



Huron
Community
Association

SUMMER 2022

PROGRAM REGISTRATION



REGISTRATION BEGINS
TUESDAY, JUNE 7
8:30 AM
ON ACTIVENET

www.huroncommunity.ca
programmer@huroncommunity.ca

How to Register:

- Register **ONLINE** with our online registration system- ACTIVE Net at <https://ca.apm.activecommunities.com/activekitchener/>
- Register **IN PERSON** at any Community Centre or Public Pool

Refund Statement:

- A 100% refund will be given if you withdraw from a program more than 7 days before the first day of the program.
- Refunds will only be given in the same form as payment made.
- Cash refunds over \$20.00 will be refunded by cheque.
- Please note: If credit is left on an account, the credit will expire after three years.
- NO REFUND will be given if a request to withdraw is made less than 7 days prior to the first day of the program.

How to Access Fee Assistance:

- The City of Kitchener Leisure Access Card offers financial support for residents of Kitchener with low income. The card is specific to city run programs (swimming pools, neighbourhood camps) Applications can be filled out online at www.kitchener.ca/feeassistance
- House of Friendship's local Family Outreach Worker Mehdiya can support with subsidies if needed, and can be reached at 519-498-7492
- Both Huron and Williamsburg Community Associations will cover up to 50% of the cost of one program per person, per session with proof of a Leisure Access Card.

***Limited funds available. Connect with us 2 weeks prior to registration to start the fee assistance process. ***

Inclusion Services Can Help!



If you or your child has a disability or special need, and require accommodation to participate in programs, assistance may be available. Requests should be submitted at least two weeks prior to the program start date to allow time to coordinate the accommodation.

Please call Inclusion Services staff at 519-741-2200, ext. 7229 or TTY 1-866-969-9994.

Inclement Weather Policy

Outdoors programs run weather permitting.

If there is inclement weather resulting in a cancelled program (i.e. thunder, major rain, ice etc.) refunds will be provided at the end of the session. Information on program cancellations will be posted on our Facebook page and emailed if there is advance notice of cancellation.



www.huroncommunity.ca

info@huroncommunity.ca

www.facebook.com/huroncommunity

@huroncommunity

HURON COMMUNITY ASSOCIATION (HCA) PROGRAM INFORMATION

HCA programs run at various locations. Program locations are indicated in program guide or on your receipt. All programs will be designed to ensure compliance with current regulations as set by the Province of Ontario and Waterloo Region Public Health and are subject to change. Only registered participants permitted in programming rooms. Programs held indoors require indoor shoes. Outdoor programs will run weather permitting. Please dress appropriately for outdoor activity. Information on program cancellations will be posted on our Facebook page and emailed if there is an advanced cancellation. If there is inclement weather resulting in a cancelled program (i.e. thunder, major rain), a credit will be applied to Kitchener Active Net account.

Children/Youth Fitness and Sport

| Description | Age | Day/Time | Duration | Site | Cost | Course Code |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------------------|-----------------------------------------------|--------------------------------|---------|-------------|
| Adventure Running-Outdoor Join this program to practice your running skills! This program will involve warm-up, drills, cross country (adventure running) through the Huron trails and stretching/cool-down. | 8-12 Y | Wednesday 6:00-6:55 pm | 9 weeks July 6-Aug 31 | Huron Natural Area | \$52.02 | 91507 |
| Basketball- Outdoor Some exercise with friends! Program focusing on skill development, teamwork and sportsmanship! | 6-8 Y | Thursday 4:00-4:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 91936 |
| | 9-12 Y | Thursday 5:00-5:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 91937 |
| | 9-12 Y | Thursday 6:00-6:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 91938 |
| | 13-15 Y | Thursday 7:00-7:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 91939 |
| Beach Volleyball-Outdoor An introductory volleyball program where participants will learn key skills to develop their volleyball game. Participants will spend the majority of the program playing volleyball games, with a few fun drills and skills incorporated in, as well. | 8-12 Y | Monday 5:00-5:40 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91905 |
| | 13-15 Y | Monday 5:45-6:25 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91906 |
| Cricket-Outdoor Enjoy the game of cricket through pitching/swinging practice, drills, and game play! A great opportunity for those who have played baseball and want to switch things up or for those that have participated in our Intro to Cricket program previously! | 10-14Y | Tuesday 5:45-6:30 pm | 9 weeks July 5-Aug 30 | Freedom Community Centre | \$44.91 | 91956 |
| Intro to Cricket-Outdoor Become introduced to the game of cricket through pitching/swinging practice, drills, and game play! We will be using tennis cricket balls for this program, so helmets and gloves are optional. | 8-12 Y | Tuesday 5:00-5:45 pm | 9 weeks July 5-Aug 30 | Freedom Community Centre | \$44.91 | 91954 |
| Outdoor Games Join us in the Park for active games throughout the summer evenings! Games will include (but not be limited to) Cross Canada, Octopus, variations of tag, frisbee, and more! | 8-12 Y | Wednesday 7:00-7:55 pm | 9 weeks July 6-Aug 31 | Huron Natural Area | \$52.02 | 91909 |

