



## Lake & Shore Spectator Policy & Behaviour Policy for Children

To ensure a focused and safe learning environment for all participants, we have the following policy in place:

- No parents or guardians in program room during class.

Programs are designed for children only. Parents and guardians are not permitted to stay in program room, but welcome to stay on site outside classroom areas.

- Child Readiness requirement:

Children must be comfortable being away from their parents or guardians for the duration of the class and must be able to participate independently. This policy helps foster independence, minimizes distractions and create a better learning experience.

### Behaviour Policy Children's Programs:

- Ability to follow instructions from staff.
- Show respect for instructors, participants and equipment.
- Participate appropriately and safely

Children who are unable to follow instructions, disrupt the class or demonstrate unsafe or inappropriate behaviour may be asked to leave the program.

We appreciate your understanding and help to create a positive experience for all participants.

## IMPORTANT DATES:

Early Registration over phone only  
August 11-20.

Registration Opens Sept 10 @ 8:30am  
in person & over phone.

Winter Showcase Dec 6<sup>th</sup> @ 9am-12pm

9am -10am Tumbling

10am -12pm Dance & Improv

Come check out what the kids have been working on  
this fall! Demonstration of dance, tumbling and improv.

Center closed: Sept 30, Oct 11, Oct 13, Evening of Oct 31<sup>st</sup>,  
Nov 11<sup>th</sup>, Christmas Break Dec 20<sup>th</sup>-Jan 4.

Re opens Jan 5.

We will be competing at Limelight in April for our  
competitive dance classes. Date to follow.

# KIDS FALL RECREATION



## Art Club

Ages 6-8 | \$80 | 5:30-6:15pm

Ages 9+ | \$80 | 6:30-7:30pm

Mondays Sept 29-Nov 24

No classes Oct 13

Led by Ksenia P

Learn visual art basics, drawing,  
painting & mixed media

## Home School Tumbling & Parkour

Ages 5-9 | \$100 | 11am-12pm

Mondays Sept 29-Nov 24

No class Oct 13

Class led by Sara P

Learn basics of tumbling and parkour  
with fun obstacles. This class is  
designed for homeschooled children.

## Tumble Tots

Ages 1.5-3 | \$50 | 10:15-10:45am

Mondays | Sept 29-Nov 24<sup>th</sup>

Introduction to Tumbling

Parents attend with children.

Led By Sara P

## Sewing Club

Ages 9+ | \$150 | 5:30-6:30

Tuesday Oct 7-Nov 18

No class Nov 11

Led by Justine Wade

Learn basics of sewing

All supplies & sewing machine included  
in price. Kids will make a stuffed owl.

## Tumbling Classes

Wednesday Oct 15- Dec 3

Tiny Tumblers | Ages 3 & 4 | 5:15-5:45 | \$70

Tumbling Jr | Ages 5-7 | 5:45-6:45pm | \$135

Tumbling Sr | Ages 8-12 | 6:45-7:45pm | \$135

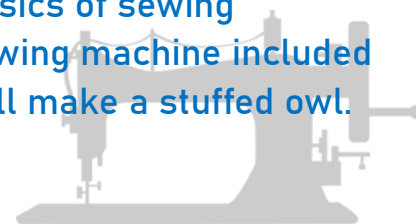
Learn the fundamentals of Tumbling.

Classes led by Sara Philpott & Jenna McDonald both certified women's  
gymnastic coaches. Assistant coach Hannah Myatt.

Due to high demand, there are no refunds/credits for this program.

Children must be able to participate without parents.

Children will participate in Winter Showcase Saturday Dec 6 from 9-10am



# KIDS FALL RECREATION



## Eastern Shore Breakers Lacrosse

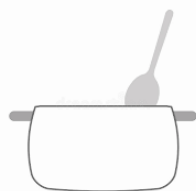
Ages 6+ | \$60 | 6:00-7:00pm  
Wednesdays | Oct 8<sup>th</sup>-Nov 26<sup>th</sup>  
Introduction to Lacrosse

## Comic Character Design

Ages 8+ | \$100 | 6-7:30pm  
Wednesday 6-7:30pm  
October 15-Nov 19  
Class Led by Kai Vandenheuvel  
Kids will create & draw their own  
comic character & comic book.

## Baking & Crafts

Ages 7+ | \$120 | 6-7:30pm  
Thursday October 2-Nov 20  
Led by Nicole B  
Fun night of baking & craft.  
Kids must be 7 to attend.



## Kids Learn to Cook Workshop

Ages 9+ | \$30 | 6-7:30pm  
Thursday November 27  
Led by Nicole B  
Learn to make Spaghetti and  
Meatballs, includes recipe  
and instructions  
Only 6 spaces.



Parent Tip Pedal & Pump class 6:15-7pm

## Christmas Gift Making Workshop

Ages 8+ | \$30 | 6-7:30pm

Dec 4

Led by Nicole B

Kids will be making earrings  
and a key chain.

## Lake & Shore Improv

Ages 8+ | \$100 | 10-11:30  
Saturday Sept 27-Nov 28  
No Class Oct 11

Class taught by Ben Delorey. Kids learn the  
basic of improv and fun acting games. Kids  
will perform in Winter Showcase Dec 6

## Did you know that the following organizations have their programs here?

Rockets Basketball – Monday nights, October to April

<https://www.rocketsbasketball.ca/>

French Sparks– Monday nights.

