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Mixed Sports & Games
Sports & Games & Mixed Activities

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NOTE
Programs indicated with this symbol are eligible for the Children’s Fitness Tax Credit. See page 6 for details.

All fees plus applicable taxes.

Mayor’s Youth Advisory Committee (MYAC)

The City of St. Catharines’ Mayor’s Youth Advisory Committee will provide a voice for the youth of St. Catharines, while advising Council of important recreational and social issues concerning the City’s younger population.

For more information about the MYAC, please email myac@stcatharines.ca
**Gym Extravaganza (4 to 6 years)**
In this introductory class for preschoolers (4 to 6 years) participants will play a variety of sports, games and gym activities. Classes will include soccer, T-ball, gymnastics, parachute games and more. Emphasis will be on cooperation, social interaction and having fun.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
<th>Fee</th>
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<tbody>
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<td>12</td>
<td>$51.00</td>
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<td>40943</td>
<td>Thu</td>
<td>Jan 13, 6:00pm-7:00pm</td>
<td>10</td>
<td>$42.50</td>
</tr>
</tbody>
</table>

Class is cancelled March 17, 2011.

**Sports Club (6 to 10 years)**
In this introductory class for children (6 to 10 years) participants will have the opportunity to play a variety of sports including soccer, basketball, volleyball and floor hockey. Emphasis will be on cooperation, teamwork and having fun.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
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</thead>
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<tr>
<td>40944</td>
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<td>Jan 13, 7:00pm-8:00pm</td>
<td>10</td>
<td>$42.50</td>
</tr>
</tbody>
</table>

Class is cancelled March 17, 2011.

**Nothing But Net (10 to 14 years)**
In this introductory class for youth (10 to 14 years) participants will play a variety of sports and games that use a net. Emphasis will be on weekly sports including volleyball, soccer, basketball and hockey. Lessons will be followed by mini games to practice learned skills.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
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<td>40944</td>
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<td>Jan 13, 8:00pm-9:00pm</td>
<td>10</td>
<td>$42.50</td>
</tr>
</tbody>
</table>

Class is cancelled March 17, 2011.

**Badminton (10 to 14 years)**
In this introductory class for youth (10 to 14 years) participants will learn the basics of the sport of badminton. Emphasis will be on serving, rallying and accuracy. Each class will consist of a practice session and mini games.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
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<th>Dates &amp; Times</th>
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<td>6</td>
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<tr>
<td>41509</td>
<td>Thu</td>
<td>Feb 17, 5:00pm-6:00pm</td>
<td>5</td>
<td>$21.25</td>
</tr>
</tbody>
</table>

Class is cancelled March 17, 2011.

**Dodgeball (8 to 10 years)**
In this introductory class for children (8 to 10 years) participants will learn the basics of the sport of dodgeball and the different variations of the game. Emphasis will be on strategy, throwing and accuracy.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
<th>Fee</th>
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<tr>
<td>41510</td>
<td>Fri</td>
<td>Jan 14, 5:00pm-6:00pm</td>
<td>5</td>
<td>$21.25</td>
</tr>
</tbody>
</table>

**Dodgeball (11 to 13 years)**
In this introductory class for youth (11 to 13 years) participants will learn the basics of the sport of dodgeball and the different variations of the game. Emphasis will be on strategy, throwing and accuracy.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>41512</td>
<td>Fri</td>
<td>Nov 12, 5:00pm-6:00pm</td>
<td>6</td>
<td>$25.50</td>
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<tr>
<td>41513</td>
<td>Fri</td>
<td>Feb 18, 5:00pm-6:00pm</td>
<td>5</td>
<td>$21.25</td>
</tr>
</tbody>
</table>

Class is cancelled March 18, 2011.

**NOTE**
Due to safety concerns, the City of St. Catharines prohibits the use of ‘Roller Shoes’ or ‘Heelys’ in all of its facilities. Anyone improperly using roller shoes will be asked to remove the wheel(s), change their shoes, or leave the premise immediately. We thank you for respecting the safety of all users in City facilities.

All fees plus applicable taxes.
### Mixed Sports & Games • Sports

#### Scooter Club (6 to 8 years)
In this introductory class for children (6 to 8 years) participants will use floor scooters to play a variety of games and activities. Emphasis will be on cooperation, social interaction and having fun on a scooter!

