

## Tumbling Tots (John Dolson Centre)



This fun filled program is a great outlet for your child's unlimited energy and enthusiasm for movement and learning. Activities are designed to develop co-ordination, gross motor skills and body awareness through exercise, games, and songs. \*Parental participation is required.

### Ages 1 – 2

**Mon, Nov 28-Jan 30**

(No class on Dec 26, Jan 2)

5-5:30pm

Bar Code: 164539

**Sat, Dec 3-Feb 11**

(No classes Dec 10, 24 & 31)

9-9:30am

Bar Code: 164466

**Mon, Feb 6- Apr 16**

(No classes on Feb 20, Mar 12, Apr 9)

5-5:30pm

Bar Code: 165837

**Sat, Feb 18-Apr 21**

(No classes Mar 17, 24)

9-9:30am

Bar Code: 165835

\$53.33 / 8 Week Session

For more info please call the Dolson Centre at 519-740-4681 ext 4527.

## Mini-Stick Floor Hockey (John Dolson Centre)



Is your toddler a hockey superstar? This exciting new program, allows toddlers to become familiar with the sport, develop shooting and passing skills and most of all, have some fun! Send your child with water and dressed in active clothing. Mini-sticks and balls will be provided during the program.

\*Parental participation is required.

### Ages 1 – 2

**Sat, Dec 3-Feb 11**

(No classes Dec 10, 24 & 31)

9:45-10:15am

Bar Code: 164474

**Sat, Feb 18-Apr 21**

(No classes on Mar 17, 24)

9:45-10:15am

Bar Code: 165817

\$53.28 / 8 Week Session

The Maple Leaf symbolizes programs that are eligible for a Federal Tax Credit. See page 4 for details.



## Mommy/Daddy & Me Soccer (John Dolson Centre)



Introduce yourself and your toddler to soccer as you and your child participate in our fun, age-appropriate skills and drills. This will give your child a chance to develop their gross motor and socialization skills in a fun environment! Send your child with water and active attire.

### Ages 2 – 3

**Sat, Dec 3-Feb 11**

(No classes Dec 10, 24 & 31)

10:30-11am

Bar Code: 164532

**Sun, Dec 4-Feb 5**

(No classes Dec 25 & Jan 1)

11-11:30am

Bar Code: 164533

**Sun, Feb 12-Apr 15**

(No classes on Mar 18, Apr 8)

11-11:30am

Bar Code: 165840

**Sat, Feb 18-Apr 21**

(No classes on Mar 17, 24)

10:30-11am

Bar Code: 165839

\$53.28 / 8 Week Session



## Mini-Stick Floor Hockey & Swim (John Dolson Centre)



Is your toddler interested in hockey & swimming? This exciting new program, allows toddlers & parents to become familiar with the sport, develop shooting and passing skills and most of all, have some fun! After the hockey active toddlers & parents are welcome to hop in for a leisure swim. Send your child with water, active attire and a bathing suit for the swim. Mini-sticks and balls will be provided for use during the program.

\*Parent participation is required.

### Ages 2-3

**Sun, Dec 4-Feb 5**

(No classes on Dec 25 & Jan 1)

12:45-1:15pm

Swim: 1:30-3pm

Bar Code: 164476

**Sun, Feb 12-Apr 15**

(No classes on Mar 18 & Apr 8)

12:45-1:15pm

Swim: 1:30-3pm

Bar Code: 165816

\$59.96 / 8 Week Session

For more information, please call the John Dolson Centre at 519-740-4681 ext 4527.

## Preschool Basketball (John Dolson Centre)



This program allows your child to develop and advance their dribbling, passing and shooting skills while cooperating. Please remember your water and snack.

### Ages 3-5

**Sat, Dec 3-Feb 11**

(No classes Dec 10, 24 & 31)

11:45-12:15pm

Bar Code: 164535

**Sat, Feb 18-Apr 21**

(No classes Mar 17, 24)

11:45-12:15pm

Bar Code: 165814

\$53.28 / 8 Week Session

## Little Sports Pro

(John Dolson Centre)



Has your little Sally or Johnny not quite figured out which sport they like most? No need to worry! This program is designed to offer a fun and exciting environment in which children are able to develop many different skills in a variety of sports such as mini-stick hockey, soccer and basketball etc.

