



# Winter 2023 Program Guide



**Registration Begins**

**December 13th**

**8:30am**



#### How to Register:

- Register *ONLINE* with our online registration system- ActiveNet at [www.kitchener.ca/activenet](http://www.kitchener.ca/activenet)
- Register *IN PERSON* at any Community Centre or Public Pool



Scan here to start your registration.

#### Refund Statement:

- o A 100% refund will be given if you withdraw from a program more than 7 days before the first day of the program.
- o Refunds will only be given in the same form as payment made.
- o Cash refunds over \$20.00 will be refunded by cheque.
- o Please note: If credit is left on an account, the credit will expire after three years.
- o 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](http://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
- The Huron Community Association 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.

#### How to contact the Huron Community Centre:

- 📍 80 Tartan Avenue
- ☎ 519-741-2478
- ✉ [huroncc@kitchener.ca](mailto:huroncc@kitchener.ca)

### A message from the HCA's Chair of the Board, Jen Hoffman-Bailey

Greetings from your Huron Community Association!



The Huron Community Association (HCA) has been celebrating and enjoying its new space in the Huron Community Centre (HCC) this Fall! With almost 800 participants in our Fall Session, the HCC is full of energy and we are looking forward to the Winter Session! We look forward to working with the HCC staff as we work together to bring programs and events to our community. On behalf of the HCA Board, I would also like to thank and acknowledge the work of our incredible programmer, Emily Wark, for her passion and dedication to bringing quality programming to families in our Huron Community. Over her six years, Emily assembled a talented and dedicated group of instructors, created interesting and diverse programming, developed online and outdoor programs amidst pandemic restrictions, all while building connections and relationships with youth and parents in our programs. Emily, we are sad to see you go. Thank you for your leadership and dedication to the families of the Huron Community.

## HURON COMMUNITY ASSOCIATION (HCA) PROGRAM INFORMATION

**Please note, HCA programs will not be running Feb 20 and during March Break Mar 13-18.** Only registered participants permitted in programming rooms. Programs held in the gym require indoor shoes. Unless specified, program equipment is provided. Please email any questions concerning programs to [programmer@huroncommunity.ca](mailto:programmer@huroncommunity.ca)

**Please note our inclement weather policy:** The HCA programs will be cancelled if the Huron Community Centre closes due to inclement weather. Inclement weather statements and cancellations will be shared through our social media page and emails will be sent to participants regarding cancellation. Refunds will be issued for the missed class in these instances. Should a program be occurring outdoors, and inclement weather arises that puts participants in danger (ie. thunder), the program will be immediately cancelled.

### Child/Youth Fitness and Sports

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>*NEW* Intro to Badminton</b> Learn how to play badminton or develop your skills! Program will involve skill practice, learning of the game, and a chance to play in doubles against others! You can bring your own racket if you would like but this is not necessary. This is a low participant program focused on skill development and learning of the game.	13-15 Y	Tuesday 7:00-7:55 pm	11 weeks Jan 10-Mar 28	Gym2/3	\$60.00	103668
<b>Basketball</b> Some exercise with friends! Program focusing on skill development, teamwork and sportsmanship!	6-8 Y	Wednesday 4:00-4:55 pm	11 weeks Jan 11-Mar 29	Gym 1	\$66.00	103207
	6-8 Y	Wednesday 5:00-5:55 pm	11 weeks Jan 11-Mar 29	Gym 1	\$66.00	103208
	6-8 Y	Wednesday 6:00-6:55 pm	11 weeks Jan 11-Mar 29	Gym 2	\$66.00	103214
	6-8 Y	Thursday 4:00-4:55 pm	11 weeks Jan 12-Mar 30	Gym 1	\$66.00	103265
	6-8 Y	Thursday 5:00-5:55 pm	11 weeks Jan 12-Mar 30	Gym 1	\$66.00	103268
	13-15 Y	Tuesday 8:00-8:55 pm	11 weeks Jan 10-Mar 28	Gym 1	\$66.00	103176
	9-12 Y	Wednesday 6:00-6:55 pm	11 weeks Jan 11-Mar 29	Gym 1	\$66.00	130209
	9-12 Y	Wednesday 7:00-7:55 pm	11 weeks Jan 11-Mar 29	Gym 1	\$66.00	103210
				Gym 2		103215
	13-15 Y	Wednesday 8:00-8:55 pm	11 weeks Jan 11-Mar 29	Gym 1	\$66.00	103211
	9-12 Y	Thursday 6:00-6:55 pm	11 weeks Jan 12-Mar 30	Gym 1	\$66.00	103274
	9-12 Y	Thursday 7:00-7:55 pm	11 weeks Jan 12-Mar 30	Gym 1	\$66.00	103275
	13-15 Y	Thursday 8:00-8:55 pm	11 weeks Jan 12-Mar 30	Gym 1	\$66.00	103277
<b>Kinder Karate</b> 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	10 weeks Jan 09-Mar 27	Gym 1	\$60.00	103002
	4-5 Y	Monday 6:00-6:55 pm	10 weeks Jan 09-Mar 27	Gym 1	\$60.00	103003
	4-5 Y	Wednesday 4:00-4:55 pm	11 weeks Jan 11-Mar 29	Program Room 2	\$66.00	103217
	4-5 Y	Wednesday 5:00-5:55 pm	11 weeks Jan 11-Mar 29	Program Room 2	\$66.00	103218
	4-5 Y	Thursday 5:00-5:55 pm	11 weeks Jan 12-Mar 30	Room 1	\$66.00	103279
	4-5 Y	Saturday 9:00-9:55 am	10 weeks Jan 14-Mar 25	Program Room 2	\$60.00	103358



