



Country Hills
Recreation Association

WINTER NEWSLETTER 2016

Get involved with your community by volunteering.
Call the CHRA at 519-578-4884 or email us at: chraboard@hotmail.ca

Located at the Country Hills Community Centre
100 Rittenhouse Road, Kitchener, N2E 2M9
Community Centre Office: 519 741-2596
Family Outreach Office 519 749-1529
CHRA Office: 519 578-4884
chraboard@hotmail.ca

CHRA FALL REGISTRATION BEGINS

Tuesday, Nov 24th at 8:30 a.m.

Fall session runs from Monday, Jan 4th to Thursday, Mar 31st.

***see inside for exceptions to some program schedules for Winter**

To register online visit www.kitchener.ca/webreg.

You will need the following:

- Family PIN (Personal Identification Number) and Client ID Number
- Barcode for the program you wish to register in
- Valid credit card and expiry date

Of course, you can still register in person at the community centre.

When registering in person, you can pay using cash, cheques, credit card or debit card.

Coming Soon!! Visit our website "www.CountryHillsRecAssoc.ca" for current program information.

'Like' us on Facebook! 

Tips and Tricks:

Snow removal - To help with snow removal on city streets, please place garbage and recycling in the driveway area and NOT on the roadway on your collection day. City of Kitchener snowplows drivers will thank you!

Parking on the streets - You can park on the street as soon as it's been plowed completely to the curb in accordance with City of Kitchener By-laws. No overnight parking on city streets from December 1st to March 31st.

Senior citizen - If you cannot clear your walk due to health or mobility restrictions there are agencies who can help. For details call The Working Centre (Job Café) 519-513-9225, Community Support Connections 519-772-8787 or House of Friendship 742-8327. Fees and eligibility requirements may apply - call for details.

Community Directory:

Did you know that you could find so many services and resources in your community here: <http://211ontario.ca/>

Happening:

- February 2016: Family Day

The Country Hills Recreation Association and Alpine Community Neighbourhood Association welcomes the Community for a FREE outdoor skate party with entertainment!

- Fall- WINTER RINK VOLUNTEERS NEEDED The rink at the Country Hills Community Centre has operated for close to 15 years, based on committed volunteer helpers. Last winter we had over 70 days of skating weather, with over 4000 visits by neighborhood kids and families. Our winter rink volunteer group needs revitalizing, and this is YOUR call! MANY HANDS MAKE LIGHT WORK! If you have some time to spare this winter to help with preparing and maintaining this rink, please contact Graham Weber 519-745-7014.

Country Hills Recreation Association
CHRA Office - 519-578-4884



To request fee assistance for any CHRA program, including Dance, please contact Lisa, the Outreach Worker at 519 749-1529 or email countryhills@kwcounselling.com, by Thursday **November 19th**

Please contact the CHRA with any questions at 519 578-4884, drop by the Country Hills Community Centre or call 519 741-2596

REGISTRATION & PROGRAM INFORMATION

- Registration is on a first come, first served basis and you may only register yourself and/or your children under 18 yrs old.
- Participants under 18 years of age require a parent/guardian signature at registration.
- All registered adult programs will be subject to HST
- Please retain your printed receipt for future reference.
If a duplicate copy of the registration receipt is required, the participant must pay an administration fee.
- Waivers must be signed before the start of the first class.
- Registrations continue until programs are full.
- Your privacy is important to us. Information on the CHRA registration form is used only for administration of the CHRA programs.
- Please remember that most programs are ongoing and spaces are limited.
- Programs may be subject to change or cancelled if registration is inadequate.
- Participants must wait outside the gym or program room until their program begins.
- For CHRA participants' safety, program quality and liability purposes, only registered participants are permitted in the gym and program rooms during program time. All others are asked to wait in the lobby. Thank you for your co-operation.
- Participants using the gym should wear white-soled, non-marking shoes.
- Street shoes are not permitted in the dance room.
- The CHRA reserves the right to remove any participant for inappropriate behaviour without a refund.
- In the event of inclement weather, listen to local radio or call the CHCC to determine if program(s) are cancelled.
Refunds will not be given.

