

DEPARTMENT OF PARKS
RECREATION & CULTURE
**CHILDREN & YOUTH
PROGRAMS**

CHILDREN & YOUTH PROGRAMS

✓ Social skills ✓ Skill Development ✓ Confidence

For more information visit www.porthope.ca/recreation-leisure-and-culture-programs

CHILDREN AND YOUTH REGISTERED PROGRAMS

Fees per session:	Fall/Winter 1	Winter 2
Child/Youth	\$66.50	\$69.80

* Note - Fees based on a 10 week program. Classes may vary some weeks due to holidays etc. Class fees will be **pro-rated at time of registration.**

SESSION LEGEND

- **Fall:** Sept 16-Nov 17, 2019
Fall registration is Aug 19-Sept 11, 2019
- **Winter 1:** Nov 18, 2019-Feb 9, 2020
Winter 1 registration is Nov 4-Nov 13, 2019
- **Winter 2:** Feb 10-April 26, 2020
Winter 2 registration is Jan 27-Feb 5, 2020



HIGH FIVE ACCREDITED

As a HIGH FIVE accredited organization, we have achieved the highest standard of excellence in the delivery of sport and recreation programs for children. These principles are included in each of our children's programs:

✓ Friends ✓ Caring Adult ✓ Play ✓ Participation ✓ Mastery



YOUTH FRIENDLY

A Youth Friendly Community encourages play for youth in their community. The Municipality of Port Hope is proud to be designated as a Platinum youth friendly community.

ACTIVITIES WITH PARENTS

Parents must actively participate in the programs listed below.

Story Jumper

A fun and interactive program where stories come to life! Staff and children read adventure-filled stories together and do a variety of activities based on the story. This program brings fun and physical activity to the joys of reading. **Location:** Jack Burger Sports Complex

Session	Start Date	Weeks	Day	Time	Age
● Winter 1	Nov 19	10	Tues	11:00-11:45am	2-4

Tiny Tumblers

A fun approach to active play! Parents and tots work together to explore cooperative activities to get moving. **Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 18	9	Wed	5:30-6:15pm	1-3
● Winter 1	Nov 20	10	Wed	5:30-6:15pm	1-3
● Winter 2	Feb 12	10	Wed	5:30-6:15pm	1-3

Art We Messy

A hands-on crafty program for toddlers and parents to enjoy. Have fun making creative masterpieces that you will remember doing forever.

Location: Port Hope Community Hub

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 19	5	Mon	10:00-11:00am	1-3
● Winter 2	Feb 13	9	Mon	10:00-11:00am	1-3

Active Start Drop In Program

Location: Town Park Recreation Centre

Open gym for children to have unstructured play and plenty of space to burn off some energy. Children will have access to a variety of equipment including toddler cars, balls, tunnels and more. Fee: \$1.00

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 20	9	Fri	9:30-10:30am	0-3
● Winter 1	Nov 22	10	Fri	9:30-10:30am	0-3
● Winter 2	Feb 14	10	Fri	9:30-10:30am	0-3

Grand-Parent and Tot Music and Movers

Tots along with grandparent or care giver enjoy a fun, social time interacting and enjoying music. Children can dance, play instruments and socialize with peers.

Ages 55+ & Ages 5 and under

Location: Jack Burger Sports Complex **Fee:** \$66.50

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 18	8	Wed	10:00-10:45am	0-4

CHILDREN & YOUTH PROGRAMS**ACTIVITIES WITHOUT PARENTS**

The following are programs that encourage independence for children without the participation of their parent/guardian.

Kidnazium

An active program designed to develop flexibility, coordination, balance and fine and gross motor skills. Using equipment, participants are encouraged to try the different fundamentals of gymnastics. Also included as a focus on fitness and fun! **Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 16	8	Mon	6:00-6:45pm	3-5
● Winter 1	Nov 18	10	Mon	6:00-6:45pm	3-5
● Winter 2	Feb 10	9	Mon	6:00-6:45pm	3-5

FUNDamental Sport

A fun packed program for children to develop the skills needed to play different sports. Children will learn a variety of skills and drills while developing their fine and gross motor skills.

Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Winter 1	Nov 21	10	Thurs	6:00-6:45pm	2-4

Soccer Tots

Toddlers keep active this winter by learning indoor soccer skills. Skills will be taught and then its time to play!

Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 19	9	Thurs	5:30-6:15pm	2-4
● Winter 2	Feb 13	10	Thurs	5:30-6:15pm	2-4

Special Needs Art Group

Drop in and participate in a variety of art related projects. Meet new friends, socialize and learn new skills in a fun, supportive environment. Fees: \$5.00

Location: Jack Burger Sports Complex

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 21	9	Sat	10:00-11:30am	All
● Winter 1	Nov 23	10	Sat	10:00-11:30am	All
● Winter 2	Feb 22	9	Sat	10:00-11:30am	All

**Tiny Danc'as**

A fun and creative introductory class to introduce little ones to rhythm, movement and music. Skills development is based on basic ballet, tap and jazz. Routines will be developed and weekly activities will be based on themes.

Location: Jack Burger Sports Complex

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 19	9	Thurs	6:00-6:45pm	3-5
● Winter 1	Nov 21	10	Thurs	6:00-6:45pm	3-5
● Winter 2	Feb 13	10	Thurs	6:00-6:45pm	3-5

Junior Chefs

Learn the basics such as kitchen safety, table setting, measuring and mixing. This program gives a chance to get your hands messy in the kitchen while preparing some healthy treats. **Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 16	8	Mon	6:00-7:00pm	4-7
● Winter 1	Nov 18	9	Mon	6:00-7:00pm	4-7
● Winter 2	Feb 10	10	Mon	6:00-7:00pm	4-7

Superhero in Training

Get out your cape and develop those superhero skills! With a focus on Physical Literacy children will do a variety of obstacles, build on self-confidence and build new friendships. **Location:** Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 19	9	Thurs	6:00-7:00pm	5-7
● Winter 1	Nov 21	10	Thurs	6:00-7:00pm	5-7
● Winter 2	Feb 13	10	Thurs	6:00-7:00pm	5-7

CHILDREN & YOUTH PROGRAMS

Indoor Tennis

Learn tennis skills and rules of the game. With special guests from the Port Hope Raquet club.
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 20	6	Fri	6:00-7:00pm	7-12
● Winter 1	Nov 22	10	Fri	6:00-7:00pm	7-12
● Winter 2	Feb 14	9	Fri	6:00-7:00pm	7-12

Hoops

Recreational basketball drop-in for youth. \$1 drop in fee
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 18	9	Wed	4:00-5:00pm	13-18
● Winter 1	Nov 20	10	Wed	4:00-5:00pm	13-18
● Winter 2	Feb 10	10	Wed	4:00-5:00pm	13-18

Youth Open Art

Youth will dabble in a variety of projects including painting, sculpting, wood burning and more. Lots of creativity here as well as a welcoming environment to build friendships and works of art!
Location: The Port Hope Community Hub

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 19	9	Thurs	6:00-7:00pm	12-15
● Winter 1	Nov 21	10	Thurs	6:00-7:00pm	12-15
● Winter 2	Feb 13	10	Thurs	6:00-7:00pm	12-15

New Diving and Synchro opportunities in the pool.
See page 15.

Cameco Gym Drop-in

Drop in to the gym and play some basketball, floor hockey, volleyball, badminton or pickleball. It is a great place to meet up with your friends and get some physical activity. Children under the age of 9 must be accompanied by a caregiver 15 yrs+.
Location: Town Park Recreation Centre

Day of the week	Time	Age	Fee
Monday Wednesday Thursday	3:30-5:00pm	9+	\$1.00

Dish It Up!