## Child/Youth Fitness and Sports Cont'd

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Karate</b> 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 7:00-7:55 pm	10 weeks Jan 09-Mar 27	Gym 1	\$60.00	<b>102999</b>
	6-8 Y	Thursday 6:00-6:55 pm	11 weeks Jan 12-Mar 30	Gym 2	\$66.00	<b>103280</b>
	9-12 Y	Thursday 7:00-7:55 pm	11 weeks Jan 12-Mar 30	Gym 2	\$66.00	<b>103281</b>
	6-8 Y	Saturday 10:00-10:55 am	10 weeks Jan 14-Mar 25	Program Room 2	\$60.00	<b>103359</b>
	9-12 Y	Saturday 11:00-11:55 am	10 weeks Jan 14-Mar 25	Program Room 2	\$60.00	<b>103360</b>
<b>Adult &amp; Tot Multisport</b> An introduction to a variety of non-competitive sports focusing on success and building confidence. Caregiver participation is required.	2-3 Y	Tuesday 4:00-4:40 pm	11 weeks Jan 10-Mar 28	Gym 1	\$55.00	<b>103171</b>
	2-3 Y	Tuesday 5:00-5:40 pm	11 weeks Jan 10-Mar 28	Gym 1	\$55.00	<b>103172</b>
	2-3 Y	Saturday 9:00-9:55 am	10 weeks Jan 14-Mar 25	Gym 2/3	\$60.00	<b>104027</b>
<b>Multisport</b> An introduction to a variety of non-competitive sports focusing on success and building confidence.	4-5 Y	Tuesday 5:45-6:25 pm	11 weeks Jan 10-Mar 28	Gym 1	\$55.00	<b>103173</b>
	6-8 Y	Tuesday 6:30-7:10 pm	11 weeks Jan 10-Mar 28	Gym 1	\$55.00	<b>103174</b>
	9-12 Y	Tuesday 7:15-7:55 pm	11 weeks Jan 10-Mar 28	Gym 1	\$55.00	<b>103175</b>
	4-6 Y	Wednesday 6:15-6:55 pm	11 weeks Jan 11-Mar 29	Gym 3	\$55.00	<b>103198</b>
	7-9 Y	Wednesday 7:00-7:55 pm	11 weeks Jan 11-Mar 29	Gym 3	\$66.00	<b>103199</b>
	4-6 Y	Saturday 10:00-10:55 am	10 weeks Jan 14-Mar 25	Gym 2/3	\$60.00	<b>104030</b>
	7-9 Y	Saturday 11:00-11:55 am	10 weeks Jan 14-Mar 25	Gym 2/3	\$60.00	<b>104034</b>
<b>*NEW* Youth Pilates</b> Youth Pilates Mat Class is an introductory to pilates program for youth of all skill levels and abilities! Join Instructor Renata for a class that focuses on working your entire body starting from the core and including your stomach muscles, hips, glutes, lower back, side obliques and adductors. In this class, you 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. There will be mats available at the centre to borrow, as required.	13-17 Y	Tuesday 6:00-6:55 pm	11 weeks Jan 10-Mar 28	Program Room 2	\$66.00	<b>103314</b>
<b>Adult &amp; Tot Soccer Skills &amp; Drills</b> 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.	2-3 Y	Friday 4:15-4:55 pm	11 weeks Jan 13-Mar 31	Gym 1	\$55.00	<b>103341</b>
		Saturday 10:00-10:55 am	10 weeks Jan 14-Mar 25	Gym 1	\$60.00	<b>103363</b>
<b>Soccer</b> The program will involve running/active games, dribbling, shooting practice, and playing soccer with a team!	4-6 Y	Friday 5:00-5:40 pm	11 weeks Jan 13-Mar 31	Gym 1	\$55.00	<b>103342</b>
	7-9 Y	Friday 5:45-6:25 pm	11 weeks Jan 13-Mar 31	Gym 1	\$55.00	<b>103343</b>
	4-6 Y	Saturday 9:00-9:55 am	10 weeks Jan 14-Mar 25	Gym 1	\$60.00	<b>103364</b>
	10-12 Y	Saturday 11:00-11:55 am	10 weeks Jan 14-Mar 25	Gym 1	\$60.00	<b>103365</b>