<table>
<thead>
<tr>
<th>Port Weller Community Centre</th>
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<tbody>
<tr>
<td><strong>Code</strong></td>
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<tr>
<td>40989</td>
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<tr>
<td>40990</td>
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</tbody>
</table>

#### Scooter Club (9 to 11 years)
In this introductory class for children (9 to 11 years) participants will use floor scooters to play a variety of games and activities. Emphasis will be on cooperation, social interaction and having fun on a scooter!

<table>
<thead>
<tr>
<th>Port Weller Community Centre</th>
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<tbody>
<tr>
<td><strong>Code</strong></td>
</tr>
<tr>
<td>40991</td>
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<tr>
<td>40992</td>
</tr>
</tbody>
</table>

*Class is cancelled March 18, 2011.*

#### Fantastic Friday Night (7 to 12 years)
In this one time class for children (7 to 12 years) participants will play a variety of gym games and activities. Emphasis is active participation, cooperation and having fun!

<table>
<thead>
<tr>
<th>Port Weller Community Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Code</strong></td>
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<tr>
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<td>41538</td>
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<td>41539</td>
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<td>41540</td>
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</tbody>
</table>

#### March Break Madness (6 to 10 years)
In this class for children (6 to 10 years) participants will play a variety of sports, games, gym activities and create a craft. Emphasis will be on cooperation, social interaction and having fun! Please bring a drink and a nut free snack.

<table>
<thead>
<tr>
<th>Port Weller Community Centre</th>
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</thead>
<tbody>
<tr>
<td><strong>Code</strong></td>
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<tr>
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<td>40997</td>
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<td>40998</td>
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<td>40999</td>
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</tbody>
</table>

#### Basketball (6 to 9 years)
In this introductory class for children (6 to 9 years) participants will learn the basics of the sport of basketball. Emphasis will be on developing skills such as dribbling, shooting, passing, team work and more. No black sole shoes please.

<table>
<thead>
<tr>
<th>Port Weller Community Centre</th>
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</thead>
<tbody>
<tr>
<td><strong>Code</strong></td>
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<tr>
<td>40946</td>
</tr>
<tr>
<td>40947</td>
</tr>
</tbody>
</table>

*Class is cancelled March 15, 2011.*

#### Youth Basketball (10 to 14 years)
In this introductory class for youth (10 to 14 years) participants will learn the basics of the sport of basketball. Emphasis will on developing skills such as passing, shooting, dribbling and teamwork. Lessons will be followed by mini-games to practice skills learned.

<table>
<thead>
<tr>
<th>Port Weller Community Centre</th>
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<tbody>
<tr>
<td><strong>Code</strong></td>
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<tr>
<td>40945</td>
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<tr>
<td>40948</td>
</tr>
</tbody>
</table>

*Class is cancelled March 15, 2011.*

#### Floor Hockey

#### Indoor Floor Hockey (6 to 10 years)
In this introductory class for children (6 to 10 years) participants will learn the basics of the sport of hockey. Emphasis will be on developing skills such as stick handling, shooting, passing, team work, mini games and more. Participants can bring their own stick (no black tape on the blades), but some sticks will be available at the community centre. Helmet and gloves are highly recommended.

<table>
<thead>
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<tbody>
<tr>
<td><strong>Code</strong></td>
</tr>
<tr>
<td>40949</td>
</tr>
<tr>
<td>40950</td>
</tr>
</tbody>
</table>

*Class is cancelled March 16, 2011.*

All fees plus applicable taxes.
Sports

Gymnastics

**Tiny Tumblers (3 to 5 years)**
In this introductory class for preschoolers (3 to 5 years) participants will learn the basics of the sport of gymnastics. Emphasis will be on teaching participants how to tumble and roll and build self confidence.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
<th>Fee</th>
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<tr>
<td>40952</td>
<td>Wed</td>
<td>Sep 22, 4:00pm-4:45pm</td>
<td>12</td>
<td>$38.25</td>
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<tr>
<td>40955</td>
<td>Mon</td>
<td>Jan 10, 4:00pm-4:45pm</td>
<td>10</td>
<td>$31.88</td>
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<tr>
<td>40956</td>
<td>Wed</td>
<td>Jan 12, 4:00pm-4:45pm</td>
<td>10</td>
<td>$31.88</td>
</tr>
</tbody>
</table>


