



Children and Youth

(Parent/legal guardian must be present at time of registration for children under 12 years old)

Karate & Self-Defense

Our program is focused on developing an individual's physical, mental and character growth through this ancient art in a safe and fun environment. Through our program, students will build their confidence and self-esteem, focus and concentration, balance and co-ordination as well as their physical fitness level. The Ouellette Karate & Self-Defense team of Certified Black Belts has over 90 years of combined experience to guide students in achieving their developmental goals.

Karate for Kids (5-7 years)

A fun, high-energy program designed to introduce children 5-7 years to karate. This introductory program focuses on building strong self-esteem, personal fitness, and fundamentals of self-defense through fun physical activities and continuous positive re-enforcement. Our program prepares young students for participation in the Beginner 8-14 year old class. All classes are taught by caring, licensed instructors.

Fall Session	September 24 to December 3, 2011 (no class Oct. 8th) 10 weeks			
Winter Session	January 14 to March 24, 2012 (no class March 10th or 17th) 9 weeks			
Program	Day	Time	Length	Cost
Karate for Kids	Sat.	11:45 -12:30 p.m.	10 weeks	\$55
			9 weeks	\$50

Beginner Karate

Children & Youth (8-14 years): An introductory course that teaches the fundamentals of Karate and Self-Defense to beginners and prepares them for more advanced training. Students will learn stances, blocking, punching, striking and kicking along with safe falling and rolling. Fun and teamwork will be emphasized.

[See Beginner Karate for Teens/Adults on Page 22](#)

Beginner Karate Children/Youth

Monday	Thursday	Saturday
6:00-7:15 p.m.	6:00-6:45 p.m.	1:00-2:00 p.m.



Fall Session: September 19 to December 3, 2011 (no classes Oct. 8th, Oct. 10th)
Winter Session: January 9 to March 24, 2012 (no classes Feb. 20th, March 10-17th)

Program Cost: \$80 per session

Floor Hockey

For children 7-11 years

Come on out and see how exciting and fast-paced floor hockey is. And lots of fun too! Helmets and face masks are not mandatory, but are highly recommended. Attire: t-shirt, shorts and running shoes.

Fall Session September 23 to December 2, 2011 (no class Oct. 7th)
Winter Session January 13 to March 23, 2012 (no class March 16th)

Program	Day	Time	Length	Cost
Floor Hockey	Fri.	6:30-8:00 p.m.	10 weeks	\$60

We accept payment by cash, cheque, debit,  and .



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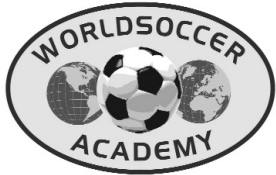
Boys' Basketball – Skills Camp

You need no previous basketball experience or skills to participate in this program. Our focus will be on improvement of skills through fundamental basketball drills to increase the player's form and accuracy while incorporating competitions and fun games to get everyone involved. A full-court scrimmage game will be played at the end of every practice. Our emphasis will be on having fun, meeting new friends and seeing improvements in your overall basketball skills.

Fall Session **September 24 to December 3, 2011** (no class Oct. 8th) (10 weeks)

Winter Session **January 14 to March 10, 2012** (9 weeks)

Program	Day	Time	Length	Cost
Ages 8-10 years	Sat.	3:00-4:30 p.m.	10 weeks	\$60
			9 weeks	\$55
Ages 11-12 years	Sat.	4:30-6:00 p.m.	10 weeks	\$60
			9 weeks	\$55



Indoor Soccer

The Canterbury Community Association, in conjunction with the WorldSoccer Academy, presents its 2011/2012 soccer program for boys and girls 3-12 years old. WorldSoccer Academy is led by Zijo Nisticic who brings to Canterbury over 40 years of experience as a professional soccer player and coach.

ACTIVE PARENTS/ACTIVE KIDS

For children aged 3 to 5 years (parent participation is mandatory)

Fall Session **September 18 to December 4, 2011** (no class Oct. 9th or Nov. 27th)

Winter Session **January 15 to March 18, 2012**

Program	Day	Time	Length	Cost
Active Kids	Sun.	10:15-11:15 a.m.	10 weeks	\$75



Soccer Skill Development

Learn and play...the session time will be split 50/50 between skill building and small side games. Technical skills to be learned: shielding the ball, controlling the ball with both feet, short passing and shooting, individual and small group tactics, small side games.

Fall Session **September 18 to December 4, 2011** (no class Oct. 9th or Nov. 27th)

Winter Session **January 15 to March 18, 2012**

Program	Day	Time	Length	Cost
Soccer 6-8 years	Sun.	11:15-12:15 p.m.	10 weeks	\$75
Soccer 9-12 years	Sun.	12:15-1:15 p.m.	10 weeks	\$75

Babysitting Course

For youth 12 years and up

The Canada Safety Council has designed this course to provide information on babysitting skills and emergency situations. A certificate will be provided upon successful completion of this course.