What did one snowman say to the other snowman?

**Can you smell carrot?**





## Child/Youth Fitness and Sports Cont'd

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Kids Volleyball</b> An introductory volleyball program where participants will learn key skills to develop their volleyball game. Participants will spend time playing volleyball games, with a few fun drills and skills incorporated in, as well.	8-12 Y	Monday 6:00-6:55 pm	10 weeks Jan 09-Mar 27	Gym 3	\$60.00	<b>103012</b>
<b>Youth Volleyball</b> 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.	13-15 Y	Monday 6:00-6:55 pm	10 weeks Jan 09-Mar 27	Gym 2	\$60.00	<b>103013</b>
<b>*NEW* Flow Yoga</b> Yoga and Pilates combined as one for a full body workout, focusing on building strength, flexibility, posture, and so much more! A great way to unwind at the end of a long day! Participants can bring along their own yoga mat or borrow one from the centre.	13Y & up	Wednesday 8:00-8:55 pm	11 weeks Jan 11-Mar 29	Program Room 2	\$55.00	<b>103315</b>
<b>Kids Zumba</b> 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 6:00-6:40 pm	11 weeks Jan 11-Mar 29	Program Room 2	\$55.00	<b>103219</b>
<b>Zumba</b> Enjoy a Latin inspired dance aerobic workout through our easy-to-follow fitness classes. You will learn the steps and have a great workout.	13Y & up	Wednesday 8:00-8:55 pm	11 weeks Jan 11-Mar 29	Gym 2	\$66.00	<b>103216</b>

## Child/Youth Dance

<b>Adult &amp; Tot Ballet</b> Enjoy an introduction to ballet, improving on rhythm and coordination. Participants will work with their caregiver and together, learn new moves that build onto a mini dance routine.	2-3 Y	Friday 3:45-4:25 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$55.00	<b>103335</b>
<b>Adult &amp; Tot Dance</b> Enjoy an introduction to dance, improving on rhythm and coordination. Participants will work with their caregiver and together, learn new moves that build onto a mini dance routine.	2-3 Y	Friday 3:00-3:40 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$55.00	<b>103334</b>
<b>Ballet</b> Enjoy an introduction to ballet, 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 4:45-5:25 pm	10 weeks Jan 09-Mar 27	Program Room 2	\$50.00	<b>103019</b>
	5-8 Y	Monday 6:15-6:55 pm	10 weeks Jan 09-Mar 27	Program Room 2	\$50.00	<b>103020</b>
	2.5-4 Y	Thursday 4:30-5:10 pm	11 weeks Jan 12-Mar 30	Program Room 2	\$55.00	<b>103260</b>
	5-8 Y	Thursday 6:00-6:40 pm	11 weeks Jan 12-Mar 30	Program Room 2	\$55.00	<b>103261</b>
	2.5-4 Y	Friday 5:15-5:55 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$55.00	<b>103337</b>
	9-12 Y	Friday 7:00-7:55 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$66.00	<b>103339</b>



# VOLUNTEER

## FOR WINTER RINKS!



Find a rink and learn how you can help!

