

Remember to Play

Do you remember what it was like when you were a child? A time when the school year ended and summer stretched out before you like it was never going to end? Ahh! Summer... After a long, cold, winter, summer is finally here.

Rekindle the child in you by taking time to play – drop-in for a class, play a sport, go for a swim, bring your child to Stay and Play, and enjoy!

Aquatics Leadership Programs

Sign up for advanced leadership this summer. Weekend programs now available. Choose from:

- Bronze Cross Standard First Aid CPR C
- Bronze Medallion First Aid with CPR B
- National Lifequard Service/AED
- Swim and Lifesaving Instructors

*Please note space is limited. Register early to avoid disappointment.



Focus on Fitness

If you are looking to tone, get into shape, or capture your Zen, Erin Meadows has a program for you.

Zumba[®]

Zumba combines high energy and motivating music with unique moves and combinations. Dance away your worries and get fit in this dance-sculpting combo class that is easy and fun to do.

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.

Yoga

Yoga has many shapes and forms. Choose from Yoga 60 Minutes, Yoga Gentle, Yoga 90 Minutes, Yoga Abs, Yoga Power, Low Impact with Yoga, Yoga for Older Adults or a Yoga Sampler class to help you develop your core and find your inner peace.



In Line Skating Beginner 7-11Y

Participants will be divided into groups based on age and/or ability. Learn proper body position, stroking and gliding, sculling, turning and the heel stop.

Day	Time	Code
Tu	6:15PM-7:15PM	609987

In Line Skating Int. Youth

For the skater who has completed a beginner in line program or is a proficient skater. Learn new manoeuvres such as hills, striding, sprinting, sharp turns, backwards skating and in line touring.

Day	Time	Code
Tu	7:15PM-8:15PM	609988
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^{*}Programs are held outdoors. Full protective equipment is required.



ERIN MEADOWS COMMUNITY CENTRE

2800 Erin Centre Boulevard • L5M 6R5

905-615-4750

www.mississauga.ca/erinmeadows

SUMMER 2014

Remember to Play, Everyday!

IMPORTANT DATES

SUMMER SESSION DATES – JUNE 30 – AUGUST 31, 2014
ONLINE AND IN PERSON REGISTRATION – AVAILABLE
CANADA DAY – JULY 1 CIVIC HOLIDAY – AUGUST 4



Drop-In Program Schedule Change

Program times may vary from Spring to Summer. To check program times visit www.mississauga.ca/dropin



SUDDENLY... SUMMER!

Before you know it school will be out and it will be time for camp! Children ages 4.5 to 14 years of age can join in the fun at Erin Meadows this summer in a variety of full and half day camps. For info or to register on-line visit www.mississauga.ca/summerfun

Camp: Summer Fun

A summer of excitement and adventure! Arts and crafts, sports, drama, swimming and special event days. Full day camp for participants ages 6–12 Y.

Sport Camp: Multisport

All the sports you can handle! A combination of traditional sports and some you may have never tried! Ages 6-9Y and 10-14Y.

Swim Camp: H20

If you are like a fish in water, then this camp is for you! You will work towards your swim levels while having fun and splashing around!

Camp: Summer Fun Jr

Same great full day camp as Summer Fun but for participants 4.5-6 Y. Summer Fun Jr participants will have outdoor water days in place of the swim.

Swim Camp: H20 Mini

This half day camp will educate your child in water safety. A structured swim focusing on skill development and a recreational swim are included daily, along with themed activities and crafts.

Drop-In Fun for Families!

Stay and Play Ages: Newborn to 5 Y

Children of different ages can have fun using activity stations that incorporate physical development apparatus, arts and craft materials and theme ideas. Stay and Play Drop-In Monday 12:30 PM-2:30 PM

Messy Hands Ages: 1-12Y

Does your child love to get messy with arts and crafts? Discover your child's creative side in this drop-in program. Parents and children will be able to explore a variety of art projects.

Messy Hands Drop-In Tuesday 12:30 PM-2:30 PM Messy Hands Drop-In Thursday 12:30 PM-2:30 PM

\$5.50 (1 adult & up to 2 children) \$2.50 (each additional child)

This is a drop in, pay as you go program. There may be exception dates on holidays. Parents are responsible for the supervision of their child(ren) in all aspects of the program.