Children/Youth Fitness and Sport

| Description | Age | Day/Time | Duration | Site | Cost | Course Code |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------|-----------------------------------------------|--------------------------|---------|-------------|
| Karate Karate skills to increase self-confidence, self-discipline, and physical health. Optional testing and uniforms may be available from the instructor at an additional cost. | 6-8 Y | Monday 6:00-6:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$50.56 | 91505 |
| | 9-12 Y | Monday 7:00-7:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$50.56 | 91506 |
| | 6-8 Y | Thursday 5:00-5:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$65.03 | 91922 |
| Karate Karate skills to increase self-confidence, self-discipline, and physical health. Optional testing and uniforms may be available from the instructor at an additional cost. | 6-8 Y | Thursday 6:00-6:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$65.03 | 91923 |
| | 9-12 Y | Thursday 7:00-7:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$65.03 | 91924 |
| Kinder Karate Karate skills to increase self-confidence, self-discipline, and physical health designed for the younger kids. Optional testing and uniforms may be available from the instructor at an additional cost. | 4-5 Y | Monday 5:00-5:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$50.56 | 91504 |
| | 4-5 Y | Thursday 4:00-4:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$65.03 | 91921 |
| Pilates-Outdoor Teens will be taught the fundamentals of Pilates balance, control, concentration, coordination centering, and core stability with breathing techniques to ensure proper abdominal engagement and support which will ultimately increase the quality of movement. Please bring a mat with you! | 13-17 Y | Thursday 6:00-6:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 92793 |
| Soccer- Outdoor Work on some soccer skills while having fun outside! The program will involve running/active games, dribbling, shooting practice, and playing soccer with a team! | 4-6 Y | Monday 5:00 -5:40 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 92063 |
| | 7-8 Y | Monday 5:45-6:25 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91508 |
| | 9-12 Y | Monday 6:30-7:25 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$40.46 | 91509 |
| | 4-6 Y | Thursday 5:30-6:10 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$44.91 | 91933 |
| | 7-8 Y | Thursday 6:15-6:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$44.91 | 91934 |
| | 9-12 Y | Thursday 7:00-7:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 91935 |

Children/Youth Fitness and Sport Cont'd

| Description | Age | Day/Time | Duration | Site | Cost | Course Code |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------------------|------------------------------------------------|--------------------------|---------|-------------|
| Soccer Skills & Drills (Adult/Child)- Outdoor Parents/Guardians work with their child on their soccer drills during this active program! Participants will be running, dribbling, shooting, and passing with a parent/guardian. | 2.5-4 Y | Thursday 4:00-4:40 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$44.91 | 91931 |
| | 2.5-4 Y | Thursday 4:45-5:25 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$44.91 | 91932 |
| Zumba Kids- Outdoor Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities, and cultural exploration elements into the class structure. | 5-10 Y | Wednesday 6:00-6:45 pm | 8 weeks July 6-Aug 31 (No class July 27) | Huron Natural Area | \$46.24 | 91910 |

Children/Youth Dance

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------|-----------------------------------------------|-------------------------------|---------|-------|
| Ballet Enjoy an introduction to ballet, improving on rhythm and coordination. Participants will work towards a dance routine throughout the session to show to their family on the last day of the program. | 2.5-4 Y | Monday 5:45-6:25 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91898 |
| | 5-8 Y | Monday 7:15-7:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91899 |
| | 2.5-4 Y | Thursday 6:15-6:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$44.91 | 91927 |
| | 5-8 Y | Thursday 7:00-7:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$52.02 | 91929 |
| | 2.5-4 Y | Friday 5:30-6:00 pm | 8 weeks July 8-Aug 26 | Williamsburg Community Centre | \$33.60 | 91940 |
| | 5-8 Y | Friday 6:30-7:10 pm | 8 weeks July 8-Aug 26 | Williamsburg Community Centre | \$39.92 | 91941 |
| Intro to Dance Come enjoy a variety of dance moves each week, working on rhythm and coordination! Participants will work towards a dance routine throughout the session to show to their family on the last day of the program. | 2.5-4 Y | Monday 5:00-5:40 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91510 |
| | 5-8 Y | Monday 6:30-7:10 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$34.93 | 91900 |
| | 2.5-4 Y | Thursday 5:30-6:10 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$44.92 | 91925 |
| | 2.5-4 Y | Friday 6:00-6:30 pm | 8 weeks July 8-Aug 26 | Williamsburg Community Centre | \$33.60 | 91943 |
| | 5-8 Y | Friday 7:15-7:55 pm | 8 weeks July 8-Aug 26 | Williamsburg Community Centre | \$39.92 | 91947 |