### Child/Youth Dance Cont'd

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Intro to Dance</b> 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 4:00-4:40 pm	10 weeks Jan 09-Mar 27	Program Room 2	\$50.00	103017
	5-8 Y	Monday 5:30-6:10 pm	10 weeks Jan 09-Mar 27	Program Room 2	\$50.00	103018
	2.5-4 Y	Thursday 3:45-4:25 pm	11 weeks Jan 12-Mar 30	Program Room 2	\$55.00	103235
	5-8 Y	Thursday 5:15-5:55 pm	11 weeks Jan 12-Mar 30	Program Room 2	\$55.00	103236
	9-12 Y	Thursday 7:00-7:55 pm	11 weeks Jan 12-Mar 30	Program Room 2	\$66.00	103237
	2.5-4 Y	Friday 4:30-5:10 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$55.00	103336
	5-8 Y	Friday 6:00-6:40 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$55.00	103338
<b>Irish Dance</b> Come practice new moves each week, working on rhythm and coordination by learning traditional dance moves that originated from Ireland! Participants will work towards an Irish 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!	5-8 Y	Tuesday 4:30-5:10 pm	11 weeks Jan 10-Mar 28	Program Room 2	\$55.00	103166
	9-12 Y	Tuesday 5:15-5:55 pm	11 weeks Jan 10-Mar 28	Program Room 2	\$55.00	103167
<b>Youth Hip Hop</b> Enjoy a weekly dance class that incorporates hip hop movements for youth. 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!	13-15 Y	Monday 8:00-8:55 pm	10 weeks Jan 09-Mar 27	Program Room 2	\$60.00	103023
<b>Jazz/Hip Hop</b> 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	Monday 7:00-7:55 pm	10 weeks Jan 09-Mar 27	Program Room 2	\$60.00	103022

### Child/Youth Arts and Drama

<b>*NEW* Craft Club</b> A chance to be creative, use different materials, and make something your own! A variety of crafts will be created during this program designed for young art explorers!	7-9 Y	Wednesday 4:00-4:55 pm	11 weeks Jan 11-Mar 29	Program Room 1	\$88.00	104006
	4-6 Y	Wednesday 5:00-5:45 pm	11 weeks Jan 11-Mar 29	Program Room 1	\$77.00	104017
<b>*NEW* Kids Drama</b> Enhance your verbal and non-verbal communication skills in this creative, relationship-building drama class! Kids 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.	8-12 Y	Monday 5:00-5:55 pm	10 weeks Jan 09-Mar 27	Program Room 1	\$60.00	103026
<b>*NEW* Youth Drama</b> 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.	13-15 Y	Monday 6:00-6:55 pm	10 weeks Jan 09-Mar 27	Program Room 1	\$60.00	103025



