



## 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:

Winter Registration Opens Tuesday Dec 2 @ 8:00am  
in person and over phone.

### Winter Snow Policy:

When school is closed due to bad weather the centre is closed. All programs and rentals are cancelled. In the event of an evening or weekend storm go to our Facebook page for updates and closures. While we will make every effort to have make up classes it is not always possible.

Spring Recital Saturday May 9

10am-12pm \$5 Adults \$2.00 Children

Center closed: Feb 14, Feb 16 & Feb 21,

March 14 & March Break 16-21,

April 3 & April 6, May 15 & May 18.

Our competitive dance classes will be competing at Limelight the weekend of April 23-26. More information to follow.

# KIDS WINTER RECREATION



## Art Club

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

Jan 12-March 9

No class Feb 16

Led by Ksenia P

Learn visual art basics, drawing,  
painting & mixed media

## Sewing Club Level 1

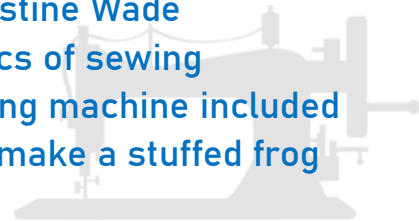
Ages 9+ | \$150 | 5:30-6:30

Tuesday Jan 6-Feb 10

Led by Justine Wade

Learn basics of sewing

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



## Sewing Club Level 2

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

Tuesday March 3-April 14

No class March 18

Led by Justine Wade

Must have attended Sewing Level 1  
All supplies & sewing machine included  
in price. Kids will make PJ pants and  
matching pillowcase.

## Comic Character Design

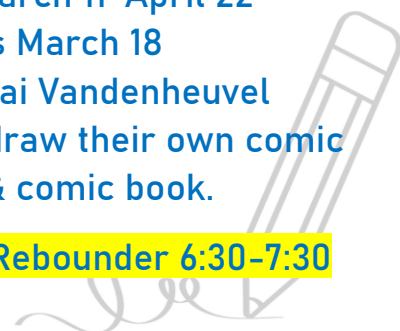
Ages 8+ | \$100 | 6-7:30pm

Wednesday March 11-April 22

No class March 18

Class Led by Kai Vandenheuvell

Kids will create & draw their own comic  
character & comic book.



**Parent Tip: TRX & Rebounder 6:30-7:30**

## Eastern Shore

### Breakers Lacrosse

Ages 6+ | \$70 | 6:00-7:00pm

Wednesdays | Jan 14-March 11

Introduction to Lacrosse



# KIDS WINTER RECREATION

## Baking & Crafts

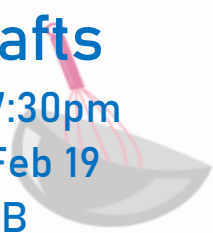
Ages 7+ | \$120 | 6-7:30pm

Thursday Jan 15-Feb 19

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 March 5

Led by Nicole B

Learn to make Pizza and a garden salad. Includes recipe

Only 6 spaces.



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

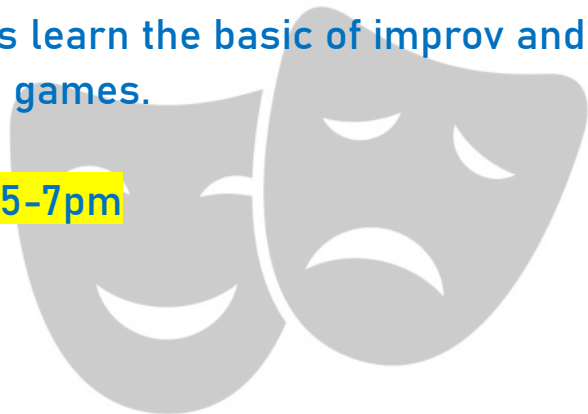
"NEW"  
Day &  
Time

## Lake & Shore Improv

Ages 8+ | \$60 | 6:00-7:00

Thursday Jan 22-Feb 26

Class taught by Ben Delorey. Kids learn the basic of improv and fun acting games.



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

# KIDS TUMBLING

## Tumble Tots

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

Mondays | Jan 12-March 9

No class Feb 16

Led By Sara Philpott

Introduction to Tumbling

Parents attend with children.