| Children/Youth Dance Cont'd | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------------------|-----------------------------------------------|-------------------------------------|----------|-------------|
| Description | Age | Day/Time | Duration | Site | Cost | Course Code |
| Jazz/Hip Hop Enjoy a weekly dance class that incorporates jazz and hip-hop movements, improving your child's rhythm and coordination. Participants will work towards a dance routine throughout the session to show to their family on the last day of the program. A great program for returning dancers or new to dance! | 9-12 Y | Friday 8:00-8:55 pm | 8 weeks July 8-Aug 26 | Williamsburg Community Centre | \$46.24 | 91950 |
| Children/Youth Art | | | | | | |
| Youth Drama Enhance your verbal and non-verbal communication skills in this creative, relationship-building drama class! Youth will be exposed to activities that will help to nurture spontaneity, think on their feet, and build confidence. Improv, skits, and a multitude of icebreakers will surely have every participant eager to return each week. | 11-14 Y | Monday 6:00-6:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$40.46 | 91903 |
| | 15-17 Y | Monday 7:00-7:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$40.46 | 91904 |
| Children/Youth/Adult Music | | | | | | |
| Piano Lessons Learn how to play piano through a private class with our professionally trained instructor. Available for a wide range of abilities. A piano or keyboard at home is recommended in order to practice. For ages 6+. | 6 Y & Up | Thursday 4:00-4:30 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91912 |
| | 6 Y & Up | Thursday 4:30-5:00 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91913 |
| | 6 Y & Up | Thursday 5:00-5:30 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91914 |
| | 6 Y & Up | Thursday 5:30-6:00 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91915 |
| | 6 Y & Up | Thursday 6:00-6:30 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91916 |
| | 6 Y & Up | Thursday 6:30-7:00 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91917 |
| | 6 Y & Up | Thursday 7:00-7:30 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91918 |
| | 6 Y & Up | Thursday 7:30-8:00 pm | 6 weeks July 7-Aug 11 | Freedom Community Centre | \$120.00 | 91919 |

Watermelon is one of summer's best summer treats.

Did you know that watermelons are not a fruit, but a vegetable instead?

They belong to the cucumber family of vegetables.



Adult Fitness and Sport

| Description | Age | Day/Time | Duration | Site | Cost | Course Code |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------|------------------------------------------------|--------------------------|---------|-------------|
| Beach Volleyball-Outdoor Meet others in your neighbourhood by playing beach volleyball! This program involves casual, mildly competitive games each week. | 16 Y & Up | Monday 6:30-8:00 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$40.46 | 91907 |
| HIIT- Outdoor Outdoor HIIT (High Intensity Interval Training) is a cardio session arranged in short bursts of hard work. You are sure to break a sweat and be encouraged to work as hard as you can by Coach Jeremy with this mighty workout. Make sure to bring water, a mat (if you prefer - other option is the grass), and a bit of energy! | 13 Y & Up | Wednesday 7:00-7:55 pm | 9 weeks July 6-Aug 31 | Huron Natural Area | \$52.02 | 91908 |
| Beginner Pilates-Outdoor Beginners Pilates Mat Class is a low impact class to tone your entire body working from the core. Learn the fundamentals of Pilates Balance, control, concentration, coordination centering, and core stability with breathing techniques. Enjoy the fresh air outdoors and participate with other members of your community in this brand new HCA program. Please bring a mat or towel with you! | 18 Y & Up | Monday 6:00-6:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$40.46 | 91901 |
| Intermediate Pilates @ Sunset- Outdoor Pilates Intermediate Mat class is intended for people who have experience in Pilates before and are looking for an intense workout to strengthen and tone the entire body while improving spinal alignment and intensify body and mind connection. This class will have some beginner Pilates exercises throughout but will have the option to perform at an intermediate or advanced level. The instructor will go with the pace of the class and adapt to individuals as needed. Enjoy the fresh air outdoors and participate with other members of your community in this brand new HCA program. Please bring a mat with you! | 18 Y & Up | Monday 7:00-7:55 pm | 7 weeks July 11-Aug 29 (No class Aug 1) | Freedom Community Centre | \$40.46 | 91902 |
| Power Core Pilates- Outdoor Join us for this new class that works your entire body, leaving no muscles untouched! Power Core includes exercises that strengthen the core and spine while improving posture, flexibility, and endurance in a safe effective way. All fitness levels are welcome and this class is perfect for the beginner who is just getting started or the Pilates enthusiast looking for a challenge. | 18 Y & Up | Thursday 7:00-7:55 pm | 9 weeks July 7-Sept 1 | Freedom Community Centre | \$53.91 | 92794 |
| Zumba- Outdoor Enjoy a Latin inspired dance aerobic workout through our easy-to-follow fitness classes. You will learn the steps and have a great workout. | 13 Y & Up | Wednesday 7:00-7:55 pm | 8 weeks July 6-Aug 31 (No class July 27) | Huron Natural Area | \$46.24 | 91911 |