NSF CHEQUES

- A \$35.00 administration fee for bank charges must be paid by the participant.
- Payment in cash must be made immediately in order to continue in the program.

REFUNDS

- Refunds must be requested before the third class unless due to extenuating circumstances, in which case, the request must be approved by the program supervisor.
 - Refunds will be prorated, with the possibility of an administration fee.
 - No administration fee will apply if the customer requests a credit to be left on their account prior to the third class taking place; credits will be prorated based on the number of remaining classes.
 - An administration fee may apply to any refunds requested for customer account credits.
 - Costume deposit for the dance program is non-refundable after costumes have been ordered/purchased.
 - Unused credits will expire after 3 years.
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CHILDREN AND YOUTH PROGRAMS

PROGRAM	AGE	TIME	DATES	CANCEL	COST	BARCODE
<u>Infant Massage</u> Parents with babies under one will learn how to massage their babies in a comfortable and relaxing environment. Our facilitators are certified members of the International Association of Infant Massage and will teach techniques that will help to relax the baby and relieve common physical discomforts. <u>Delivered by Early Learning Staff from Our Place Family Resource and Early Years Centre.</u>	Birth to 12 months	Wednesday 1:00-2:00 pm	Jan. 6 To Jan. 27	--	FREE	200507
<u>Baby Connections</u> This adult and infant program focuses on building early literacy skills through the use of simple songs, rhymes and books. Families will be provided with resources to facilitate practice at home. Join the fun and see that it's never too early to foster a love of literacy and learning in your little one. *this program is suitable for all parents regardless of home language or literacy level* <u>Delivered by Early Learning Staff from Our Place Family Resource and Early Years Centre.</u>	Birth to 12 months	Wednesday 1:00-2:00 pm	Feb. 3 to Feb. 24	--	FREE	200504
<u>Baby Blanket Time</u> Parent and caregivers of babies under one year old can meet and socialize together. Learn songs, rhymes and finger plays to play with your baby. Bring your baby's favorite blanket along! <u>Delivered by Early Learning Staff from Our Place Family Resource and Early Years Centre.</u>	Birth to 12 months	Wednesday 1:00-2:00 pm	Mar. 2 to Mar.30	Mar.16	FREE	200503
<u>Preschool</u> ~ 3 time slots offered ~ Our well-balanced program is supervised by our qualified instructors. Children will develop their social, physical & creative abilities in our beautiful preschool room. Child must be TOILET-TRAINED AND MUST be 2 ½ yrs old before program starts. PROOF OF AGE is required at registration. Min. 12 - Max. 16 per class.	2½ - 4 years	Tuesday 9:30-11:30 am - OR - Wednesday 9:30-11:30 am - OR - Thursday 9:30-11:30 am	Jan. 5 to Mar.29 Jan. 6 to Mar.30 Jan. 7 to Mar.31	Mar.15 Mar.16 Mar.17	\$125 \$125 \$125	200505 200506 200502
<u>Parent and Tot Drop-In</u> Fun program designed for parents and their children to enjoy our play equipment and meet new friends. Adults and babysitters attending the program are fully responsible for and must assist and supervise the children they bring at all times. If more than 2 children accompany an adult, there is an additional cost of \$1 per child to a <u>maximum of 4 children per adult.</u> Min. 5 - Max. 35	Birth to age 6	Friday 10:00-11:30 am	Jan. 8 to Mar.11	Mar.18 Mar.25	\$2 per person adult with 2 children	

Fee assistance is available by appointment only. Contact the front desk 519 741-2596 with your request. Requests will be processed beginning **November 19th** and are available until all set subsidy funds have been used.