## Child/Youth Technology

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<p><b>*NEW* Lego Mindstorms - EV3</b> LEGO Mindstorms EV3 is designed for those with no programming background. It introduces students to concepts such as coding, looping, decision-making and flow control as they utilize the visual drag and drop programming interface. Students design and build programmable robots using high-quality motors, sensors, gears, wheels, axles, and other technical components. Students will better understand how the technology works in real-world applications using hands-on robotics. The solution enables students to understand and interpret two-dimensional drawings to create three-dimensional models. Then, build, test, troubleshoot and revise designs to improve robot performance; gain practical, hands-on experience using mathematical concepts such as estimating and measuring distance, time and speed.</p>	8-12 Y	Tuesday 6:30-7:25 pm	6 weeks Jan 10-Feb 14	Program Room 1	\$87.36	<b>103030</b>
	8-12 Y	Saturday 11:00-11:55 am	5 weeks Feb 18-Mar 25	Program Room 1	\$72.80	<b>103357</b>
<p><b>*NEW* Lego Mindstorms Inventor Robotics</b> Lego's Mindstorms kits take the boundless possibilities of Lego blocks (and the mechanical potential of the Technic system) and add robotics components like servo motors, sensors, and a brain you can program. Robot Inventor uses drag-and-drop coding language based on Scratch and Python to support those new to robotics. Over 50 new challenges and fun activities to help all abilities build coding confidence in a fun, exciting way.</p>	8-12 Y	Saturday 11:00-11:55 am	5 weeks Jan 14-Feb 11	Program Room 1	\$72.80	<b>103354</b>
	8-12 Y	Tuesday 6:30-7:25 pm	5 weeks Feb 21-Mar 28	Program Room 1	\$72.80	<b>103048</b>
<p><b>*NEW* Lego Spike Prime Essentials - City Bots</b> LEGO Spike Prime Essentials – City Bots will develop your student's understanding of computer science as they create sequences and loops, decompose problems, and improve programs to meet specific needs. They'll build taxis, buses, Helicopters, River Ferry and many other designs using LEGO Spike prime essentials kit. Your child will recount experiences using relevant facts and descriptive details. This will help them to improve their communication skills.</p>	4-6 Y	Tuesday 4:30-5:25 pm	6 weeks Jan 10-Feb 14	Program Room 1	\$87.36	<b>103027</b>
	4-6 Y	Saturday 9:00-9:55 am	5 weeks Feb 18-Mar 25	Program Room 1	\$72.80	<b>103355</b>
<p><b>*NEW* Lego Spike Prime Essentials - Science Connections</b> LEGO Spike Prime Essentials – Science Connections introduces your students to Earth, Physical, and Life Science topics, in which they'll explore how people and animals understand and use the world around them. They'll experience and explain how light reflects from objects and enters the eyes, which allows the object to be seen. They'll explore how animals use internal and external structures to live, grow, and survive in the world. They'll learn about energy from natural resources and how their use by humans affects the environment.</p>	6-8 Y	Tuesday 5:30-6:25 pm	6 weeks Jan 10-Feb 14	Program Room 1	\$87.36	<b>103028</b>
	6-8 Y	Saturday 10:00-10:55 am	5 weeks Feb 18-Mar 25	Program Room 1	\$72.80	<b>103356</b>
<p><b>*NEW* Lego WeDo Robotics - Amazing Mechanisms</b> Amazing Mechanisms theme focuses on physical science concepts. In Dancing Birds, students learn about pulleys and belts, experimenting with the size of pulleys and the crossing and uncrossing of the belt. In Smart Spinner, students investigate the effect of smaller and larger gears on a spinning top. In Drumming Monkey, students learn about levers, cams, and patterns of movement. They experiment with the number and position of cams, using them as the effort causing the monkey's arms to drum up and down on a surface at different rates.</p>	6-8 Y	Saturday 10:00-10:55 am	5 weeks Jan 14-Feb 11	Program Room 1	\$72.80	<b>103353</b>
	6-8 Y	Tuesday 5:30-6:25 pm	5 weeks Feb 21-Mar 28	Program Room 1	\$72.80	<b>103051</b>

# BOOK GYM SPACE

**FREE** for 45 minutes  
Up to 10 people



**Scan to book**

### Child/Youth Technology Cont'd

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>*NEW* Lego WeDo Robotics - Wild Animals</b> Wild Animals theme focuses on technology, emphasizing the concept of sensing and responding to external stimuli. In Hungry Alligator: program the alligator to snap its jaw shut when the motion sensor sees something near its mouth. In Roaring Lion: program the lion to sit up and then lie down and roar when it senses a bone. In Flying Bird: program the tilt sensor to activate a flapping sound as they move the tail up and down, flapping the wings. They also program the motion sensor to activate a tweet sound when the bird tilts down.	4-6 Y	Saturday 9:00-9:55 am	5 weeks Jan 14-Feb 11	Program Room 1	\$72.80	<b>103352</b>
	4-6 Y	Tuesday 4:30-5:25 pm	5 weeks Feb 21-Mar 28	Program Room 1	\$72.80	<b>103050</b>