## Home School Tumbling & Parkour

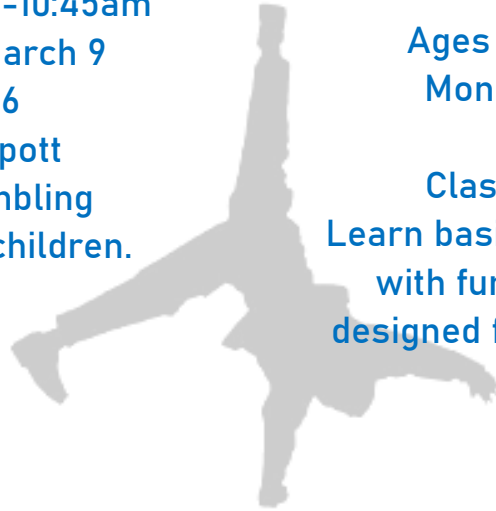
Ages 5-9 | \$100 | 11am-12pm

Mondays | Jan 12-March 9

No class Feb 16

Class led by Sara Philpott

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



## Wednesday Tumbling Classes

Wednesday Feb 11-April 15

No classes March 18 & April 1

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

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

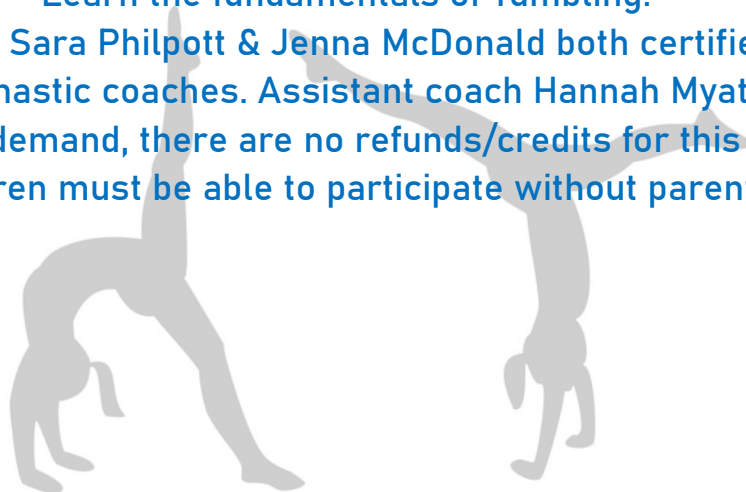
Tumbling Sr | Ages 8-12 | 6:45-7:45pm | \$135

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.



# KIDS DANCE

Saturday Session January 10-May 2

No classes: Feb 14 & 21, Mar 14 & 21, April 4 & 18

## Jazz Rec Level 2

Ages 8+ | \$140

Wednesdays | 5-6pm

Jan 28-May 6

An energetic and dynamic dance style that uses sharp and fluid movements.

No classes Feb 25 & Mar 18

Led by Kendra A

## Intro to Dance

Ages 2-3 | \$ 65

Saturdays | 8:55-9:25am

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.

## Pre Ballet & Pre Jazz

Ages 4-5 | \$ 130

Saturdays | 9:30-10:30

Intro to ballet & jazz class will focus on plies, first position, 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 | \$ 65

Saturdays | 10:30-11

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.

# KIDS DANCE

Saturday Session January 10-May 2

No classes: Feb 14 & 21, Mar 14 & 21, April 4 & 18

## Contemporary & Jazz Level 1

Ages 6-9 | \$ 130

Saturdays | 11:15-12:15pm

Dancers will learn jumps, technique, turns and floorwork. Dance to upbeat music and slower songs.

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

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

## Tap Level 1

Ages 6+ | \$ 108

Saturdays | 12:15-1pm

Tap class for beginners. Tap shoes needed.



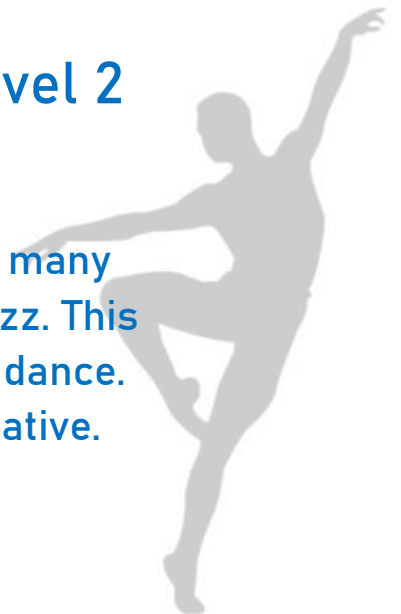
## Contemporary & Lyrical Level 2

Ages 9+ | \$ 130

Saturdays | 1-2:15pm

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.



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

# FUN FRIDAYS \$15 Ages 5-12

Jan

9: Nerf & Ninja  
16: Paint & Play  
23: Laser Tag 8+  
30: Neon Dance Party

Feb

6: Nerf & Ninja  
13 Paint & Play  
20: Laser Tag 8+  
27: Movie & Games

Mar

6: Nerf & Ninja  
13: Paint & Play  
27: Laser Tag 8+

**TIME: 6-8pm**

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

Call 902-827-2700 to register.





# MARCH BREAK CAMP

➤ March 16-20

9am-4pm \$160 Ages 4-12

Registration Opens January 6<sup>th</sup>

Canteen available for snacks

Add Before & After care - \$20

7:30am drop off & 4-5:30pm pick up

# MARCH BREAK CAMP THEMES AND WHAT TO BRING

## Daily Themes:

Monday: Sports & Science

Tuesday: Obstacle Course

Wednesday: Art & Games Galore

Thursday: Talent & Improv

Friday: Neon Dance Party

## What to Bring:

Change of clothes, outdoor  
clothes, indoor sneakers, water  
bottle, lunch, snacks, money for  
canteen

\*In the event of a snow storm the decision to close will  
be made by 6am and we will credit the day to your  
account. Parents should have a snow plan\*