### Ages 4 – 6 Sat, Dec 3-Feb 11

(No classes Dec 10, 24 & 31)

11:15-11:45am

Bar Code: 164541

**Sat, Feb 18-Apr 21**

(No classes Mar 17, 24)

11:15-11:45am

Bar Code: 165821

\$53.28 / 8 Week Session

## Kicks for Tots

(John Dolson Centre)



Participants will receive skill instruction in ball control, passing, shooting and defensive play in a fun and exciting environment!

### Ages 3 – 5

**Fri, Dec 2-Jan 27**

(No class on Dec 9)

5:30-6pm

Bar Code: 164553

**Fri, Feb 3-Apr 13**

(No classes Mar 16, 23, Apr 6)

5:30-6pm Bar Code: 165843

**Sun, Dec 4-Feb 5**

(No classes Dec 25 & Jan 1)

11:30-12pm

Bar Code: 164556

**Sun, Feb 12-Apr 15**

(No classes on Mar 18 & Apr 8)

11:30-12pm

Bar Code: 165845

\$53.28 / 8 Week Session



## Baby Painting 101 (Good News Church)

Is your little one creative? In this program the parent and child will participate in feet painting, hand painting, sponge painting, fabric painting and much more! Please remember to wear old clothes to class. Note: This class requires the active participation of a parent/caregivers.

**Ages 6 months – 2yrs.**

**Mon, Nov 28-Jan 23**

**(No class Dec 26)**

**5:30-6pm**

**Bar Code: 164543**



**Mon, Feb 6-Apr 16**  
**(No classes on Feb 20, Mar 12, Apr 9)**

**5:30-6pm**

**Bar Code: 165829**

**\$59.96 / 8 Week Session**

## New Messy Crafters (Good News Church)

Is your child looking for some creative fun? This program allows your child to experiment with different types of supplies and materials, while focusing on a new theme every week. Your child will be able to get messy and you can leave the mess with us! Please remember to have your child wear old clothes to class.

**Ages 2 – 3**

**Mon, Nov 28-Jan 23**

**(No class Dec 26, Jan 2)**

**6:15-6:45pm**

**Bar Code: 164566**

**Mon, Feb 6-Apr 16**  
**(No classes on Feb 20, Mar 12, Apr 9)**

**6:15-6:45pm**

**Bar Code: 165823**

**\$59.96 / 8 Week Session**

## Jazz (Good News Church)

Jazz introduces the beginner jazz dance steps to your child. It will allow them to become comfortable with Jazz techniques and movements, performing a routine at the end of the session.

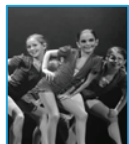
**Ages 3-5**

**Tues, Nov 29- Jan 17**

**6-6:30pm**

**Bar Code: 164545**

**\$53.28 / 8 Week Session**



## New Ballet Babies (John Dolson Centre)

This is a great class for little ones to learn the techniques and movement of beginner level Ballet to fun music, progressing every class. No specific dance apparel required.

**Ages 2-3**

**Wed, Nov 30-Jan 18**

**6-6:30pm**

**Bar Code: 164549**



**Wed, Feb 1-Mar. 28**

**(No classes on Mar 14)**

**6-6:30pm**

**Bar Code: 165812**

**Tues, Jan 31-Mar 29**

**(No classes on Mar 13)**

**6-6:30pm**

**Bar Code: 165813**

**\$53.28 / 8 Week Session**

## Ballet (John Dolson Centre)

This is a great class for little ones to learn the techniques and movement of Ballet, progressing every class. No prior dance experience or specific dance apparel required.