### Child/Youth Learning Opportunities


<b>*NEW* Babysitting Course</b> Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.	11-15 Y	Wednesday 9:00 am-5:00 pm	1 day Jan 04	Program Room 1	\$90.00	<b>103623</b>
	11-15 Y	Friday 9:00 am-5:00 pm	1 day Jan 20	Program Room 1	\$90.00	<b>103625</b>
<b>Little Doctor School</b> Students will have fun dressing up as doctors, use real medical instruments, and discover how the body works. Through interactive and engaging activities, students will learn the key responsibilities of a medical doctor, and explore the heart, lungs and digestion systems. Students also will practice listening to their hearts using a real stethoscope, learn about new medical words and practice their surgery skills like a real surgeon. Stethoscopes can be purchased for \$20.	5-12 Y	Thursday 7:30-8:25 pm	11 weeks Jan 12-Mar 30	Program Room 1	\$220.00	<b>103226</b>
<b>Little Vet School- Cats</b> Students explore and learn about the exciting field of veterinary medicine through role play, interactive demonstrations, crafts, and games. Our aspiring vets will get to perform cat assessments, learn how to keep cats healthy with proper cat home and nutrition care, cat body language, cat toys, and more! They also get to take home their own stuffed toy cat at the end of the program.	5-12 Y	Thursday 6:30-7:25 pm	11 weeks Jan 12-Mar 30	Program Room 1	\$220.00	<b>103225</b>
<b>*NEW* Standard First Aid - CPR C - Blended Learning</b> This course provides comprehensive First Aid and CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR level C or HCP, prevention of disease transmission to more severe sudden medical conditions and injuries to the head and spine. This course includes one virtual day of material and one in-person day. 100% completion mandatory.	13Y & up	Friday 9:00 am-5:00 pm	1 day Feb 03	Program Room 1	\$165.00	<b>103998</b>
	13Y & up	Tuesday 9:00 am-5:00 pm	1 day Mar 14	Program Room 1	\$165.00	<b>103614</b>
<b>*NEW* Stay Safe</b> Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.	9-13 Y	Thursday 9:00 am-2:00 pm	1 day Jan 05	Program Room 1	\$60.00	<b>103632</b>
	9-13 Y	Monday 9:00 am-2:00 pm	1 day Mar 13	Program Room 1	\$60.00	<b>103635</b>

### Child/Youth Art

<b>Painting with Acrylics</b> Learn how to paint with acrylics and/or expand on your current knowledge. During the first few weeks of this program, participants will learn with the instructor through a step-by-step painting. After this first project, participants will venture out to their own masterpieces by bringing in their own choice of picture(s) to paint and work on at their own pace. Cost of program includes paints, brushes, and canvases, with the finished masterpieces being taken home when complete.	8-13 Y	Wednesday 6:00-7:15 pm	10 weeks Jan 11-Mar 22	Program Room 1	\$150.00	<b>103221</b>
	14Y & up	Wednesday 7:30-8:45 pm	10 weeks Jan 11-Mar 22	Program Room 1	\$150.00	<b>103222</b>



**Child/Youth and Adult Music**

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<p><b>Piano Lessons</b> 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+.</p> 	6Y & up	Monday 5:30-6:00 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103344
	6Y & up	Monday 6:00-6:30 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103345
	6Y & up	Monday 6:30-7:00 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103346
	6Y & up	Monday 7:00-7:30 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103347
	6Y & up	Monday 7:30-8:00 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103348
	6Y & up	Monday 8:00-8:30 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103349
	6Y & up	Monday 8:30-9:00 pm	10 weeks Jan 09-Mar 27	Piano Room	\$250.00	103350
	6Y & up	Tuesday 5:30-6:00 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103181
	6Y & up	Tuesday 6:00-6:30 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103184
	6Y & up	Tuesday 6:30-7:00 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103186
	6Y & up	Tuesday 7:00-7:30 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103187
	6Y & up	Tuesday 7:30-8:00 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103188
	6Y & up	Tuesday 8:00-8:30 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103189
	6Y & up	Tuesday 8:30-9:00 pm	11 weeks Jan 10-Mar 28	Piano Room	\$275.00	103190
	6Y & up	Wednesday 5:00-5:30 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	102959
	6Y & up	Wednesday 5:30-6:00 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	102960
	6Y & up	Wednesday 6:00-6:30 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	102961
	6Y & up	Wednesday 6:30-7:00 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	102962
	6Y & up	Wednesday 7:00-7:30 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	102963
	6Y & up	Wednesday 7:30-8:00 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	102964
	6Y & up	Wednesday 8:00-8:30 pm	10 weeks Jan 18-Mar 29	Piano Room	\$250.00	103223
	6Y & up	Thursday 5:30-6:00 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103228
	6Y & up	Thursday 6:00-6:30 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103229
	6Y & up	Thursday 6:30-7:00 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103230
	6Y & up	Thursday 7:00-7:30 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103231
	6Y & up	Thursday 7:30-8:00 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103232
	6Y & up	Thursday 8:00-8:30 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103233
	6Y & up	Thursday 8:30-9:00 pm	11 weeks Jan 12-Mar 30	Piano Room	\$275.00	103234