**Gymnastics (6 to 10 years)**
In this introductory class for children (6 to 10 years) participants will learn the basics of the sport of gymnastics. Emphasis will be on safety and proper techniques in tumbling and working on apparatus such as the balance beam, vault and bars.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates &amp; Times</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>40953</td>
<td>Mon</td>
<td>Sep 20, 4:45pm-5:45pm</td>
<td>11</td>
<td>$46.75</td>
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<tr>
<td>40954</td>
<td>Wed</td>
<td>Sep 22, 4:45pm-5:45pm</td>
<td>12</td>
<td>$51.00</td>
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<tr>
<td>40957</td>
<td>Mon</td>
<td>Jan 10, 4:45pm-5:45pm</td>
<td>10</td>
<td>$42.50</td>
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<tr>
<td>40958</td>
<td>Wed</td>
<td>Jan 12, 4:45pm-5:45pm</td>
<td>10</td>
<td>$42.50</td>
</tr>
</tbody>
</table>


Skateboarding

**Skateboard Lessons (8 to 12 years)**
In this introductory class for children (8 to 12 years) participants will learn the basics of skateboarding including the Ollie and simple land tricks. Emphasis will be on skateboarding safety, assembly, maintenance and etiquette. Participants must bring their own skateboard, helmet and pads.

**Seymour-Hannah Sports and Entertainment Centre**

<table>
<thead>
<tr>
<th>Code</th>
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<tr>
<td>41758</td>
<td>Sat</td>
<td>Sep 25, 10:00am-11:00am</td>
<td>6</td>
<td>$25.50</td>
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</table>

Volleyball

**Volleyball (10 to 14 years)**
In this introductory class for youth (10 to 14 years) participants will learn the basics of volleyball. Emphasis will be on developing skills such as bumping, volleying, serving, spiking and team play. Lessons will be followed by mini-games to practice skills learned.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<td>Mon</td>
<td>Jan 10, 6:15pm-7:15pm</td>
<td>10</td>
<td>$42.50</td>
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</tbody>
</table>


Soccer

**Mini Soccer (4 to 6 years)**
In this introductory class for preschoolers (4 to 6 years) participants will learn the basics of the sport of soccer. Emphasis will be on developing skills such as dribbling, shooting and passing. Classes take place indoors.

**Port Weller Community Centre**

<table>
<thead>
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<td>40976</td>
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<td>Jan 15, 10:00am-11:00am</td>
<td>10</td>
<td>$42.50</td>
</tr>
</tbody>
</table>

*Class is cancelled October 16, 2010 and March 19, 2011.*

**Super Soccer Skills (7 to 10 years)**
In this introductory class for children (7 to 10 years) participants will learn the basics of the sport of soccer. Emphasis will be on developing skills such as passing, shooting and ball control. Each class will consist of a practice session and a mini game. Classes take place indoors. Participants should wear running shoes and shin guards.

**Port Weller Community Centre**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<td>Sat</td>
<td>Jan 15, 11:00am-12:00pm</td>
<td>10</td>
<td>$42.50</td>
</tr>
</tbody>
</table>

*Class is cancelled October 16, 2010 and March 19, 2011.*
VOLUNTEER OPPORTUNITIES
Are you 16 yrs or older?
Want to develop your leadership and administrative skills?
Looking for a challenge?
Need volunteer hours?

GIVE US A CALL!
Fun, Friendship & Memories you’ll keep forever!

Contact: Ashley Waters, CFE
Scouts Canada - Battlefields Council
Phone: 905-380-4314
Email: awaters@scouts.ca

YMCA of Niagara – Building a Healthier Tomorrow

St. Catharines – 905 934 9622
Walker Family YMCA
25 YMCA Drive
Niagara Falls YMCA
MacBain Community Centre
905 358-9622

YMCA Healthy Kids Centre
360 Niagara Street
Niagara Centre YMCA
Welland
905 735-9622
905 871-9622

www.ymcaofniagara.org

Now Accepting Fall Registrations
Remember what it was like to be a girl?
Share the fun! Volunteer Today!
Adult Volunteers (ages 18+)

JOIN TODAY!
www.girlguides.ca
1-800-565-8111, ext. 3110

GIRL GUIDES OF CANADA
Celebrating 100 Years of Girl Greatness

Sparks (ages 5 & 6) • Brownies (ages 7 & 8)
Guides (ages 9 - 11) • Pathfinders (ages 12 - 14)
Rangers (ages 15 to 17+)

St. Catharines
Wado Kai Karate
Serving the Community
Since 1987

1-Month No Obligation
FREE TRIAL

A FAMILY FRIENDLY SCHOOL
Our goal is to develop confident individuals
who will be positive role models within the
community.

