

Wal*Mart at Play

Free, supervised programs for youth 10 – 18Y.

Badminton 14-18Y Sundays 3:00 PM-4:00 PM

Basketball Gr. 5-8 Saturdays 12:30 PM-2:00 PM

Basketball Gr. 9-12 Saturdays 2:00 PM- 3:30 PM

Game/Sport 10-14Y Wednesdays 3:30 PM-5:00 PM

Programs run September 20- December 19, 2014.



Karate Shotokan

Karate is more than a sport – it creates self-discipline and helps promote self-esteem. This self-defence sport uses blocks, kicks and strikes. Respect, honour and discipline are central to every class. Beginner to advanced students are welcome. Friday evening classes available. For more info or to register, visit mississauga.ca/recreation

Programs for Youth

There are lots of programs to participate in for youth! Whether you are into Sports, Dance, Martial Arts or Chess or just want to try a Wal-Mart at Play drop-in program there is something for you at Churchill Meadows! Looking for a smashing good time? Play Badminton!

Badminton (6 to 8)

Badminton (9 to 11)

Badminton (12 to 14)

Or maybe you are enchanted by the beautiful game? Learn or improve your skills!

Soccer Indoor (6 to 8)

Soccer Indoor (12 to 14)



What about some hoop action? Learn how to play with an instructional program or register for a Shoot Around to play weekly pick-up games.

Basketball (6 to 8)
Basketball (9 to 11)

Basketball (12 to 14)

Basketball Shoot Around (14 to 17)
Or drop-in to a Wal-Mart at Play!

More Programs for Youth

If sports aren't your style, but you still want to get out, get active and express yourself try a program where you can walk the routine, break it down, and groove – Hip Hop!

Hip Hop Dance (7 to 9) Hip Hop Dance (10 – 14)

Perhaps you are more interested in games that require patience, planning and strategy? Why not try chess?

Chess Beginner (7 to 9) Chess Beginner (10 to 14)

For program schedule, see inside. Visit Mississauga.ca/recreation to register



Program Breaks and Closures

Program Break - There will be no registered programs scheduled October 11, 12, and 13, 2014. Facility Closure – Churchill Meadows will be closed October 13, December 25, 26, and January 1.



Free Activities for Youth

Youth drop-in programs to play basketball, badminton, or have fun playing games and a variety of sports. Free, supervised programs for youth 10- 18 Y. Program info on back cover.

Zumba

A high energy program with music that will make you move! Dance yourself fit in this dancesculpting class that is easy and fun to do! Available Saturdays and Mondays.

Buttocks Legs and Core

This muscle conditioning class will focus on your buttocks, legs and mid section. Using a variety of exercise techniques, this class will help strengthen and tone these target areas. Available Thursdays.

Kickbox Cardio

Get a great fitness and core workout while learning practical techniques in punching, kicking, elbow and knee strikes. New Saturday morning program time.

New! Programs for Youth

Basketball Shoot Around (14 to 17Y) is now available Wednesday evenings and Soccer Indoor (12 to 14) is now offered Tuesday evenings.

For more info or to register visit: mississauga.ca/recreation.ca

New! Basketball Shoot Around (14 to 17)

This fully supervised basketball program allows children to play pick-up basketball with peers of their own age. Staff will organize pick-up games according to the ages and abilities of the participants.

Basketball Shoot Around (14 to 17) Wednesdays 8:30 PM



Badminton Everyone?

Yes! Badminton combines footwork, fitness, and fun in a sport that can be played at a recreational or competitive level by people of all ages.

Instructional programs are offered for ages 6 to 8, 9 to 11, 12 to 14, and Adult. These coed badminton programs will offer a mix of instruction and game play in a non-competitive environment.

Badminton (6 to 8) Sundays 11:30 AM Badminton (9 to 11) Sundays 12:30 PM Badminton (12 to 14) Sundays 1:30 PM Badminton Adult Mondays 6:30 PM

If you are looking for weekly game play without the instructional component choose:

Badminton Hit Around Family Sundays 9:30 AM Badminton Round Robin Adult Mondays 8:00 PM

Visit mississauga.ca/recreation.ca for more info or to register.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| Badminton Hit Around Family 9:30 AM Yoga 90 Minutes 10:00 AM Badminton (6 to 8) 11:30 AM Yoga Prenatal 11:45 AM Badminton (9 to 11) 12:30 PM Chess Beginner (7 to 9) 1:00 PM Chess Beginner (10 to 14) 2:10 PM | Little Tykes Soccer (3 to 4) 9:45 AM Little Tykes Floor Hockey (3 to 4) 10:35 AM Yoga 90 Minutes 7:15 PM Zumba 7:30 PM Badminton Adult 6:30 PM Badminton Round Robin Adult 8:00 PM | Mini Floor Hockey (4 to 5) 1:00 PM Mini Soccer Indoor (4 to 5) 2:00 PM Little Tykes Basketball (4 to 5) 5:45 PM Mini Basketball (4 to 5) 6:30 PM Mini Soccer Indoor (4 to 5) 6:30 PM Soccer Indoor (6 to 8) 7:30 PM Basketball (6 to 8) 7:35 PM Soccer Indoor (12 to 14) 8:30 PM | Basketball (9 to 11) 6:30 PM Tae Kwon Do 6:45 PM Basketball (12 to 14) 7:30 PM Basketball Shoot Around 8:30 PM | Movers and Shakers (2-4) 9:30 AM ABC 123 Fit 4Me (3-5) 10:45 AM Yoga Intermediate 6:15 PM Buttocks, Legs and Core 7:15 PM Belly Dancing Level 1 7:45 PM Belly Dancing Level 2 8:45 PM | ABC 123 Fit 4Me (3-5) 9:30 AM Ooey Gooey Creations 10:40 AM Karate Shotokan 6:15 PM Volleyball (6 to 8) 6:30 PM Belly Dancing Level 3 7:00 PM Karate Shotokan 7:30 PM Volleyball (9 to 11) 7:30 PM Volleyball (12 to 14) 8:30 PM | Zumba 9:00 AM Mini Soccer Indoo (4 to 5) 9:15 AM Kickbox Cardio 10:00 AM Yoga Kids 10:00 AM Soccer Indoor (6 to 10:15 AM Basketball (12 to 14 11:15 AM Yoga for Parents an Youth 11:15 AM Mini Sports Series (4 to 5) 12:00 PM Hip Hop Dance (7 to 1:00 PM Tae Kwon Do 1:00 PM Little Tykes Socce (3 to 4) 1:15 PM Hip Hop Dance (10 to 14) 2:05 PM Mini Basketball (4 to 2:05 PM Tae Kwon Do Yellow Belts and Up 2:30 PM Basketball (6 to 8) 3:10 PM Hip Hop Dance (15 to 17) 3:10 PM |