



HURON COMMUNITY ASSOCIATION (HCA)

OUTDOOR PROGRAMS INFORMATION

All HCA outdoor programs take place at Freedom in Christ Community Centre (1643 Bleams Rd, Kitchener, ON N2E 3X8). These programs will run weather-permitting. Information on program cancellation will be posted on our Facebook page and emailed if there is an advanced cancellation. Credits will be issued in the case of a program cancellation due to inclement weather. If you have any questions/concerns regarding programming, please email hcaprogrammer@gmail.com

Registration available on Kitchener Active Net - to view all the Huron programs, search 'Huron' or visit https://anc.ca.apm.activecommunities.com/activekitchener/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=huron&viewMode=list

PROGRAMS FOR CHILDREN					
Program Description	Age	Day/Time	Duration/ Start Date	Cost	Course Code
Outdoor Gymnastics - Parent Tot Offered in partnership with Kitchener-Waterloo Gymnastics Club! Join the KWGC staff for a structured family program filled with fun activities. Come practice your jumps, rolls and more in a fun and safe space. Maximum ratio of one parent per two children.	1.5Y-3Y	Monday 4:00-4:30 PM	6 weeks Sept. 14 (no class Oct. 12)	\$42.00	56018
Outdoor Gymnastics - Family Fun Offered in partnership with Kitchener-Waterloo Gymnastics Club! Join the KWGC staff for a structured family program filled with fun activities. Come practice your jumps, rolls and more in a fun and safe space. Maximum ratio of one parent per two children.	3Y-5Y	Monday 4:40-5:10 PM	6 weeks Sept. 14 (no class Oct. 12)	\$42.00	56019
Outdoor Gymnastics - Kinder Plus Offered in partnership with the Kitchener-Waterloo Gymnastics Club! Join the KWGC staff for a structured independent program for ages 5-6. Come practice your jumps, rolls and more in a fun and safe space.	5Y-7Y	Monday 5:20-5:50 PM	6 weeks Sept. 14 (no class Oct. 12)	\$42.00	56020
Outdoor Gymnastics - Tumbling Offered in partnership with the Kitchener-Waterloo Gymnastics Club! Join the KWGC staff for an introduction to floor skills. Learn cartwheels, jumps and rolls and explore basic tumbling skills.	7Y-12Y	Monday 6:00-6:30 PM	6 weeks Sept. 14 (no class Oct. 12)	\$42.00	56021
	7Y-12Y	Monday 6:40-7:10 PM	6 weeks Sept. 14 (no class Oct. 12)	\$42.00	56046
Outdoor Kids Zumba 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.	5Y-10Y	Monday 5:00-5:45 PM	6 weeks Sept. 14 (no class Oct. 12)	\$34.68	56022
Outdoor Kinder Karate Come out and join our outdoor karate program! Karate skills to increase self confidence, self discipline, and physical health designed for the younger kids. There will not be testing/uniforms available for additional purchase due to the short session.	4Y-5Y	Monday 5:30-6:15 PM	6 weeks Sept. 14 (no class Oct. 12)	\$34.68	56024
	4Y-5Y	Wednesday 5:30-6:15 PM	6 weeks Sept. 16	\$34.68	56026
Outdoor Karate Come out and join our outdoor karate program! Karate skills to increase self confidence, self discipline, and physical health. There will not be testing/uniforms available for additional purchase due to the short session.	5Y-8Y	Monday 6:20-7:05 PM	6 weeks Sept. 14 (no class Oct. 12)	\$34.68	56025

Outdoor Sunset Karate Come out and join our outdoor karate program! Karate skills to increase self confidence, self discipline, and physical health. There will not be testing/uniforms available for additional purchase due to the short session.	8Y-12Y	Wednesday 6:20-7:05 PM	6 weeks Sept. 16	\$34.68	56027
Outdoor Soccer Drills Work individually on your soccer drills during this active, 30 minute program! Participants will have practice individually with running, dribbling, shooting, and will also be practicing passing with a partner from a 2 metre distance. Please BRING YOUR OWN SOCCER BALL to this program if possible! There will be some extra balls available if needed.	3Y-4Y	Wednesday 5:30-6:00 PM	6 weeks Sept. 16	\$25.20	56025
	5Y-8Y	Wednesday 6:05-6:35 PM	6 weeks Sept. 16	\$25.20	56030
PROGRAMS FOR YOUTH AND ADULTS					
Program Description	Age	Day/Time	Duration/ Start Date	Cost	Course Code
Outdoor Zumba Enjoy a Latin inspired dance aerobic workout outdoors through our easy-to-follow fitness classes. You will learn the steps and have a great workout.	13+	Monday 6:00-7:00 PM	6 weeks Sept. 14 (no class Oct. 12)	\$34.68	56023
Outdoor Sunset HIIT 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 short and mighty workout. Make sure to bring water, a mat (if you prefer - other option is the grass), and a bit of energy!	13+	Wednesday 6:40-7:-10 PM	6 weeks Sept. 16	\$25.20	56031
Outdoor Sunset Hatha Flow Yoga Join us 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 are required to bring along their own yoga mat and maybe a sweater to stay warm!	13+	Wednesday 6:00-6:55 PM	4 weeks Sept. 16	\$23.12	56032