<https://www.girlguides.ca/sparks>

Porters Lake Soccer – Tuesday & Thursday nights, September-November

<https://www.porterslakesoccer.ca/>

Scotia Skippers – Wednesday night

<https://www.instagram.com/scotiaskippers/?hl=en>

Girl Guides/Embers – Wednesday nights

<https://www.girlguides.ca/web/>

Dartmouth Volleyball – Tuesdays and Thursdays, January to April

<https://www.dartmouthvolleyballclub.com/>



# KIDS DANCE



## Hip Hop Rec Level 1

Ages 6+ | \$ 75 | 6-6:45

Mondays Led by Kendra A

Sept 22-Dec 1

Hip Hop Competitive Level 1 6:45-7:15pm

No Class Oct 13<sup>th</sup> \$50

Please wear comfortable clothing and sneakers.

## Hip Hop Rec Level 2

Ages 9+ | \$100 | 4:30-5:30pm

Mondays Led by Kendra A

Sept 22-Dec 1

Hip Hop Competitive Level 2

5:30-6pm \$50.

Please wear comfortable clothing and sneakers.

## Intro to Hip Hop

Ages 4-6 | \$45

Tuesday 5:30-6pm

Sept 23-Dec 2

Led By Kendra A

No class Sept 30 & Nov 11

Please wear comfortable clothing and sneakers.

## Jazz Rec Level 2

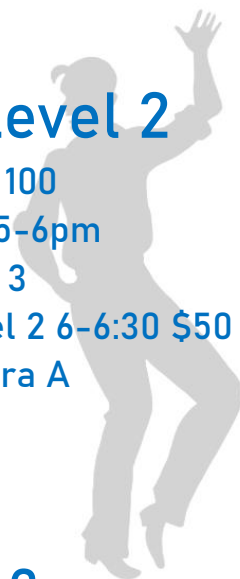
Ages 8+ | \$ 100

Wednesdays 5-6pm

Oct 1-Dec 3

Jazz Competitive Level 2 6-6:30 \$50

Led by Kendra A



## Tap Level 1

Ages 6-9 | \$ 75.00

Saturdays | 12:15-1pm

Sept 27-Nov 29

No class Oct 11

Tap class for beginner. Tap shoes needed.  
Class led by Olivia Cousins.

## Tap Level 2

Ages 9+ | \$ 100

Saturdays 2:15-3:15

Sept 27-Nov 29

No class Oct 11

Tap class for intermediate level. Tap shoes needed.  
Class led by Olivia Cousins

Saturday dance classes led by Olivia Cousins & Kayla Marnier Hartlin and overseen by Kendra Anderson Dance Coordinator.

All Dance classes will participate in Winter Showcase December 6.

# KIDS DANCE

## Intro to Dance

Ages 2-3 | \$50

Saturdays | 8:55-9:25am

Sept 27-Nov 29

No class Oct 11

Kids explore how their bodies move through music and learn fundamental steps. Parents attend with child.

Girls Attire: Pink Leotard, pink tights, ballet shoes. Optional tutu.

Boys attire: Black pants, white t-shirt, ballet shoes.

## Lyrical & Jazz Level 1

Ages 6-9 | \$100

Saturdays | 11:15-12:15pm

Sept 27-Nov 29 No class Oct 11

Learning foundation of Lyrical & Jazz.

Girls Attire: Black Leotard, pink tights, ballet shoes. Optional tutu.

Boys attire: Black pants, white t-shirt, ballet shoes.

## Contemporary & Lyrical Level 2

Ages 9+ | \$ 105

Saturdays | 1-2:15pm Sept 27-Nov 29 No class Oct 11

This is a combination class blending many styles of dance including ballet and jazz. This class is about telling a story through dance. Contemporary is all about being creative.

## Pre Ballet & Pre Jazz

Ages 4-5 | \$ 100

Saturdays | 9:30-10:30

Sept 27-Nov 29

No class Oct 11

Intro to ballet & jazz class will focus on plies, first positions, skips, pivot turns.

Girls Attire: Purple Leotard, pink tights, ballet shoes. Optional tutu.

Boys attire: Black pants, white t-shirt, ballet shoes.

## Pre Tap

Ages 4-5 | \$ 50

Saturdays | 10:30-11

Sept 27-Nov 29

No class Oct 11

Introduction to tap.

Girls Attire: Purple Leotard, pink tights, tap shoes. Optional tutu.

Boys attire: Black pants, white t-shirt, tap shoes

Dance attire is a suggestion; children can wear what they feel comfortable in.

# FUN FRIDAYS \$15 Ages 5-12

OCT

3: Nerf & Ninja  
10: Paint & Play  
17: Laser Tag 8+  
24 Halloween Party

NOV

7: Nerf & Ninja  
14: Paint & Play  
21 SPECIAL Child & Parent Create  
Ornaments \$40  
28 Laser Tag 8+

DEC

5: Paint & Play  
12: Polar Express Movie & Games

**TIME: 6-8pm**

Bring water bottle and indoor shoes. Canteen items available for purchase (\$)

Call 902-827-2700 to register.