CHILDREN AND YOUTH PROGRAMS

PROGRAM	AGE	TIME	DATES	CANCEL	COST	BARCODE
<u>Parent 'N Tot Yoga Spot</u> Just for you and your child. Gentle yoga movements will improve muscle tone, flexibility and circulation. Cost includes one parent and one child. Min. 10 - Max. 18	Infant to 3 years (plus 1 adult)	Tuesday 11:15 am-12 pm	Jan. 5 to Mar.29	Mar.15	\$40.00	200531
<u>Creative Kids</u> Children will explore their creative side using different mediums. Expressive art materials will be provided. Min. 8 - Max. 12	6 - 8 years	Friday 5:30 -6:30 pm	Jan. 8 to Mar.11	--	\$40.00 includes materials	200448
<u>Junior Chefs</u> Build confidence in the kitchen by learning basic cooking techniques. Supplies provided. Min. 6 - Max. 10	12 - 15 years	Wednesday 5:00 -6:15 pm	Jan. 6 to Mar.30	Mar.16	\$65.00	200510
<u>Kids Can Cook</u> This introductory cooking class will provide participants with a hands-on opportunity to get comfortable in the kitchen. Min. 6 - Max. 10	9 - 11 years	Tuesday 5:00 -6:15 pm	Jan. 5 to Mar.29	Mar.15	\$65.00	200511
<u>Little Music Moments</u> This class offers a mix of vocal and rhythm using keyboard, drum pads, sticks, maracas and cymbals. Min. 6 - Max. 10	3 - 6 years	Friday 5:15 -6:00 pm	Jan. 8 to Feb.12	--	\$60.00	200521
		-OR- Friday 6:15 -7:00 pm	Jan. 8 to Feb.12	--	\$60.00	200522
<u>Vocal and Glee</u> Each class will be instructed to include vocal warm-ups, gestures, body language, short studies and songs. Min. 6 - Max. 15	6-8 yrs	Wednesday 5:30-6:30 pm	Jan. 6 to Feb.10	--	\$75.00	200514
	9-12 yrs	6:30-7:30 pm	Feb. 17 to Mar.30	Mar.16	\$75.00	200518



Attention all participants in the Dance Program!

No classes will be held on the following dates:

December 21st to January 3th inclusive, Monday, February 15th and March Break Cancellation March 14th to March 19th inclusive.

CHILDREN AND YOUTH PROGRAMS

PROGRAM	AGE	TIME	DATES	CANCEL	COST	BARCODE
<u>LEGO programs</u> These programs provide hands-on learning activities for Science, Technology, Engineering and Math (STEM). Come and enjoy science with Lego WEDO Robotics and Lego Simple Machines kits. <u>Lego Engineers</u> Learn science with Lego WEDO Robotics and Simple Machines kits. Models real world science/engineering. (Min 5) **Lego kits provided** <u>Lego Robotics</u> Learn science with Lego WEDO Robotics and Simple Machines kits. Models real world science/engineering. **Lego kits and laptops provided** (Min. 5) <u>Lego Advanced Robotics</u> <i>NEW!</i> In this new program, we will explore with Lego MINDSTORMS EV3 and MakeBloT.	5 - 7 years	Monday 5 - 6 pm	Jan. 4 to Feb. 8	--	\$55.00	200515
	8 - 10 years	Monday 6:15-7:15 pm	Jan. 4 to Feb. 8	--	\$75.00	200516
	8 - 12 years	Tuesday 6:15-7:15 pm	Jan. 5 to Feb. 9	--	\$75.00	200520
<u>Computer Science for Kids</u> <i>NEW!</i> In this new program, preparing kids for their future in the digital world is the goal.	5 - 7 years	Tuesday 5 - 6 pm	Jan. 5 to Feb. 9	--	\$55.00	200519
<u>Drama</u> This program will introduce participants to: improvisation, skits, reading scripts and one act plays. Min. 8 – Max. 12	8 years and up	Saturday 10:30 –11:30 am	Jan. 9 to Mar.26	Mar.19	\$45.00	200513
<u>Guitar</u> The instructor will cover the basic skills with advancing levels throughout the year. Bring your own guitar and purchase the lesson book at first class (will be used all year). Min. 4 – Max 8. (*one session Beginner required) (**one session each Beg. & Int. req'd) Beginner Intermediate* Advanced**	10 - 18 years	Saturday 10-10:30 am 10:30-11 am 11-11:30 am	Jan. 9 to Mar.26	Mar.19	\$35.00 \$35.00 \$35.00	200497 200498 200499
<u>ART CLASSES for YOUTH</u> <u>Kidz Art</u> This step by step program will help budding artists gain confidence in their art skills. <u>Art 101</u> Learn the basics of art using a variety of mediums in this progressive ongoing program. Min. 6-Max. 10/class	8 – 11 years	Saturday 9:30-11am	Jan. 9 to Mar.26	Mar.19	\$65.00 includes supplies	200447
	12 – 18 years	Saturday 11:15am - 12:45pm			\$65.00 includes supplies	200446