Fall Session **October 15 and October 22, 2011 (Test Date: Oct. 29, 9:00-10:00 a.m.)**

Program **Day** **Time** **Length** **Cost**

Babysitting Course* Sat. 9:00 a.m.-2:00 p.m. 3 weeks \$65 (includes manual)

*There is no winter session for this program. Course will not be offered again until the spring of 2012.

Please note you can register for your winter courses at the fall registration.



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Home Alone Course

For children 9 years and up

The Canada Safety Council has designed the Home Alone Program to provide children 9 years and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Your child will learn to follow safety procedures, learn how to obtain emergency help and will review basic first aid procedures.

Program	Day	Time	Start	Finish	Length	Cost
Home Alone*	Sat.	1:00-5:00 p.m.	Nov. 5	Nov. 5	1 day	\$35 (includes manual)

*There is no winter session for this program. Home Alone will not be offered again until the spring of 2012.

Piano Lessons – Initiation to Piano

For children 5-12 years

This is an eight-week introduction to music with an emphasis on keyboard. Students will develop an interest and knowledge in playing the keyboard that may encourage them to continue musical instruction. To maximize participation and learning, no more than 7 children will be accepted in each class so your child is assured lots of personal attention. The program provides a fun and creative learning environment. Instruments are provided at class and remain at the Centre. Children must be at least 5 years of age to register – no exceptions. Parent involvement for 5-7 year olds is required and a keyboard at home is needed for practice. (Price includes Alfred's Group Piano Book)

Fall Session September 24 to November 19, 2011 (no class Oct. 8th)
Winter Session January 14 to March 3, 2012

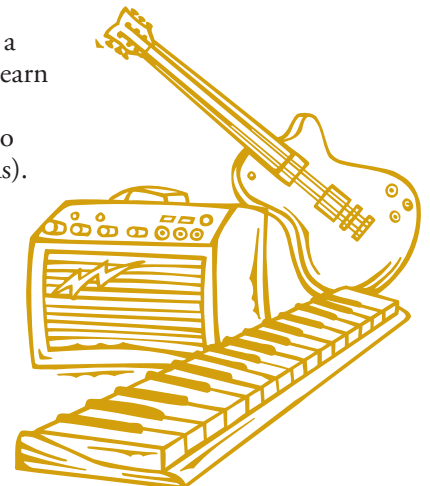
Program	Day	Time	Length	Cost
Level 1 (5-7 years)	Sat.	12:30 -1:20 p.m.	8 weeks	\$95
Level 1 (8-12 years)	Sat.	1:30-2:20 p.m.	8 weeks	\$95
Level 2 (8-12 years)	Sat.	2:30-3:20 p.m.	8 weeks	\$95

Guitar Lessons

Have you ever thought of becoming a great soloist, or playing in a band? The guitar is a great instrument to play. Along with basic chord structure and music theory, you will learn to tune your guitar in standard tuning, develop good left and right hand technique, recognize notes on the fretboard, and learn the TAB system. All students are required to bring their own guitar to class (3/4 nylon string guitar recommended for 8-12 year olds). A \$5 fee for sheet music is payable to instructor at first class.

Fall Session September 24 to November 19, 2011 (no classes Oct. 8th)
Winter Session January 14 to March 3, 2012

Program	Day	Time	Length	Cost
Level 1 (8-13 years)	Sat.	10:05-11:05 a.m.	8 weeks	\$75
Level 1 (14 yrs. and up)	Sat.	11:10-12:10 p.m.	8 weeks	\$75
Level 2 (8-13 years)	Sat.	12:15-1:15 p.m.	8 weeks	\$75
Level 2 (14 yrs. and up)	Sat.	1:20-2:20 p.m.	8 weeks	\$75



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Canterbury Dance Centre

(see schedule of Adult dance classes on page 14 & 15)

The Canterbury Dance Centre is under the direction of Chantelle McEwen. The Centre offers jazz, tap, modern, ballet, and hip hop to children and youth ages 3 and over. A spectacular recital in June 2012 rounds this year-long program. Performance in the recital requires a consistent level of participation by all students. Any participant who misses more than 8 classes will not be eligible to perform in the recital.

Please speak to your instructor if there will be extenuating circumstances.

PLEASE NOTE THERE WILL BE A SPECIAL REGISTRATION FOR THIS PROGRAM ON TUESDAY, SEPTEMBER 6, 2011, FROM 7:00-9:00 P.M.

The fall session starts on Monday, September 19 and finishes on December 17, 2011. The winter program begins on Monday, January 9, 2012. The year end recital is tentatively scheduled for Saturday, June 2, 2012.

Registrations to this program are ONLY accepted in the fall of 2011 and cover the period September to June. We are unable to accept registrations for this program at the winter 2012 registration.