## Adult Fitness and Sport

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<p><b>*NEW* Intro to Badminton</b> Learn how to play badminton or develop your skills! Program will involve skill practice, learning of the game, and a chance to play in doubles against others! You can bring your own racket if you would like but this is not necessary. This is a low participant program focused on skill development and learning of the game.</p>	16Y & up	Tuesday 8:00-8:55 pm	11 weeks Jan 10-Mar 28	Gym 2/3	\$60.00	103667
<p><b>*NEW* HIIT</b> 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 a mat to borrow) and a bit of energy!</p>	16Y & up	Wednesday 8:00-8:55 pm	11 weeks Jan 11-Mar 29	Gym 3	\$66.00	103206
<p><b>*NEW* Karate</b> 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.</p>	16Y & up	Thursday 8:00-8:55 pm	11 weeks Jan 12-Mar 30	Gym 2	\$66.00	103331
<p><b>*NEW* Intro to Pickleball</b> Learn how to play pickle ball! Program will involve skill practice, learning of the game, and a chance to play in doubles against others! You can bring your own paddle if you would like but this is not necessary. This is a low participant program focused on skill development and learning of the game.</p>	16Y & up	Tuesday 6:00-6:55 pm	11 weeks Jan 10-Mar 28	Gym 2/3	\$60.00	103666
<p><b>Beginner Pilates</b> Beginners Pilates Mat Class is a low impact class to tone your entire body working from the core, including your stomach muscles, hips, glutes, lower back, side obliques and adductors. In this class, you 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.</p>	16Y & up	Tuesday 7:00-7:55 pm	11 weeks Jan 10-Mar 28	Program Room 2	\$66.00	103169
<p><b>Power Core Pilates</b> 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. Please bring a mat with you.</p>	16Y & up	Tuesday 8:00-8:55 pm	11 weeks Jan 10-Mar 28	Program Room 2	\$66.00	103170
		Thursday 8:00-8:55 pm	11 weeks Jan 12-Mar 30	Program Room 2	\$66.00	103224
<p><b>Intermediate Volleyball</b> Meet others in your neighbourhood by playing volleyball! This program involves mildly competitive games each week and requires previous experience playing volleyball at an intermediate level.</p>	16Y & up	Monday 7:00-8:55 pm	10 weeks Jan 09-Mar 27	Gym 2	\$60.00	103015
<p><b>Volleyball</b> Meet others in your neighbourhood by playing volleyball! This program involves casual, mildly competitive games each week.</p>	16Y & up	Monday 7:00-8:55 pm	10 weeks Jan 09-Mar 27	Gym 3	\$60.00	103016
		Thursday 7:00-8:55 pm	11 weeks Jan 12-Mar 30	Gym 3	\$66.00	103333
<p><b>Volleyball Skills Development</b> An introductory volleyball program where participants will learn key skills to develop their volleyball game. Participants will spend the majority of the program working on drills to develop skills with some game play.</p>	16Y & up	Thursday 6:00-6:55 pm	11 weeks Jan 12-Mar 30	Gym 3	\$66.00	103332
<p><b>*NEW* Flow Yoga</b> Yoga and Pilates combined as one for a full body workout, focusing on building strength, flexibility, posture, and so much more! A great way to unwind at the end of a long day! Participants can bring along their own yoga mat or borrow one from the centre.</p>	13Y & up	Wednesday 8:00-8:55 pm	11 weeks Jan 11-Mar 29	Program Room 2	\$55.00	103315



### Adult Fitness and Sport Cont'd

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Zumba Gold</b> Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.	18Y & up	Wednesday 7:00-7:40 pm	11 weeks Jan 11-Mar 29	Program Room 2	\$55.00	103220
<b>Zumba</b> Enjoy a Latin inspired dance aerobic workout through our easy-to-follow fitness classes. You will learn the steps and have a great workout.	13Y & up	Wednesday 8:00-8:55 pm	11 weeks Jan 11-Mar 29	Gym 2	\$66.00	103216
Adult Art						
<b>Painting with Acrylics</b> Learn how to paint with acrylics and/or expand on your current knowledge. During the first few weeks of this program, participants will learn with the instructor through a step-by-step painting. After this first project, participants will venture out to their own masterpieces by bringing in their own choice of picture(s) to paint and work on at their own pace. Cost of program includes paints, brushes, and canvases, with the finished masterpieces being taken home when complete.	14Y & up	Wednesday 7:30-8:45 pm	10 weeks Jan 11-Mar 22	Program Room 1	\$150.00	103222
Adult Dance						
<b>*NEW* Adult Dance</b> Enjoy an introduction to a variety of dance moves from ballet and jazz to hip hop. Participants will work towards a dance routine throughout the session.	16Y & up	Friday 8:00-8:55 pm	11 weeks Jan 13-Mar 31	Program Room 2	\$66.00	103340



Hello Neighbours!