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CHILDREN AND YOUTH PROGRAMS

PROGRAM	AGE	TIME	DATES	CANCEL	COST	BARCODE
<u>Music Therapy for Children with Autism</u> <i>NEW!</i> ~ 2 sessions offered ~ Giving high functioning children with Autism the opportunity to meet up with others and improve socialization skills. Min. 5 – Max. 10	4 - 6 years	Thursday 6 - 7 pm Thursday 6 - 7 pm	Jan. 7 to Jan.28 Feb. 4 to Feb.25	--	\$100.00 \$100.00	200524 200525
<u>Princess in Training</u> <i>NEW!</i> Learn princess manners & etiquette. There will also be crafts, games, and story time. A real princess will attend coronation. Min. 5 – Max. 10	4 - 7 years	Tuesday 7:15 - 8 pm	Jan. 5 to Feb. 2	--	\$40.00	200647

CHILDREN AND YOUTH SPORTS PROGRAMS

Get some exercise and meet new friends at one of our very popular sports programs. Through drills and gently competitive games, kids will learn the rules and basic skills of the sport they choose. Necessary equipment is provided. Children must participate in all areas of the program. Emphasis is on sportsmanship and fun. **Play at own risk.**

PROGRAM	AGE	TIME	DATES	CANCEL	COST	BARCODE
<u>Co-ed Kindergarten MultiSport</u> Our fun instructors will introduce your eager participants to sports . . . soccer, basketball and floor hockey, for starters! Full gym floor. Min. 10 – Max. 16 (no exceptions)	4 - 5 years	Monday 4:15 - 5 pm	Jan. 4 to Mar.28	Feb.15 Mar.14	\$35.00	200489
<u>Boys Floor Hockey</u> He shoots . . . he scores! Full gym floor. Min. 10 - Max. 16 (no exceptions) PRIMARY JUNIOR	6 - 8 9 – 11 years	Wednesday 4:30- 5:30 4:30- 5:30 pm	Jan. 6 to Mar.30	Mar.16	\$35.00 \$35.00	200487 200488
<u>Co-ed Basketball</u> Hoops, hoops and more hoops!!! Both levels playing on a single gym floor. Min. 10 - Max. 16 (no exceptions) PRIMARY JUNIOR	6 - 8 9 - 11 years	Tuesday 5 - 6 pm 5 - 6 pm	Jan. 5 to Mar.29	Mar.15	\$35.00 \$35.00	200485 200486
<u>Co-ed Youth Martial Arts</u> “Beginners” learn to understand the concepts behind the discipline and the basics. “Advanced” class is for all belts, improving skills, techniques and combination. (* one session “Beginner” required, placement as per instructor.) Min. 10	Beginner 6+ years Advanced* 6 - 15 years	Saturday 9-10:30am Saturday 10:45am - 12:15pm	Jan. 9 to Mar.26	Mar.19	\$50.00 \$50.00	200484 200483

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CHILDREN AND YOUTH PROGRAMS

DROP IN PROGRAMS	AGE	TIME	DATES	COST	BARCODE
<u>Teen Drop-In Basketball</u> Meet your friends at the gym for lots of hoops and lots of fun. Min. 4 – Max. 20 	12 - 17 years	Tuesday 4 – 4:55 pm	Jan.5 to Mar. 29	FREE	
<u>KIDZ KLUB</u> Games, crafts, special events and theme days. All activities are supervised. A parent permission form is required. Min. 4 – Max. 16 	8 - 11 years	Thursday 3:30 – 5 pm	Jan.7 to Mar. 31	FREE	
<u>The Girls Club</u> Get together with other girls your own age to socialize and engage in different activities each week. Min. 10 – Max. 20	Grade 6 to 10	Friday 6:30 – 9 pm	Jan.8 to Mar. 11	\$2 per visit	
Cancelled Drop In Programs - Mar.17, Mar.18, Mar.25					
<u>March Break Drop-In</u> Join us in our fully supervised gym for a variety of sports and activities. CHRA has a 'Zero Tolerance' policy. Participants must sign in each week. Min. 10 – Max. 24	Grade 4 to 6 Grade 7 to 10	Monday Wednesday Friday Tuesday Thursday 1-3 pm	Mar. 14 Mar. 16 Mar. 18 Mar. 15 Mar. 17	FREE	
<u>Babysitting Course</u> <i>NEW!</i> Learn basic first aid and caregiving skills. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Min. 8 – Max. 15	11 - 15 years	Monday 9:00am - 4:00pm	Mar. 14	\$68	201865