Experiment with utensils, follow recipes, create masterpieces in the kitchen! The best part is tasting all the fun. Develop skills in cooking, measuring, table setting and clean up too!
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 16	8	Mon	7:00-8:00pm	8-12
● Winter 1	Nov 18	10	Mon	7:00-8:00pm	8-12
● Winter 2	Feb 10	9	Mon	7:00-8:00pm	8-12

Youth Bootcamp

Pull up your socks and be prepared to work hard. This 45 min class will focus on cardio and muscle strength as well as agility.
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 16	8	Mon	6:00-7:00pm	13-17
● Winter 1	Nov 18	10	Mon	6:00-7:00pm	13-17
● Winter 2	Feb 10	9	Mon	6:00-7:00pm	13-17

The Zone

Safe space for youth to drop-in with peers for a variety of activities. Fee: \$1.00
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 16	8	Mon-Fri	4:00-6:00pm	12-15
● Winter 1	Nov 18	10	Mon-Fri	4:00-6:00pm	12-15
● Winter 2	Feb 10	9	Mon-Fri	4:00-6:00pm	12-15

Youth Centre Drop-in

Drop in to the youth centre and play ping pong, shuffleboard or foosball while hanging out with your friends. Right outside the door of the youth centre is the skate park that hosts many fun events. Children under the age of 9 must be accompanied by a caregiver 15 yrs+.
Location: Town Park Recreation Centre

Day of the week	Time	Age	Fee
Monday-Friday	3:00-6:00pm	9+	\$1.00
	6:00-8:00pm	13+	\$1.00

Ukulele Beginner

Want to learn to play a fun and unique instrument? This fun program will teach the basics to playing ukulele! Must provide your own ukulele.
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Winter 1	Nov 20	10	Wed	6:00-7:00pm	7-10
● Winter 2	Feb 12	10	Wed	6:00-7:00pm	7-10

Mad Science

Try a variety of experiments and learn how things work. A fun and exciting program, with the benefits of critical thinking, problem solving and teamwork.
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 17	9	Tues	6:00-7:00pm	7-9
● Winter 1	Nov 19	10	Tues	6:00-7:00pm	7-9
● Winter 2	Feb 11	10	Tues	6:00-7:00pm	7-9

Body is Power

A program focused on fueling your body with the nutrients it needs as well as getting in that hour of physical activity each day all while having fun!
Location: Town Park Recreation Centre

Session	Start Date	Weeks	Day	Time	Age
● Fall	Sept 17	9	Tues	5:00-6:00pm	12-15

Family Pickleball

Drop in for a fun evening of recreational Pickleball and stay active as a family.

Date Range	Day	Time	Age
Sept 18 - April 22	Wed	6:30-8:00pm	10+

Youth Drop-in

A weekly drop-in for youth which provides a safe space that includes various activities and food. Offered in partnership with Municipality of Port Hope, Port Hope Community Centre, Rebound Child & Youth Services and Port Hope Police. Offered Sept 2019-June 2020
Location: Community Health Centres of Northumberland, 99 Toronto Road, Port Hope

Day of the week	Time	Age	Fee
Tuesday	2:40-4:30pm	12+	FREE

YOUTH SPECIAL EVENTS

YOUTH EVENTS

Youth Events are a guaranteed good time! A variety of activities are available for you. Contact the Child & Youth Coordinator at the Town Park Recreation Centre 905-885-7908 or youth@porthope.ca for more details.

YOUTH WORKSHOP SERIES

Port Hope Community Hub

Ages 12-15

Last Wednesday of the month Sept - April

6-8pm Free!

Baking, cooking, sewing, time management, communication, banking and budgeting and more.



SPOOKY HAUNT

Youth Halloween Scavenger Haunt
Town Park Recreation Centre

October 26, 2019
6pm-8pm

Hosted by the Municipality of Port Hope Youth Action Committee
For more information please contact Leanne Clarke, Child and Youth Program Coordinator
905 885 7908
youth@porthope.ca

Ages 12-15
\$5/person

YOUTH ACTION COMMITTEE

Youth Action Committee

The Youth Action Committee is composed of driven and enthusiastic leaders from ages 12 - 18 who strive to see positive development toward youth recreation and culture throughout the Municipality of Port Hope.

Contact your Child and Youth Program Coordinator today for more information
youth@porthope.ca,
porthope.ca/youth-programs-and-activities

CALLING ALL YOUTH

National Youth Week
Various locations throughout Port Hope

May 1-7, 2020

Watch for details

In celebration of youth week the Municipality of Port Hope and community partners plan a week full of fun activities for youth! Check for a full schedule of activities in April at www.porthope.ca/recreation-leisure-and-culture-programs

Fees apply based on individual activities