



COMMUNITY PROGRAM OPPORTUNITIES: JUNIOR KINDERGARTEN - GRADE 8



TABLE OF CONTENTS

CONTENTS

Introduction	1	Outdoor Environmental Education	14
Health and Physical Education	2	+ Parks Education Workshops	16
+ Dance	3	Leadership, Development and Play	18
+ Fitness and Health	4	+ Team Building	19
+ Gymnastics	5	+ Play Days	20
+ Swim to Survive™	6	+ Spray Pads and Wading Pools	21
+ Recreational Swims	7	+ Outdoor Park Programs	22
+ Swimming Lessons	7	+ BEST You Program	23
+ Recreational Skating	8	Community Education Programs	24
+ Skating Lessons	8	+ Animal Services Education	25
+ Snow Tubing	11	+ Fire/Life Safety Education Centre	26
+ Sports	12	School Events	27
+ Ninja Parkour and Rock Wall	13	How to Book	27

INTRODUCTION

INTRODUCTION

The City of Brampton offers a wide range of experiential programs and hands-on workshops that support current Ministry of Education curriculum guidelines. This guide highlights some of the most popular options available through the City's Community Services Department. Custom programming is also available to meet the unique needs of your students.

We are committed to inclusive learning and development opportunities for individuals of all abilities. We welcome and encourage the participation of students living with disabilities in all of our programs.

Programs can be combined or scheduled together to create a full day of learning at the Community Centre of your choice. All programs are led by highly trained City of Brampton recreation staff who bring expertise and enthusiasm to every session.

Our Staff are:

- + Certified in Standard First Aid with CPR-C
- + Have a Police Vulnerable Sector Check
- + Trained in the High Five Principles of Healthy Child Development
- + Equipped with extensive, on-site program-specific training (including course content, program planning, learning styles, behaviour and risk management)
- + Professionally certified in specific areas of instruction, where applicable

Please review this guide for a list of the most popular programs that are available for youth in grades 9 - 12.



For booking information or other inquiries, please email community.programs@brampton.ca or scan here to learn more.

We look forward to welcoming your students and providing a fun, engaging learning experience!

HEALTH AND PHYSICAL EDUCATION

DANCE

Dance programs are a great way to get moving, tap into inner creativity, and stay physically fit. The City of Brampton offers programs for all skill levels and interests. Classes can be booked individually or as a series.

A sampling of dance styles offered:

- + Acro
- + Ballet
- + Bhangra
- + Bollywood
- + Hip Hop
- + Intro to Dance
- + Jazz

GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: ONSITE OR AT A CITY OF BRAMPTON
COMMUNITY CENTRE CLOSE TO YOUR SCHOOL.**



FITNESS AND HEALTH

A wide range of fitness classes are available for all fitness levels and abilities. Plan to join us for a single class or watch your group progress through an entire course.

Fitness and health class offerings include:

- + Bootcamp (outdoor or indoor options available)
- + Chair Fitness
- + Fitness Sampler
- + Stretch and Strength
- + Yoga, Relaxation and Meditation
- + Zumba

GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: ONSITE OR AT A CITY OF BRAMPTON
COMMUNITY CENTRE CLOSE TO YOUR SCHOOL.**





GYMNASTICS

Have your students develop and advance their gymnastics skills while improving their strength, balance, and coordination using the vault, bars, beam and floor.

Lessons are station based and appropriate to students age and level of development.

GRADES: JK TO GRADE 8
AVAILABILITY: ENTIRE SCHOOL YEAR
LOCATION: KEN GILES RECREATION CENTRE

FREE
PROGRAM

SWIM TO SURVIVE™

This **FREE** program teaches water safety skills needed to survive an unexpected fall into deep water. The program includes three lessons in water as well as three in-class lessons that are provided to teachers to be taught before their in-water lessons.

In the grade three Swim to Survive program, students will learn the sequence of rolling into deep water, treading water for one minute, and swimming 50 metres.

In the grade seven Swim to Survive Plus program, students will build on the skills taught in the Swim to Survive program by completing the standard with clothes on, and will additionally learn how to help a friend in deep water without putting themselves in danger.

GRADES: 3 AND 7

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: ANY CITY OF BRAMPTON COMMUNITY CENTRE WITH A SWIMMING POOL.





POOL RENTALS

Rent a City of Brampton Pool near your school for swim team practices, swim meets, team building and so much more!