YOUTH DROP IN PROGRAM

We welcome youth from grades 6 to 10 (aged 11-15 yrs) to drop in at the Country Hills Community Centre full size gym. Participants can enjoy a variety of activities including:

- basketball
- volleyball
- soccer
- floor hockey
- dodge ball
- ...and so much more!



Access to a games room is available we encourage youth to bring along games from home. This program is fully supervised by qualified youth leaders. Guidelines to remember:

- No re-admittance if participant chooses to leave
- Participants must complete a registration form on the first visit
- Participants must sign in each week
- A 'zero tolerance' policy is in effect

Min. 10 – Max. 35

No cost! Wednesdays 7:00 – 9 pm Jan. 6 to Mar. 30
 Fridays 7:00 – 9 pm Jan. 8 to Mar. 11

Cancelled dates: Mar. 16, Mar.18 and Mar.25



“KPL” KIDS

This is a **FREE** program held at the **Country Hills Community Centre**.
This KPL program includes an awesome evening of crafts and fun for 5 – 11 year olds.
We will have cool themes and lots of interesting things for you to explore!

Program dates: Thursdays at 6:15 - 7:00 pm from **Jan. 14 to Mar. 3.**

Cancelled date: N/A

REGISTRATION begins Nov. 24th at the Country Hills Community Centre
or you can register online. **BARCODE: 200512**

More detailed information about the “KPL Kids” program, is available by calling
the KPL Country Hills branch at 519-743-3558

Summer Playgrounds

**Amazing day camps,
right in your own
neighbourhood!**



Registration Opens early Spring, 2016 for All Summer Playground Programs!

Visit www.kitchener.ca for program details or call 519-741-2200 X 7389 for more information



COMMUNITY OUTreach
program

If you have questions such as:

- How can I get fee assistance for recreation activities for my children?
- Where can I go for free or low cost clothing?
- How do I upgrade or continue my education?
- How do I access the Food Bank?
- How can I get fee assistance for counseling?
- How can I get help with transportation?

Your Family Outreach Worker can help. Please call the Country Hills Office at 519-749-1529



VOLUNTEERS NEEDED

THE WINTER RINK at the
COUNTRY HILLS COMMUNITY CENTRE, NEEDS YOU!

The rink at the Community Centre has operated for close to 15 years based on committed volunteer helpers who put in the ice (as many times as needed because of thaws), flood and maintain the rink during the period December 15 through March 15 (weather conditions permitting).

Last winter we had over 70 days of skating weather, with 4000-5000 “visits” by neighbourhood children and a few adults too...just skating or engaging in a pick-up game of hockey. The city puts up the boards, hooks up the water and lights – but the rest (equipment and volunteer time) is our responsibility.

Our “pool” of volunteers needs revitalizing and this is YOUR call! We need your name and phone number and there will be a start-up meeting in the next month or so to familiarize this year’s crew with the hut and the contents, let you know about finances, get you a key and send you off for a whole winter of exercise and community service.
Phone: Graham Weber (519) 745-7014 to register your interest.



Season's Greetings



**TO ALL OUR VOLUNTEERS AND PARTICIPANTS ~
WE WISH YOU THE VERY BEST OVER THE HOLIDAYS
AND THROUGHOUT THE COMING YEAR!
THANK YOU FOR YOUR HELP AND SUPPORT.
COUNTRY HILLS RECREATION**



ADULT PROGRAMS

For CHRA participants' safety, liability purposes and to ensure program quality, ONLY REGISTERED PARTICIPANTS ARE PERMITTED IN PROGRAM ROOMS DURING PROGRAM TIME. All others are asked to wait in the lobby. Thanks for your co-operation.

