



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

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.



CHURCHILL MEADOWS ACTIVITY CENTRE

3801 Thomas Street • L5M 7G2

905-615-4750

FALL 2014

Turn over a new leaf – try something new

IMPORTANT DATES

ONLINE REGISTRATION – AUGUST 16

IN PERSON REGISTRATION – AUGUST 23

FALL PROGRAMS - SEPTEMBER 20 – DECEMBER 19



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 dance-sculpting 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)