Junior Classes ( minimum age 7 )
Monday & Thursday 6:00pm to 7:15pm

Adult Classes
Monday & Thursday 7:30pm to 9:30pm

New Classes Start September 9th

Contact: (905) 650-3043
getyourkicks@wadokaikarate.com

Pre Register Aug 1st to Sept 8th

www.wadokaikarate.com

Check out the website
for details on all
our programs!

Fall & Winter
Volleyball Programs

www.rapidsvolleyball.com

Contact the Rapids at 905-937-4275
or schulzy2@sympatico.ca

St. Catharines
Wado Kai Karate
Serving the Community
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our programs!

Fall & Winter
Volleyball Programs

www.rapidsvolleyball.com

Contact the Rapids at 905-937-4275
or schulzy2@sympatico.ca
Swim at Brock

Brock Niagara Aquatics
Niagara’s Competitive Swim Team

Brock Niagara Aquatics provides a complete competitive swimming program for youth ages six and up (10-week introductory sessions and year-round competitive groups).
brocku.ca/brockswimming
905 688 5550 x3244

Learn-to-Swim Programs
FALL 2010 registration begins
Saturday, August 21 at 9 a.m.

WINTER 2011 registration begins
Monday, December 13 at 5 p.m.

SPRING 2011 registration begins
Monday, March 21 at 5 p.m.

Recreational Fun Swims are available for all ages daily and during holidays, school breaks and PA Days throughout the year.

905 688 5550, x3387

SNIPER ALLEY

Niagara’s ultimate indoor paintball experience. Where action and adrenaline is pumped out 7 days a week. With 14,000 square feet of multi level playing field & action packed scenario games we make your experience a memorable one. Accommodating birthday parties, youth groups, corporate outings, team building & much more. Minimum age to play is 10 years old. Waiver forms must be signed by a parent or legal guardian for any player 18 years of age & under.

514 QUEENSTON STREEET - ST. CATHARINES
905.685.8885
WWW.SNIPERALLEY.CA

ASK ABOUT OUR DAY CAMPS
Christmas Break Dec 27th - January 7th 2011
March Break March 14th - March 18th 2011
NIAGARA CHESS CLUB

MAKING LEARNING FUN!
Niagara’s chess club for children of all ages.
Register now for Fall Season
Fall season starts Saturday October 16 to November 20, 2010
Time: 2:30-4:00 PM
Place: Russell Avenue Community Centre, 108 Russell Avenue, St. Catharines, ON
Price: $50.00
Includes: 3 games of chess per week, mentoring and instruction by an experienced
duchess player, and end of the season tournament with pizza party

For additional info. and payment arrangements, please contact George Spartinos at:
☎ 905-988-8229  ✉ niagaracheessclub@gmail.com

JUMPSTART

Canadian Tire Jumpstart assists with sports & recreational activity fees for financially
disadvantaged families.

For more information call
Community Care @ 905-685-1349
Fall/winter session ends Nov 1

296 children received
Jumpstart funding in 2009!

Concord Soccer Club

FALL & WINTER INDOOR SOCCER

Concord Soccer Club will be running indoor fall and winter programs for children and adults.

See our website or call the Club for details.

16 Melbourne Avenue
St. Catharines
905-988-5682
www.concordsoccerclub.ca

Play Bridge – for Fun,
Friendship and to Improve
Your Memory!!

The Bridge Centre of Niagara is open for Bridge players of all levels and serves as a
central location for players in the greater Niagara area.

We hold games 6 days a week and offer
courses to learn Bridge or to improve
your game.

Introduction to Bridge is being offered starting in September on Thursday evenings
and October on Monday mornings.

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