PROGRAM	AGE	TIME	DATES	CANCEL	COST w/Tax	BARCODE
<u>"Easy Does It" Strength & Tone</u> This co-ed class works to improve strength, endurance flexibility and balance and accommodates all abilities. Min. 10 - Max. 35	18+	Tuesday and Thursday 9:15-10:15 am	Jan. 5 to Mar.31	Mar.15 Mar.17	\$73.45	200490
<u>20-20-20</u> This program features 20 minutes of cardio, 20 minutes of sculpting and 20 minutes of stretching. This is a Co-ed class. Min. 15 - Max. 35	16+	Friday 9:15-10:15 am	Jan. 8 to Mar.11	--	\$45.20	200491
<u>YOGA FLOW Co-ed class</u> This class is designed to connect the body, mind and breath. Great for all levels. Max. 15	16+	Monday 6:15-7:15 pm	Jan. 4 to Mar.28	Feb.15 Mar.14	\$67.80	200529
<u>YANG YIN YOGA Co-ed class</u> Yang yoga is an active, dynamic flow aiming to improve muscular strength and flexibility. Max. 15	16+	Monday 7:30-8:45pm	Jan. 4 to Mar.28	Feb.15 Mar.14	\$79.10	200530
<u>Daytime YOGA! Co-ed class</u> A flow of asana's (poses) uses your body weight to improve flexibility, circulation and muscle tone. Max. 15	16+	Tuesday 12:15-1:30pm	Jan. 5 to Mar.29	Mar.15	\$67.80	200528
<u>ZUMBA</u> Burn those calories away in our easy to follow Latin inspired dance fitness program. Zumba is a great exercise routine for everyone. Min. 10 – Max. 35	16+	Thursday 8 - 9 pm	Jan. 7 to Mar.31	Mar.17	\$50.85	200495
<u>Line Dancing</u> Come strut your stuff and learn the best moves to your favourite songs. It's a fun workout too! Non-marking shoes only. Min. 10 - Max. 15	18+	Monday 7:30-8:30 pm * at Blessed Sacrament School	Jan. 4 to Mar.21	Feb.15 Mar.14	\$45.20	200450
<u>Daytime Line Dancing</u> Our popular line dancing class is returning during daytime. See description above. Min. 10 - Max. 15	18+	Monday 10 - 11 am	Jan. 4 to Mar.28	Feb.15 Mar.14	\$45.20	200449

ADULT PROGRAMS

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PROGRAM	AGE	TIME	DATES	CANCEL	COST w/Tax	BARCODE
<u>Pilates</u> A body conditioning technique designed to increase strength and balance using your body's weight as resistance. All fitness levels can benefit and participate in this Co-ed program. Max. 30	16+	Wednesday 5:45 – 6:45 pm	Jan. 6 to Mar.30	Mar.16	\$62.15	200501
<u>Daytime Pilates!</u> Come during the day! Pilates will improve your flexibility, co-ordination and concentration. See description above. Max. 15	16+	Wednesday 9:30-10:30 am	Jan. 6 to Mar.30	Mar.16	\$62.15	200500
<u>Cardio Fusion</u> A high energy workout that combines cardio and total body conditioning. This is a Co-ed class. Min. 15 - Max. 35	16+	Tuesday and Thursday 6:15-7:15 pm	Jan. 5 to Mar.31	Mar.15 Mar.17	\$73.45	200493
<u>Co-ed Martial Arts</u> Develop stamina, flexibility, power, speed and a stronger cardiovascular system by joining in the self-defense training of Karate. Our instructor, Ricardo is a 6 th degree black belt who has been involved in Martial Arts since 1967 and has over 25 years teaching experience. Min. 10 - Max. 35	15+	Monday and Wednesday 7:30-9 pm	Jan. 4 to Mar.30	Feb.15 Mar.14 Mar.16	\$90.40	200492
<u>Digital Photography</u> Learn some basic photography techniques so that you can take better photos of friends, family and vacations. Min. 5 - Max. 12	16+	Thursday 7:30-8:30 pm	Jan. 21 to Feb.11	--	\$33.90	200508
<u>Cooking for Less</u> Learn how to reduce cooking costs and quantities without reducing quality. Prepare a meal to take home! Min. 5 - Max. 10	16+	Thursday 6 - 8 pm	Jan. 21 to Feb.25	--	\$73.45	200509
<u>Tai Chi</u> Tai Chi uses soft, repetitive movements that promote both physical and mental health. The slow non-strenuous movements are particularly beneficial for older adults and seniors. Min. 8 - Max. 20 ** Placements at instructor's discretion. ** One session of beginner required	18+ Beginner **Inter-mediate	Wednesday 1:30-2:30 pm 2:30-3:30 pm	Jan. 6 to Mar.30	Mar.16	\$39.55 \$39.55	200526 200527

