Day	Dates	Wks	Time	Fee	
1	Wednesday	Sept 18 - Dec 4th	12	7:30-8:20pm	\$90.00	

Home Alone Course with CERT						AGES: 8+
Penetanguishene Memorial Community Centre						
This program prepares youth for the step of being Home Alone. This course is designed to give youth information about the responsibility of being alone & share information about household hazards such as fire, home & internet safety, basic first aid & the importance of knowing the dangers of strangers.						
*Please bring a pen or pencil, drink and snack						
#	Day	Dates	Wks	Time	Fee	
1	Sunday	October 6th	1	9:00 AM - 12:00 PM	\$40.00	

TOWN OF PENETANGUSHENE

FALL 2019 SENIOR PROGRAMS

AGE
50+



Register by email or in person at Town Hall
10 Robert Street W, Penetanguishene
Registration forms on our website
www.penetanguishene.ca
PHONE: 705-549-7453
EMAIL: recreation@penetanguishene.ca

REGISTRATION OPENS MONDAY AUGUST 26th @ 8:30 AM

(Fees subject to HST)

By the Bay Rug Hookers				
Location: Penetanguishene Memorial Community Centre				
#	Day	Dates	Time	Fee
1	Wednesdays	Ongoing	10:00 AM - 12:00 PM	\$20 + HST

Shuffleboard & Cards				Starting October 16th
Location: Penetanguishene Memorial Community Centre				
Dates	Time	Fee		
MON & WED on-going	1:00 PM - 3:00 PM	\$20 + HST		

VON SMART Chair Yoga				
Location: Penetanguishene Memorial Community Centre				
* MUST call to register, phone #705-355-2200				
#	Day	Dates	Time	Fee
1	Friday	Ongoing	10:00 AM - 11:00 AM	NO FEE

VON SMART Exercises - Fall Prevention Level 2				
Location: Penetanguishene Memorial Community Centre				
Tuesday: Cardio, balance, coordination, and flexibility				
Friday: Balance, coordination, and flexibility				
* MUST call to register, phone #705-355-2200				
#	Day	Dates	Time	Fee
1	Tuesday	Ongoing	1:00 PM - 1:45 PM	NO FEE
2	Friday	Ongoing	1:00 PM - 1:45 PM	NO FEE

LOCATIONS	
École Saint-Louis School	54 Dufferin St, Penetanguishene
Canadian Martyrs School	7 Bellisle Road, Penetanguishene
James Keating	20 Lorne Ave, Penetanguishene
Penetanguishene	61 Maria St, Penetanguishene