



**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 Lifeguard 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

\*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](http://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](http://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](http://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: H2O**  
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: H2O 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.

Register for programs and camps at [mississauga.ca/rec&parcs](http://mississauga.ca/rec&parcs) or in person at a City of Mississauga Community Centre