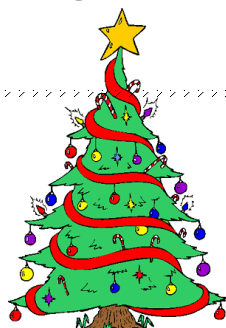
ADULT AND FAMILY PROGRAMS

For CHRA participants' safety, liability purposes and to ensure program quality, ONLY REGISTERED PARTICIPANTS ARE PERMITTED IN PROGRAM ROOMS DURING PROGRAM TIME. All others are asked to wait in the lobby. Thanks for your co-operation.
Children aged 7 to 16 must be accompanied by a parent/guardian.

PROGRAM	AGE	TIME	DATES	CANCEL	COST w/Tax	BARCODE
<u>Co-ed Adult Volleyball</u> *Program held at Blessed Sacrament School Gym . Join in this popular recreational program. Have fun, meet new people and get lots of exercise. No experience required – Beginner More experienced players – Intermediate Min. 10 – Max. 30	21+ Max. 30 players (no except.)	* at Blessed Sacrament School Tuesday 6 - 8 pm Wednesday 6 - 8 pm	Jan. 5 to Mar.29 Jan. 6 to Mar.30	Mar.15 Mar.16	\$33.90 \$33.90	200494 200496
<u>FAMILY DROP-IN PROGRAMS</u> Drop in with your family! <u>Family Drop-In Floor Hockey</u> Big and small, come have some fun! No experience necessary. Min. 5 – Max. 20 <u>Family Drop-In Pickle Ball</u> Pickle ball is a mix of badminton, ping pong and tennis. Some rackets available for use. Min. 5 – Max. 30	7+	Tuesday 7:30 – 9 pm Friday 4:15–6:15pm	Jan. 5 to Mar.29 Jan. 8 to Mar.11	Mar.15 --	\$2 per person or \$5 per family of 5	
<u>ADULT DROP-IN PROGRAMS</u> Drop in on your own or with a friend. Meet new people and have fun! CHRA passes - at the CHCC main desk. <u>Adult Drop-In Volleyball</u> This is one of our most popular programs. Enjoy your workout playing volleyball. *medium intensity level of play* <u>Adult Drop-In Pickle Ball</u> ~ 2 time slots ~ Pickle Ball is played on an indoor court; it's a mix of badminton, ping pong and tennis. Some rackets available for use or bring your own from home. <u>Adult Drop-In Coffee Time</u> Drop in and share a cup of coffee and conversation! <u>Adult Drop-In Card Group</u> Drop in to play a hand of your favourite card game! Games offered: euchre, solo, bridge and skipbo. <u>Drop In Indoor Walking Group</u> Meet up with friends or make new ones by getting to know others as you walk. <u>Drop In Board Games</u> <i>NEW!</i> Drop in to play your favourite table top board games! Try new games, or play old familiar favourites. Min. 4 – Max. 20	18+	Monday, Wednesday Friday 1 - 3:30 pm Tuesday 1 - 3:30 pm Thursday 7:30 - 9 pm Tuesday Thursday 10:30–12 pm Thursday 1 - 3:00 pm Monday Wednesday 9 – 10:15am Tuesday 7 – 8:45 pm	Jan. 4 to Mar.25 Jan. 5 to Mar.31 Jan. 5 to Mar.31 Jan. 7 to Mar.31 Jan. 4 to Mar.30 Jan. 5 to Mar.29	Mar.14 Mar.16 Mar.18 Mar.25 Mar.15 Mar.17 Mar.15 Mar.17 Mar.17 Feb..15 Mar.14 Mar.16 Mar.15	Sheet of 12passes \$12.00 \$2.00 or 1 CHRA pass \$2.00 or 1 CHRA pass Free Free Free Free	

Help decorate the TREE!