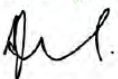
The Huron Community Association (HCA) has been working hard to provide a full schedule of programming for you this winter!

To highlight just some of the great new programs and events coming up: The HCA will be collecting food items for the Food Bank at the Huron Community Centre from December 12-17 and on December 17 from 2-4 pm, be sure to pop by the Food Drive event! Craft Club for young people who are interested in exploring their creativity and different forms of art; Badminton as a new addition for youth and adults; youth leadership programs like first aid, babysitting, and stay safe courses on winter breaks/pd days. Visit the HCA's website at: [huroncommunity.ca](http://huroncommunity.ca) for more programming and events. Online registration can be found at: [Kitchener.ca/activenet](http://Kitchener.ca/activenet). A special thank you to the dedicated team of volunteers who work so hard to make these events and programs happen!

HCA board is always looking for new volunteers and members. If interested, we invite you to meet us at our next upcoming board meeting.

Do you have a city-related question or comment? Please be in touch! I'm always happy to hear from you.


Sincerely,




Councillor Ayo Owodunni – Ward 5

Email: [ayo.owodunni@kitchener.ca](mailto:ayo.owodunni@kitchener.ca)

Office: 519-741-2791

 @ayoowodunni

Cell: 519-897-5019

 ayo.owodunni





# ADULT PROGRAMS AT HCC

**HURON COMMUNITY CENTRE PROGRAMS** 80 Tartan Ave., Kitchener | 519-741-2478

## Gentle Yoga

**Tuesday Jan 10-Feb 14 | Feb 21-Mar 28**

**9:30am-10:30am**

In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required.

**18-54yrs \$39.96 / 55+ \$32.82**

**#101581**

**#101582**

## Painting with Acrylics—Winter Warmth

**Wednesday Jan 11-Feb 15 | 9:30-11:30am**

Come join Instructor Shaun where we will explore making paintings about our very own Huron Natural Area in Winter! Each student will create original works of art in acrylic paint on canvas (supplies provided) as well as learn about historical, modern, and contemporary artists' ideas and portrayals of winter! A very interactive and dynamic class, we welcome artists of all abilities.

**18-54yrs \$118.36 / 55+ \$98.80**

**#101576**

## Painting with Acrylics—Sunrise and Sunset

**Wednesday Feb 22-Mar 29 | 9:30-11:30am**

The sky speaks in a thousand colors! Join Instructor Shaun where we will explore creating sunrise and sunset paintings. Each student will create original works of art in acrylic paint on canvas (supplies provided) as well as learn about historical, modern, and contemporary artists' ideas and portrayals of these breathtaking moments! A very interactive and dynamic class, we welcome artists of all abilities.

**18-54yrs \$118.36 / 55+ \$98.80**

**#101577**

## Hatha Yoga

**Thursday Jan 12-Mar 30 | 10:45am-11:45am**

Traditional yoga poses to align and calm the body, and mind. Increase your body resistance and flexibility.

**18-54yrs \$79.92 / 55+ \$65.64**

**# 101573**

## Pilates Basic

**Thursday Jan 12-Mar 30 | 9:30am-10:30am**

If you are a new Pilates student, this is the class for you. We will focus on the Pilates Principals and the classic mat sequence. Learn the benefit of breathing in Pilates movement. You'll develop a strong inner core while helping sculpt long, lean muscles.

**18-54yrs \$79.92 / 55+ \$65.64**

**#101580**

## Pickleball Clinic for Beginner Plus

**Thursday Mar 9 | 1:00-3:00 pm**

For players who are interested in developing some new skills and team tactics. Emphasis on third shot drop, short shot, block volley and lob retrieval. This is a three hour clinic and will also cover common questions dealing with rules and strategy.

**18-54yrs \$19.98 / 55+ \$16.41**

**#101578**

## Sharing Dance Seniors

**Wednesday Jan 25-Mar 22 | 9:30am-10:30am**

Join us for an innovative 50-minute dance class that is delivered by professionally trained instructors via video streaming from Canada's National Ballet School in Toronto. An on-site facilitator is available during the class to create an interactive and enjoyable experience for the dancers. Program participants have the option to dance from either a seated or standing position, and no previous dance experience is required.

**FREE #103555**