**Ages 4-6**

**Wed, Nov 30-Jan 18**

**6:30-7pm**

**Bar Code: 164547**

**Wed, Feb 1-Mar 28**

**(No class on Mar 14)**

**6:30-7pm**

**Bar Code: 165810**

**\$53.28 / 8 Week Session**

## Kinder Dance (Good News Church)

Is your child not quite sure what types of dance they are interested in? This class allows your child to experience dances such as Ballet, Jazz and Modern learning different techniques and movement. No prior dance experience or specific dance apparel required.

**Ages 4-6**

**Tues, Nov 29- Jan 17**

**6:30-7pm**

**Bar Code: 164551**

**Tues, Jan 31-Mar 29**

**(No class on Mar 13)**

**6:30-7pm**

**Bar Code: 165879**

**\$53.28 / 8 Week Session**

**The Maple Leaf symbolizes programs that are eligible for a Federal Tax Credit. See page 4 for details.**

## Hip Hop (John Dolson Centre)

Youth Modern Dancing.

**Ages 6-8**

**Thurs, Dec 1-Jan 19**

**5:30-6pm**

**Bar Code: 164558**

**Thurs, Feb 2-Mar 29**

**(No class on Mar 15)**

**5:30-6pm**

**Bar Code: 165831**

**\$53.33 / 8 Week Session**

**Ages 9 –13**

**Thurs, Dec 1-Jan 19**

**6-6:45pm**

**Bar Code: 164560**

**Thurs, Feb 2- Mar 29**

**(No class on Mar 15)**

**6-6:45pm**

**Bar Code: 165832**

**\$57.44 / 8 Week Session**

\*For more info please call the Dolson Centre at 519-740-4681 ext 4527.

## Basketball Skills & Drills (John Dolson Centre)

Come out and get active! Develop and advance your dribbling, passing and shooting skills while gaining knowledge on the game of basketball. Learn to work in a team setting while having fun! Please remember your running shoes and plenty of water.

**Ages 6-9**

**Mon, Nov 28 - Jan 23**

**(No classes Dec 26, Jan 2)**

**5:45-6:30pm**

**Bar Code: 164562**

**Mon, Feb 6- Apr 16**  
**(No class Feb 20, Mar 12, Apr 9)**

**5:45-6:30pm**

**Bar Code: 165825**

**\$57.44 / 8 Week Session**

## Indoor Soccer Skills & Drills (John Dolson Centre)

Participants will receive skill instruction in ball control, passing, shooting and defensive play in a fun and exciting environment! Please remember your running shoes and plenty of water.

**Ages 6-9**

**Fri, Dec 2 - Jan 27**

**(No class Dec 9)**

**6:15-7pm**

**Bar Code: 164564**

**Fri, Feb 3- Apr 13**

**(No class Mar 16, 23, Apr 6)**

**6:15-7pm**

**Bar Code: 165827**

**\$57.44 / 8 Week Session**



## **New** Kids Fit Cardio (John Dolson Centre)

This cardio fitness program allows your pre-teen to get active and have fun! With a combination of games, sports, and active movements, their endurance and strength will improve. They will even get to go swimming three of the weeks!

**Ages 8-12**

**Fri, Dec 2-Jan 27**

(No class Dec 9, Jan 6)

**7:15-8:15pm**

**Bar Code: 164576**



**Fri, Feb 3- Apr 13**

(No classes on Mar 16, 23, Apr 6)

**7:15-8:15pm**

**Bar Code: 165852**

\$65 / 8 Week Session

For more info, please call the Dolson Centre at 519-740-4681 ext 4527.

## Friday Night Drop Zone

(John Dolson Centre)

Send your child out for a night of fun! Drop your children off to participate in games, sports, swimming, crafts and a movie. We'll even provide pizza and drinks for supper, WOW!

**Ages 5-12**

**Fri, Dec 16**

**6-10pm**

**Bar Code: 164569**

**Fri, Jan 27**

**6-10pm**

**Bar Code: 164882**

**Fri, Feb 24**

**6-10pm**

**Bar Code: 164883**

\$15.38 1<sup>st</sup> child

\$12.30 each additional family member.

## Christmas Mania Drop In

(John Dolson Centre)

Need to finish some last minute shopping for Christmas? Send your child here for some Christmas themed fun! Games, crafts and swimming. They will even get to make a Christmas treat! Your child will be sent home tired and happy.

