

CHILDREN'S ACTIVITIES (AGES 5-8 YRS)

HEALTH AND WELLNESS

KIDS AT TENNIS SOCIETY (KATS) TENNIS LESSONS (5-8 YRS)

Using Tennis Canada's progressive tennis approach, we supply smaller racquets and courts, lower nets and low compression balls. All of these are designed to help kids begin to develop confidence in their ability to hit the ball and allows them to be successful very quickly. This program is sponsored by KATS and free for those participants who qualify. L.I.F.E. program members are pre-qualified. Please contact the centre for registration forms. This course is held at Oaklands Park Tennis Courts (on Kings Road).

Oaklands Community Centre **6/FREE**
54504 Th Sep 7–Oct 12 4–5 pm



SPORTBALL – MULTI-SPORT (4–6 YRS)

Refine, rehearse, repeat. Multi-Sport classes are the heart of the Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina, and timing, in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of 8 different popular ball sports.

Oaklands Community Centre **8/\$112**
54740 Sa Sep 23–Nov 25 10:30–11:30 am
54870 Sa Jan 20–Mar 17 10:30–11:30 am
*No Class Oct 7, Nov 11, and Feb 10



YOGA FOR FAMILIES (3–7 YRS)

Enjoy this fun opportunity to play with your kids while learning poses and games that can be revisited in your day-to-day life. Learn how to engage your kids in yoga games, moving to music, breathing exercises, relaxation exercises, and partner yoga.

Oaklands Community Centre **8/\$72 or Drop-in \$11**
54537 Su Sep 24–Nov 26 10–10:45 am
54867 Su Jan 21–Mar 18 10–10:45 am
*No Class Oct 7, Nov 11, and Feb 10

