CHILDRENS RECREATION

Youth Multi-Sport, Physical Training

Give your young athlete the edge with advanced physical training to bring their game to the next level! These programs will guide your young athlete through an advanced training repertoire. Physical fitness coaches will focus on goal setting, managing expectations, nutrition, learn to train, train to train and train to compete phases of athletic development.

Session I: Fridays, Oct. 28 – Dec. 16
Session II: Fridays, Jan. 13 – Mar. 10

Times: U12 Learn to Train 6:00 – 7:00 pm
U14 Train to Train 7:00 – 8:00 pm
U18 Train to Compete 8:00 – 9:00 pm

Fees: $98.00/session (HST will be applied to all participants 15 years of age and older)

Location: RecPlex Oakview Room, 1724 Mosley St.
Suitable indoor and outdoor athletic wear will be required for this program

No Programs: Feb. 17

Parent and Tots

Enjoy social time while your children play and engage with others their own age. Take part in interactive play, crafts, songs and informative activities that you and your child will enjoy. Sponsored in part by the Town of Wasaga Beach.

Dates: Fridays, Sept. 9 – Mar. 10

Time: 9:30 – 11:30 am

Fees: Free of Charge

Location: RecPlex Oakview Room, 1724 Mosley St.

No Programs: Oct. 14 & 21, Feb. 17

Wado Kai Karate

Karate is an excellent way to develop self-confidence and discipline. The Wado Kai eight week program has been developed for individuals to progress through graduated skill based classes that promote physical fitness, flexibility and stamina. The Towns karate program has been recognized on a provincial and national level. It is never too late to develop new skills and karate could be the perfect fit for you and your entire family.

Session I: Wednesdays, Sept. 14 – Nov. 16
Session II: Wednesdays, Nov. 30 – Feb. 1
Session III: Wednesdays, Feb. 15 – Apr. 12

Times: Beginners 5:00 – 6:00 pm
Beginner/Intermediate 6:15 – 7:15 pm
Advanced 7:30 – 9:00 pm

Fees: $110.00 Beginner/Int. (6-14 years),
$110.00 + HST Beginner/Int. (15 years +)
$120.00 Advanced (12-14),
$120.00 + HST Advanced (15+)

Location: RecPlex Oakview Room, 1724 Mosley St.

No Programs: Oct. 19, Dec. 28, Jan. 4, Mar. 15

Oakview Woods March Break Day Camp

Register for individual days or for the full week. This day camp is designed to provide fun activities both indoors and outdoors, daily swimming at the YMCA, special guests, crafts, sports and games will all be part of this 5 day program built to inspire, engage and activate.

Dates: Mon., Mar. 13 – Fri., Mar.17

Times: 8:30 am – 4:30 pm

Fees: $220.00 Full Week, $55.00 Daily

Location: RecPlex Hall 1/A, 1724 Mosley St.

Late pick up can be arranged for $20.00 max/min of 1 hr./day/child