**Ages 5-12**

**Fri, Dec 23**

**6-10pm**

**Bar Code: 165878**

\$14 1<sup>st</sup> child

\$11 each additional family member.

For more info, please call the Dolson Centre at 519-740-4681 ext 4527.

## Saturday Fun Club

(John Dolson Centre)

Crafts, games, sports, swimming and **FUN!** Can you think of a better way to spend your day?

**Ages 5-12**

**Saturdays**

**12:30-3:30pm**



**Dec 3 Bar Code: 164586**

**Dec 10 Bar Code: 164587**

**Dec 17 Bar Code: 164588**

**Jan 7 Bar Code: 165856**

**Jan 14 Bar Code: 165869**

**Jan 21 Bar Code: 165870**

**Jan 28 Bar Code: 165871**

**Feb 4 Bar Code: 165872**

**Feb 11 Bar Code: 165873**

**Feb 18 Bar Code: 165874**

**Feb 25 Bar Code: 165875**

**Mar 3 Bar Code: 165876**

**Mar 10 Bar Code: 165877**

\$6 / per visit

For more information, please call the John Dolson Center at 519-740-4681 ext 4527.

## PA Day Camp

(John Dolson Centre)

Is your child bored on PA Day's? Bring them for a fun packed day where they can enjoy gym activities, swimming, crafts, the Finding Nemo Bouncy Castle and much, much more! We guarantee to return your children to you tired and happy!

**Ages 5-12**

**Fri, Feb 3**

**Bar Code: 165854**

**Fri, Apr 20**

**Bar Code: 165855**

**Supervised Drop-Off 7:30-9am**

**Program 9am-4pm**

**Supervised Pick-Up 4-5:30pm**

\$28 / Child

\*No discounts for additional children.

**New Refund Policy – see page 10**

For more information, please call the John Dolson Center at 519.740.4681 ext 4527.



## Christmas Day Camp

(John Dolson Centre)

Have your children join us some filled days during their Christmas Break! They will enjoy crafts, games, swimming, sports, the Finding Nemo Bouncy Castle, theme days and offsite trips! Check out the Christmas Day Camp Agenda. Space is limited due to specific activities so register as soon as possible.

**Ages 5-12**

**Dec 27, 28, 29, 30**

**Bar Code: 164636**

**Jan 2, 3, 4, 5, 6**

**Bar Code: 164638**

**Supervised Drop-Off 7:30-9am**  
**Program 9am-4pm**

**Supervised Pick-Up 4-5:30pm**

**Early pick up Dec 30 is 4pm**

\$119.05/ week or \$28/ day.

## March Break Day Camp

(John Dolson Centre)

It's March Break already! Time for some fun ! Come join us for games, crafts, swimming, sports, the Finding Nemo Bouncy Castle, theme days and an offsite trip!

Check out the March Break Day Camp Agenda at our centre. Space is limited due to specific activities so register as soon as possible.

**Ages 5-12**

**Mar 12, 13, 14, 15, 16**

**Bar Code: 165885**

**Supervised Drop-Off 7:30-9am**

**Program 9am-4pm**

**Supervised Pick-Up 4-5:30pm**

\$119.05/ week or \$28/ day.

Withdrawals or transfers 5 business days or less prior to the start of the course will receive no refund. Withdrawals or transfers greater than 5 business days prior to the start of the course will receive a full refund minus a 15% or \$5 (whichever is greater) administration fee whether the amount is left on the account or is to be refunded.

## New Creative Program Ideas?

Do you have a NEW creative program idea for a preschooler, youth, adult or senior? If so, Please call 519-740-4681 ext. 4320 and speak to Ruth at the John Dolson Centre. We might give it a try!

## Zumba

Zumba® Fitness is like no other workout you will ever experience! Zumba® Fitness is inspired by the traditional cumbia, salsa, samba and merengue music paired with pulsating Latin rhythms with international dance steps.

