

# ALL FOR FUN AND FUN FOR ALL



## Preschool (0 to 5 yrs)

Preschoolers can discover new talents, burn off energy and make lots of friends!

### Swimming Lessons:

Parent & Tot 1, 2, & 3 • Preschool A, B, C, D, & E

### Kindermusik programs:

Village • Our Time • Sign and Sing!

### Recreational Dance:

Jumpin' & Jammin' • Kinderdance  
Twinkle Toes Ballet • Teddy Bears Picnic

### DASH Sports:

Parent and Tot • Multisport  
JUMP Basketball • KIK Soccer

## Children (5 to 12 yrs)

### Release their inner artist!

Art Adventures • Ballet • Hip Hop  
Power Squad

### Give them a sporting chance!

Swimmer 1 to 6 lessons • Rookie Patrol  
Ranger Patrol • Star Patrol • Snorkeling 101  
Springboard Diving • Lifesaving Sport  
Fundamentals

### Future Scientists and Chefs!

Science Adventures • Chefs in Training

## Holiday Adventure Splash 'n Fun!

### Day Camp for 7 to 12 yrs

Offered during Christmas  
Break from January 2 to 6,  
and again over March Break!



## Youth (13 yrs +)

Looking for fun things to do with your friends?

### Increase your heartbeat!

3 levels of Teen Swimming Lessons •  
Hip Hop Dance

### Friday Night Youth Swim at the Gellert

Round up your friends and experience serious fun playing water sports such as hockey or basketball.

### Lifeguard Club

Need to improve a specific skill or want to challenge yourself in the water? A great training opportunity if you are thinking about becoming a lifeguard or instructor.

### Aquatic Advanced Lifesaving

The first step to becoming a lifeguard or swimming instructor!

Bronze Star • Bronze Medallion •  
Bronze Cross

### Offered March Break too!

### Drop-in Youth Basketball

Come out and shoot some hoops with your friends! \$3 at the door.

#### Acton:

Mondays - McKenzie-Smith Bennett School  
8-9 pm (13-17 yrs) • 9-10 pm (18-24 yrs)

#### Georgetown:

Wednesdays - George Kennedy School  
7-8 pm (13-17 yrs) • 8-9 pm (18-24 yrs)

## Fitness for Adults & 55 Plus!

Generate some real heat this winter!

Choose a fitness program that fits your schedule and gets you moving. Daytime and evening programs available in both Acton and Georgetown.

### Cardio and Muscle Strengthening!

Aqua Fit • Aqua ZUMBA® • Cardio Sculpt •  
Deep Water • Running H2O • Masters Swim •  
Pilates • Pilates Mix • Women & Weights •  
Yoga for Runners

### Dance Fitness!

Ballroom Dance - the Basics • Ballroom Dance -  
Beyond the Basics • Belly Dancing •  
Dance Fitness • Latin Rhythm • Line Dance •  
Tap Dance - the Basics • ZUMBA® •  
ZUMBA® GOLD

### Low Impact!

Gentle Water Exercises • Bone Builder •  
Easy Does It • Stretch & Tone • Still Sizzlin' •  
Special Needs Aqua Fit • Water Walking/Pre-Natal

### Mind and Body!

Tai Chi • Tai Chi Int./Adv. • Yoga • Yoga Fusion  
Gentle Yoga • YIN Yoga

## Families Play & Learn Together!

Maximum 2 children per adult. Please submit adult and child registrations individually.

**Family Sports** for children 7 to 12 yrs

**Family Yoga** for children 6 to 12 yrs

**Family Zumbatonic** for children 6 to 12 yrs

Winter programs begin early January! Register today!



Winter is warm and friendly with Recreation & Parks!



Program Hotline: 905-873-2601, ext. 2275 • Town website: [www.haltonhills.ca/recandparks](http://www.haltonhills.ca/recandparks)



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