

Community Outreach Winter 2012 Programs

FITNESS...

Zumba

Zumba is a Latin dance-inspired fitness craze that combines fitness and fun, using almost every muscle of the body as you shimmy, shake and stomp your way fit.

Instructor: Jenna Simpson

Sessions 1

Date: Tues. Jan.24 – Mar.13, 2012

Time: 3:15 – 4:15 PM

Cost: \$40/ 8 Sessions

Location: CSS Pit



Session 2

Date: Tues. Jan.24 – Mar.13, 2012

Time: 6:15 – 7:15 PM

Cost: \$40/ 8 Sessions

Location: CSS Pit

Resistance Training & Conditioning

Resistance training can provide significant functional benefits and improvement in overall health and well-being. Participants will work with the instructor to put together training routines that best meets their needs.

Instructor: Skye Buck

Session 1

Date: Wed. Jan. 25 – Feb. 15, 2011

Time: 3:15 – 4:15 pm

Cost: \$20/ 4 weeks

Location: CSS Weight Rm.

Session 2:

Date: Wed. Feb. 22 – Mar. 14, 2011

Time: 3:15 – 4:15 pm

Cost: \$20/ 4 weeks

Location: CSS Weight Rm.

SPORTS...

Drop In Floor Hockey

If Skating is not your thing but you LOVE the game of hockey then look no further! Youth between the ages of **10-18 yrs.** are welcome to join our local RCMP officers for some fun and a little friendly competition.

Date: Thurs. Jan. 26 – Mar. 15, 2012

Time: 6:30-8:00 pm

Cost: FREE

Location: CSS Gym

Family Fun Night

Looking for a fun night out with the family, then look no further! Parents and kids will play a variety of sports and traditional games in a fun family environment.

Date: Mon. Jan. 23 – Mar. 12, 2012

Time: 6:30-7:30 pm

Cost: \$5/Family Drop in

\$35/Family Pass (All 8 weeks)

Location: CSS Gym

Parent & Tot Sports of Sorts

Come have fun with your child while helping them learn the basics of soccer, hockey and basketball.

Date: Thurs. Feb. 23 – Mar. 15, 2012

Time: 5:30-6:30 pm

Cost: \$20/ 4 weeks

Location: CSS Gym



Community Volleyball

Bump, set, spike! Bring some friends or make some new ones while having a great time and getting in some exercise.

Date: Tue. Jan. 24 – Mar. 13, 2012

Time: 7:30-9:00 pm

Cost: \$2 Drop In

\$12/ 8 week Pass

Location: CSS Gym

If you have a program idea you would like to see in the community please contact Christine Parsons, Community Outreach Coordinator at 250.674.7082

DANCE...

Tiny Tot Ballerinas (2 – 4 years)

Tiny tutus, pirouettes and skipping! Come learn the basic steps for a ballerina in the making!

Instructor: Reid Rebinsky

Session 1

Date: Wed. Jan. 25 – Feb. 15, 2012

Time: 3:15-4:00 pm

Cost: \$20/ 4 weeks

Location: Sportsplex Lounge



Session 2

Date: Wed. Feb. 22 – Mar. 14, 2012

Time: 3:15-4:00 pm

Cost: \$20/ 4 weeks

Location: Sportsplex Lounge

Ballet (5 -8 years)

Come learn the basic steps for a ballerina in the making!

Instructor: Reid Rebinsky

Date: Wed. Jan. 25 – Mar. 14, 2012

Time: 4:00-5:00 pm

Cost: \$40/ 8 weeks

Location: Sportsplex Lounge

Preschool Stage Theatre (3-5 years)

Does your preschooler love to play dress up? Join us for an afternoon of acting out fairytales and playing dress up.

Instructor: Loxly Toole

Session 1

Date: Mon. Jan. 23 – Feb. 13, 2012

Time: 4:30-5:30 pm

Cost: \$20/ 4 weeks

Location: CSS Pit

Session 2

Date: Mon. Feb. 20 – Mar. 12, 2012

Time: 4:30-5:30 pm

Cost: \$20/ 4 weeks

Location: CSS Pit

GENERAL PROGRAMS...

Girl Power (11- 14 yrs.)

Bring your friends or meet new friends! Learn new and fun activities such as scrapbooking, arts and crafts, games, health and wellness activities. This program is designed to encourage socialization, the building of new friendships and improved self-esteem

Instructor: Jenna Simpson

Date: Thurs. Jan. 25 – Mar. 14, 2012

Time: 3:15 – 4:15 pm

Cost: \$40/ 8 weeks

Location: Sportsplex Lounge

Community Speaker Series

Join us for an informative evening where we will highlight local community, who will share their expertise on a topic with us and answer questions

Date: Monthly, beginning at the end of January

Time: 7:00 –8:00 pm

Cost: FREE

Location: CSS Pit

EVENTS...

Wellness Workshop

On **Feb. 2, 2012** Clearwater Secondary is hosting a wellness workshop for students and the community. Workshop topics will include; test anxiety, nutrition, teen suicide, gaming & gambling and internet safety. Watch for the workshop topics and registration form coming out mid-January.

1:25 – 2:10 Session #1 (Students ONLY)

2:15 – 3:00 Session #2 (Students ONLY)

3:00 – 3:15 BREAK

3:15 – 4:00 Session #3 (Open to all)

4:05 – 4:55 Session #4 (Open to all)

5:00 – 6:30 DINNER - Keynote Speaker

Cost: FREE

Location: CSS



Youth Week is an international celebration of youth held annually during the first week of May. Young people around the world organize and participate in many activities including sporting events, art displays, random acts of kindness, award ceremonies, community projects and much more! Clearwater's Youth Week Committee is working hard developing and organizing the events for Youth Week 2012. If you would like to be a part of the committee or interested in more information on Youth Week events in Clearwater check out: www.bcyouthweek.com or www.clearsec.sd73.bc.ca

To register for a program drop off your registration form and fee at Clearwater Secondary School. Registration forms can be accessed online at <http://clearsec.ca/STUDENTS/OutreachProgram.html> For more information on any of the programs listed please contact Christine Parsons, Community Outreach Coordinator at 250.674.7082.