**Ages 16 & up**

**(Good News Church)**

**Tue, Nov 29 – Feb 7**  
**(No Classes on Dec 27 or Jan 3)**  
**7 – 8pm**  
**Bar Code: 164460**

**Tue, Nov 29 – Feb 7**  
**(No Classes on Dec 27 or Jan 3)**  
**8:15 – 9:15pm**  
**Bar Code: 165898**

**Tue, Feb 21 – April 24**  
**(No class on Mar 13)**  
**7 – 8pm**  
**Bar Code: 165893**

**Tue, Feb 21 – April 24**  
**(No class on Mar 13)**  
**8:15 – 9:15pm**  
**Bar Code: 165899**

**(St Ambrose Gym)**  
**Wed, Jan 11 – Mar 7**  
**7 – 8pm**  
**Bar Code: 165894**

**(St Ambrose Gym)**  
**Thurs, Dec 8 – Feb 16**  
**(No classes on Dec 29, Jan 5)**  
**7:15 – 8:15pm**  
**Bar Code: 165900**  
**\$76.50 + H.S.T. / 9 Classes**



## Adult Learn To Swim

Learn at your own pace, Beginner to Intermediate classes available.

**Sun, Jan 8 – Mar 4**  
**4:30 – 5:30pm**  
**Bar Code: 165395**

Resident \$58.70 + H.S.T. / 9 Classes  
 Non-Res. \$70.46 + H.S.T. / 9 Classes.

## Boot Camp - Gym

**(John Dolson Centre)**

**Mon, Dec 5 – Feb 13**  
**8 – 8:45pm**  
**Bar Code: 165916**  
**\$76.50 + H.S.T. / 9 Classes**  
**(No class on Dec 26)**

**Thur, Dec 1 – Feb 2**  
**8:45 – 9:30pm**  
**Bar Code: 165917**  
**\$76.50 + H.S.T. / 9 Classes**  
**(No class on Jan 5)**  
**Mon, Feb 27 – May 7**  
**8 – 8:45pm**  
**Bar Code: 165902**  
**\$76.50 + H.S.T. / 9 Classes**  
**(No classes on Mar 12, Apr 9)**

**Thur, Feb 16 – Apr 12**  
**8:45 – 9:30pm**  
**Bar Code: 165903**  
**\$76.50 + H.S.T. / 9 Classes**  
**(No classes on Mar 15)**



## Pilates

**(John Dolson Centre)**

**“Pilates with Tracy”**

Pilates focuses on mobility and stability of the entire body. Through slow and controlled movements this class will strengthen your muscles to ensure proper stability to help avoid injury throughout your daily routine. Also, instruction on proper stretching techniques will help you gain mobility. The end result is stronger muscles, better flexibility and overall better posture. With the use of proper breathing techniques, Pilates allows you to feel relaxed while permitting your body to move in a way that helps you stay connected in mind, body and soul. This Pilates class is suitable for all levels. Instructor will provide modifications of exercises to meet the needs of those with identified injuries.

**Mon, Dec 5 – Feb 6**  
**8:45 – 9:30pm**  
**Bar Code: 164480**  
**\$76.50 + G.S.T. / 9 Classes**  
**No class on Dec 26.**

## Yoga with Tracey

**(John Dolson Centre)**

Tracey's program takes a step-by-step approach to yoga. Your fitness level will increase gradually. Common physical problems can be prevented and to varying degrees cured or managed, through participation in the program. Yoga builds core strength, balance and flexibility making it an excellent compliment to your athletic endeavors.

**Ages 18+**  
**Wednesdays, Jan 11 – Mar 7**  
**8 – 8:45pm**  
**Bar Code: 165904**  
**\$76.50 + G.S.T./ 9 Week Session**



**New**

## Meditation

**(John Dolson Centre)**

**“Meditation”**

The essence of meditation is to focus your attention, so that “mental clutter” everyday thoughts of work, chores or worries fall away. This can bring a sense of calmness, peacefulness and balance, as well as new insights and clarity. In time, you may find that these results linger with you long after the meditation session has ended.

