

## **YOUTH & CHILDREN'S PROGRAMS**

All programs shared with Silverwood and/or River Heights Community Associations.

### **Babysitting Course**

The Red Cross Babysitting Course is designed for youth 11 – 15 years of age who would like to provide care to younger children. Not only will participants learn how to care for younger children including how to recognize, prevent, and deal with emergencies, but they will also learn strategies for self -promotion as a babysitter. 100% participation is required.

### **Baton**

Baton will be a class where kids can learn basic fundamentals of baton twirling in a fun, non-competitive environment. Learning Baton will allow children to obtain good hand – eye – coordination and utilization of both sides of the brain simultaneously. Experiencing a new sport that incorporates dance and gymnastics along with the use of a baton.

### **Bricks 4 Kidz – Let's Build a City**

Let's build a CITY! There are many different types of engineering jobs, and building is one of the most fun! What would a city be without the architects and engineers who come up with the ideas, plans and building skills to make it all come together? Participants will put their engineering and architecture skills to work as they build city themed models using LEGO® Bricks.

### **Family Tae Kwon Do – Advanced**

Description coming soon.

### **Family Tae Kwon Do – Beginner**

Description coming soon.

### **Home Alone**

This St. John's Ambulance course is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

### **Hula-Hooping for the Family**

Come and spend some quality time with your children while being physically active. The hula-hoop is a versatile toy that even gets grandparents interest! In this 8 week session participants will play games, work in partnership, explore creative movement, be given challenges to master hoop skills, and be relaxed while having fun! [www.hulahoopster.com](http://www.hulahoopster.com)

### **Pickleball Kids**

It's like mini-tennis and giant ping pong rolled into one fun game! The smaller size makes it a great activity for kids. Learn the basics of the game while playing matches. Come see why this is the fastest growing sport in North America. Equipment provided.

### **Sports Fun**

Sports Fun allows children to become familiar with skills used while playing various sports. In order to learn as many different skills as we can, we will focus on one sport a week, hopefully including every child's favourite sport and introducing them to new sports. Parents are expected to be involved, as it helps the children learn and stay on task. They will be asked to have indoor shoes as well as their child. The first five to ten minutes of every class will be warm up/open gym. This gives everyone a chance to warm up doing something they love to do before instruction begins.

### **Ultimate Frisbee**

Since its creation in the late 60s, Ultimate has gained worldwide recognition as a fast-paced, low-cost sport that emphasizes sportsmanship, teamwork, fitness, and fun. This program is open to beginners and experienced youth players and will cover basic techniques and strategies for throwing and catching discs as well as introducing indoor variations on the classic Ultimate game. Each session will include time for games of Ultimate. Led by an instructor from the Saskatoon Ultimate Disc Sports Society (SUDDS), this program is available at no charge thanks to a grant from the City of Saskatoon. Participants will also receive a disc to keep.