Please bring hats and mittens to the tree in the lobby to help support the kids in our neighbourhood. Keep them warm!



SOUTHWEST KITCHENER OPTIMIST CLUB
NEW YEAR'S EVE FUNDRAISING DANCE

Thursday December 31, 2015
Doon Pioneer Park Community Centre
150 Pioneer Drive 519-741-2641
Cost: \$25.00 per ticket



Cocktails 5:30pm
Roast Beef Dinner 6:30pm
Dance 8:30pm



Entertainment by DJ Ron Ball

50/50 & Bidding Table
"Proceeds to be used to support the kids in our community"
Tickets available at the Doon Pioneer Park Community Centre
Or call Optimist Cheryl 519-893-4094



The Country Hills Recreation Association and Alpine
Community Neighbourhood Association welcomes the
Community for a **FREE** outdoor skate party with
entertainment!

Family Day



Date: February 15, 2016

Time: 3:00 pm to 7:00 pm

Where: 100 Rittenhouse Rd



Contact the Country Hills Community Centre
office at 519-741-2596 for more information
regarding our Family Day activities.

We are accepting perishable food items to support our local food bank.



Greetings Residents,

Community green spaces, parks, and their amenities are important to the residents of Ward 6 and Kitchener. For this reason, I want to let you know about a pilot project at the Country Hills Community Centre.

Earlier this year, I connected with a local company, Paris Playgrounds, at the FCM Annual Trade Show and Conference. This led to discussions about a potential pilot project in one of our parks. Further meetings with our parks operations staff and this company were rewarding, as Paris Playgrounds loaned the city three pieces of exercise equipment to install near the playground at the Community Centre, for the next year. The installation of this equipment was completed in August.

I want to encourage you to use the equipment and/or provide me with some feedback on this idea and the equipment pieces chosen for the pilot. Your input will be an important consideration in making these a permanent fixture at the Community Centre as well as broaden city planning for future playgrounds and upgrades to parks and other active spaces.

I am happy to hear from you on this and any other matter, as your voice is most important to consider when making decisions that affect you. Please drop-in to meet with me and discuss any ideas or concerns you may have at the Country Hills Community Centre from 7:30- 8:30pm on Wednesday, October 14. You can also contact me at 519-741-2793, paul.singh@kitchener.ca, and tweet me @paulsinghward6.

Sincerely,

Councillor Paul Singh – Ward 6

Youth Corner 😊

Hi, my name is Dante Townsend, and I am a youth that lives in the Country Hills community. I'd like to take this opportunity to tell you about myself, some of the activities I am involved in, and some advice I have for other youth in the area.

I have lived in the community for 12 years, and I have learned that there are many opportunities for youth to get involved in. I have volunteered my time at various special events that happen at the Country Hills Community Centre, and I also attend some of the afterschool programs at the community centre. I have recently joined Kitchener Youth Action Council (KYAC), it is a volunteer group for youth ages 14-24, who want to make their communities a better place for youth and everyone. I also volunteer at the community centre with a Youth Leadership group, where we plan events for the youth of the community. I belong to the Laurel Creek Track & Field Club, and I was on the Cross Country team and Track Team at my high school, Huron Heights.

I think the Country Hills Community Centre is a great place because it provides a safe environment for social interactions and exercise. Being an athlete, I take advantage of these opportunities every day. Having a positive place to get active and make friends is not something all communities have, and I definitely think all youth should take advantage of it. I would strongly advise other youth to explore their interests and find something they are passionate about. Regardless of what you are into, there is a good chance you'll meet others that have the same interests.