Ray is a certified Meditation Teacher in Thailand. He has meditated in a mountain retreat, cave and the jungle in fashion of the Thai Monks. He has meditated both under guidance of Master Thong Bai.

**Ages 18 +**  
**Mon, Dec 5 – Feb 13**  
**7 – 9pm**  
**Bar Code: 164517**  
**(No class on Dec 26, Jan 2)**  
**\$65 / 9 Week Session**

## Kids Fit

(John Dolson Centre – Pool)

A cross training water fitness program designed especially for pre-teens. A combination of Aquafit and games to keep kids active and fit. Great for improving endurance in other sports!

**Ages 8 – 14**

**Wed, Jan 11 – Mar 7**

**7:20pm – 8:05pm**

**Bar Code: 165848**

\$65 / 9 Week Session



## Baby Fat Boot Camp

(John Dolson Centre - Pool)

Attention NEW Mom's! No Babysitter. Babies/ (Newborn) help you work out while they get their first orientation to the water. Strong focus on tightening abdominals after childbirth. Bond with your baby and get fit!

**Tuesday, Jan 10 – Mar 6**

**2 – 2:45pm**

**Bar Code: 165397**

**Thursday, Jan 12 – Mar 8**

**2 – 2:45pm**

**Bar Code: 165398**

\$65 + H.S.T./ 9 Week Session



## New Creative Program Ideas?

Do you have a **NEW** Creative program idea for preschooler, youth, adult or senior? If so, please call 519-740-4681 Ext. 4320 and speak to Ruth at John Dolson Centre We might give it a try!

**Check out pages 18-25 for our new programs.**



## Female Only Swim

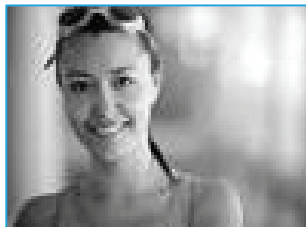
(John Dolson Centre - Pool)

Open to all female age groups and swimming abilities. Must follow pool admission standard.

**Drop in fees apply.**

**Sunday, Dec 11**

**7 – 8pm**



## *New* Female Only Swim Or Female Lessons

(John Dolson Centre - Pool)

Open to all female age groups and swimming abilities. Must follow pool admission standard.

**Drop in fees apply for swim.**

Register for the lessons.

**Sunday, Jan 8, 22 (7 – 8pm)**

**Sunday, Feb 5, 19 (7 – 8pm)**

**Sunday, Mar 4, 18 (7 – 8pm)**

**Female Only Lessons – 6 Classes**

**Residents: \$40**

**Non-Residents: \$47**

**Bar Code: 165712**

## Oops! We Cancelled It

Sometimes excellent programs with super instructors are cancelled when too many people wait until the last minute to register. Don't wait, avoid disappointment and register early!

The only  
cure for  
**LITTER**  
is you.

## FAMILY DAY EVENT

At

**John Dolson Centre**

On

**Monday, February 20<sup>th</sup>**

**1 – 5pm**

For more information please call 519-740-4681 Ext. 4527.

We are always happy to help you!

## Volunteering at the John Dolson Centre

A place to develop your skill sets and become involved in your community, Volunteer Opportunities Include:

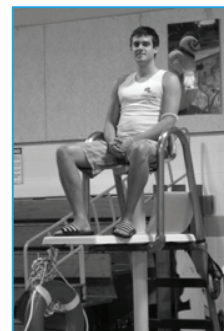
**Leader in Training**

**Aquatic Instructor Assistant**

Contact Ruth at 519-740-4681 ext. 4320 if you are interested in volunteering at John Dolson Centre

## Spring Job Opportunities!

Are you a certified instructor and looking to teach a program, such as Belly Dancing, Meditation, Yoga, Karate, Jujitsu, Kick Boxing, Ballroom Dancing, Line Dancing, Youth Fitness, Infant Massage, and any other programs that are not on this list. If so, please call Ruth at John Dolson Centre 519-740-4681 ext. 4320 or bring in your resume.



**Join Our Team!**

**Lifeguard Quest Program**

See page 15 for details