Recreational Swimming

June 28-August 31, 2014 M,W,F 12:15 -Fun 1:40 PM M,F 8:05 -9:30 PM Tu, Th 7:05 -8:30 PM Sa, Su 1:05 -2:30 PM Length Tu, W, Th, F 7:30 -8:25 AM M, Tu, Th, F 9:35 -10:30 PM Tu, Th 1:05 -2:00 PM W 8:05 -9:00 PM Sa, Su 8:00 -8:55 AM 12:05 1:00 PM Sa, Su Parent & Tot Tu, Th 1:05 -2:00 PM (play pool) W 8:05 -9:00 PM

Please note: Swimmers are encouraged to use gender appropriate change rooms. Family change rooms are for guardian(s) with child(ren).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Buttocks Legs & Core	Mall Walkers	Bikini Boot Camp	All About Preschool	Bikini Boot Camp	Kinder Korner	Cycle Workout
10:30 AM	8:05 AM	6:45 AM	9:00 AM	6:45 AM	9:00 AM	45 Minutes
	Zumba	Pre Kinder Korner	Parent and Baby	Pre Kinder Korner	Low Impact With	9:00 AM
	9:15 AM	(Tues/Thurs July)	Stroller Fit	(Tues/Thurs July)	Yoga	Kindergym Level
	Kindergym Level 3	9:00 AM	9:30 AM	9:00 AM	9:00 AM	9:00 AM
	10:00 AM	Kinder Korner	Mini Math Level 1	Kinder Korner	Yoga For Older	Kindergym Leve
	Boot Camp 60	(Tues/Thurs August)	10:05 AM	(Tues/Thurs August)	Adults	10:00 AM
	Minutes	9:00 AM	Yoga Gentle	9:00 AM	10:30 AM	Kindergym Leve
	10:30 AM	Parent And Baby	10:30 AM	Yoga 90 Minutes	Pencils Paints And	11:00 AM
	Kindergym Level 4	Fitness	Little Scientists	9:00 AM	Plasticine	Kindergym Leve
	11:00 AM	9:30 AM	11:15 AM	Kinder Korner (Tues/Thurs July)	10:45 AM	12:00 PM
	Yoga Sampler	Musical Medley for	Pencils Paints And	10:15 AM	Jiu Jitsu Youth	Buttocks Legs A
	6:00 PM	Munchkins	Plasticine	Kindergym Level 3	6:45 PM	Core
	Zumba	(2Y - 3 1/2Y) 10:00 AM	1:00 PM	10:30 AM	Jiu Jitsu Adult	10:15 AM
	6:00 PM	Kinder Korner	Mini Soccer Indoor	Kinder Korner 2	7:45 PM	
	Buttocks Legs & Core	(Tues/Thurs July)	5:30 PM	(Tues/Thurs August)	Jiu Jitsu Teen	
	7:05 PM	10:15 AM	Cycle Workout For	10:45 AM	7:45 PM	
	Yoga 60 Minutes	Kinder Korner 2	Beginners	Little Scientists	7.13 1 141	
	7:05 PM	(Tues/Thurs August)	5:45 PM	(Tues/Thurs July)		
	Nia	10:45 AM	Soccer Indoor (6 to 8Y)	1:00 PM		
	8:00 PM	Musical Medley for	6:30 PM	Little Tykes Soccer		
	Total Body Workout	Munchkins (1Y-2Y)	Cycle Workout	5:00 PM		
	60 Minutes	11:05 AM	6:45 PM	Zumba		
	8:10 PM	Little Scientists		5:00 PM		
	0.20	(Tues/Thurs July)	Volleyball Coed Hit	Pencils Paints And		
		1:00 PM	Around	Plasticine		
		Cycle And Lift	7:00 PM	6:00 PM		
		4:30 PM	Pilates	Soccer Indoor For		
		Little Tykes Soccer	7:30 PM	Girls (6 to 8)		
		6:00 PM	Kickbox Cardio	6:00 PM		
		In Line Skating	8:30 PM	Yoga Abs		
		Beginner Youth		6:00 PM		
		6:15 PM		Boot Camp 60		
		Karate Classes		Minutes		
		6:30 PM		6:05 PM		
		Mini Floor Hockey				
		7:00 PM		Yoga Power 7:15 PM		
		In Line Skating				
		Intermediate Youth		Yoga 90 Minutes		
		7:15 PM		7:30 PM		
		Karate Classes				
		Advanced				
		Yellow Belts and Up				
		8:00 PM				
		Kickbox Cardio				
		8:00 PM				