Monday	Dance Studio	Multi Room 2
6:00-7:00 p.m.	Intermediate Jazz A (11-13 yrs) (2 RC)	Intermediate Tap (10+ yrs) (2 RC)
7:00-8:00 p.m.	Pre-Senior Jazz (2 RC)**	Ballet 3 (12+ yrs) (2 RC)
8:00-9:00 p.m.	Teen Jazz (13+ yrs) (2 RC)	Pre-Senior Tap (12+ yrs) (2 RC)
Tuesday		
5:00-6:00 p.m.	Competitive (see page 11)	
6:00-7:00 p.m.	Lyrical (13+ yrs) (2 RC)	(6:15) Junior Jazz (7-10 yrs) (1 RC)
7:00-8:00 p.m.	Intermediate Jazz B (11-13yrs) (2 RC)	Senior Tap (2 RC)**
8:00-9:00 p.m.	Senior Jazz (2 RC)**	
Wednesday		
5:15-6:00 p.m.	Hip Hop1 (1 RC) (8-10 yrs)	
6:00-7:00 p.m.	Hip Hop 2 (2 RC) (10-12 yrs)	
7:00-8:00 p.m.	Hip Hop 3 (2 RC) (13+ yrs)**	

Saturday - 1 RC for all classes below

Time	Dance Studio	Time	Multi Room 2	Time	Main Hall B
9:30-10:15 a.m.	Pre-Junior Jazz (5-7 yrs)	9:45-10:15 a.m.	Kinderdance B (3-5 yrs)	9:30-10:15 a.m.	Ballet 2 (7-11 yrs)
10:15-11:00 a.m.	Junior Jazz A (7-10 yrs)	10:15-11:00 a.m.	Pre-Junior Tap (5-7 yrs)	10:20-10:50 a.m.	Kinderdance C (3-5 yrs)
11:05-11:35 a.m.	Kinderdance A (3-5 yrs)	11:00-11:45 a.m.	Junior Tap (7-9 yrs)	11:00-11:45 a.m.	Ballet 1 (5-7 yrs)
11:40-12:10 p.m.	Kinderdance D* (3-5 yrs)				

Course fees quoted are member prices. Non CCA members add \$10 per course.



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*Kinderdance D will only run if all other Kinderdance classes are full.

**Class level placement is based on the instructor's recommendations.

Rooms subject to change depending on course numbers. Classes conditional upon number of registrants.

Competitive Class

Participation in the competitive class is based on the instructor's recommendations only. The competitive class will participate in 2-3 competitions over the year and should have at least 3 years experience in jazz. Because this is a competitive class, all group members must be at the same skill level/ability. This differs from all non-competitive classes in which students are welcomed and encouraged to participate in any class they chose regardless of past dance experience.

Fee Schedule

Length of Program Number of Recital Costs (RC)	Program Cost	Recital Cost	Total Cost
30 minutes (1 RC)	\$190	\$50	\$240
45 minutes (1 RC)	\$250	\$60	\$310
45 minutes (2 RC)	\$250	\$105	\$355
60 minutes (1 RC)	\$265	\$75	\$340
60 minutes (2 RC)	\$265	\$135	\$400

Payment must be made in full at time of registration or by 3 cheques (see Payment Schedule). The first cheque dated September 6, 2011 (1/3 of program cost), and two post-dated cheques for January 1, 2012 (1/3 of program cost PLUS recital costs), and April 1, 2012 (1/3 of program cost). **Please note that recital costs are non-refundable after February 1, 2012.**

Payment Schedule

Program	First Cheque Sept. 6, 2011	Second Cheque Jan. 1, 2012	Third Cheque April 1, 2012
30 minutes (1 RC)	\$70	\$60 + \$50 RC = \$110	\$60
45 minutes (1 RC)	\$90	\$80 + \$60 RC = \$140	\$80
45 minutes (2 RC)	\$90	\$80 + \$105 RC = \$185	\$80
60 minutes (1 RC)	\$95	\$85 + \$75 RC = \$160	\$85
60 minutes (2 RC)	\$95	\$85 + \$135 RC = \$220	\$85

Recital Costs (RC) refers to the costs associated with renting the recital venue for rehearsals and the recital, the purchase of costumes, medals, awards, the printing of programs and tickets, and all other costs associated with this year-end production.

Please check our Dance website for up-to-date information (www.cca-acc.ca/dance.asp)

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Association communautaire de Canterbury Community Association

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Yoga for Teens

For youth 13-17 years

Yoga is beneficial for everyone, but especially so for teenagers. Yoga goes beyond the physical benefits in that it helps to develop focus, improve concentration and helps instill a positive self image. Through the regular practice of yoga, teens can learn to cope with the demands and situations that life presents, and develop an inner sense of calm and confidence.

Fall Session

September 21 to November 23, 2011

Winter Session

January 11 to March 14, 2012

Program

Day

Time

Length

Cost

Teen Yoga

Wed.

5:30-6:30 p.m.

10 weeks

\$65