RECREATIONAL SWIMS

Schools can book recreational swim times for students to cover a portion of daily physical activity programming or for fun.

SWIMMING LESSONS

Lessons are delivered in a group setting. This format is popular to make lessons affordable for those students who may be unable to participate in City of Brampton swim programs.

GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: AT ANY CITY OF BRAMPTON COMMUNITY CENTRES WITH A SWIMMING POOL.

RECREATIONAL SKATING

Recreational skate times can be reserved as part of daily physical activity or for fun. Participants are encouraged to come out with their skates and helmets. Helmets are strongly recommended for all participants.

SKATING LESSONS

Participants enjoy being active while learning how to skate with our certified instructors. Lessons are 50-minutes in duration and will include both an instruction period and a free skate portion. Students will be split into groups according to their skating ability each week to accommodate different rates of progression. Helmets are mandatory for all participants, volunteers, and teachers on ice during skating lessons.

GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: AT ANY CITY OF BRAMPTON COMMUNITY CENTRE WITH AN ICE RINK.



ICE RINK RENTALS

Rent the ice to enjoy a fun-filled skating experience at an arena near your school. Arenas can be booked for school hockey or weekly figure skating team practices or any games and tournaments.

Please note:

City of Brampton staff are do not provide supervision during rental periods.

EQUIPMENT RENTAL AVAILABLE

Skate and helmet inventories are available at select locations free of charge. Please inquire about the details when booking your next visit.





SNOW TUBING

Participants of all ages enjoy an exciting ride down the hill at Mount Chinguacousy on an inflatable inner tube. There are no skills required to participate. Participants must be a minimum of 42 inches in height and weigh a maximum of 250 pounds.

+ Equipment (helmets) included

**GRADES: JK TO GRADE 8
(PARTICIPANTS MUST MEET MINIMUM
HEIGHT REQUIREMENTS).**

**AVAILABILITY: JANUARY TO MARCH
(WEATHER PERMITTING)**

**LOCATION: MOUNT CHINGUACOUSY
AT CHINGUACOUSY PARK.**



SPORTS

Sports programs are a great opportunity for students to work as a team while developing basic fundamental skills through physical literacy. Skills and drills programs are offered in various sports. Programs are run as an instructional lesson followed by a scrimmage. These classes can be booked as stand-alone classes or can be conducted in a series of a single sport or multi-sports.

A sampling of sports offered:

- + Archery
- + Basketball
- + Badminton
- + Canoeing
- + Cricket
- + Curling
- + Field/Floor Hockey
- + Fishing
- + Kayaking
- + Lacrosse
- + Pickleball
- + Racquetball
- + Stand Up Paddle boarding
- + Soccer
- + Squash
- + Tennis (year round)
- + Track and Field
- + Ultimate Frisbee
- + Handball
- + Dodgeball



GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: SELECT PROGRAMS OFFERED ONSITE,
ALL PROGRAMS OFFERED AT A CITY OF BRAMPTON
COMMUNITY CENTRE CLOSE TO YOUR SCHOOL WITH
THE AVAILABLE AMENITIES.**



NINJA PARKOUR AND ROCK WALL

Ninja Warrior Obstacle Course challenges balance, agility, and endurance while moving rapidly through bungee rings, floating bridges, balance logs, sea of swings, box jumps and more. Participants from will run, jump, climb, and roll, challenging themselves to develop skills in a safe and supervised environment.

Students will learn the fundamentals of rock climbing, including basic foot work, different hand holds, proper balance, reading climbs and much more.

Prerequisite:

Must be minimum 30lbs, maximum 275lbs in weight.

GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: KEN GILES RECREATION CENTRE

OUTDOOR ENVIRONMENTAL EDUCATION



PARKS EDUCATION WORKSHOPS

The City of Brampton offers FREE interactive and exciting classroom workshops about pollination,

invasive species, tree health and stormwater management to schools across Brampton. Students can learn about bugs, plants and animals that live in our parks and understand the importance of maintaining a healthy environment and neighbourhood. Workshops focus on experiential and inquiry-based learning.

Programs offered:

- + Kindergarten Workshops
- + I Like Trees! (Grade 1)
- + What's in Our Parks? (Grade 2)
- + Parts of a Plant (Grade 3)
- + Invasive Species and Biodiversity (Grades 4 - 7)
- + Storm Water Management (Grade 8)

Educators can email BramptonGreenCity@brampton.ca for more information.





LEADERSHIP, DEVELOPMENT AND PLAY

TEAM BUILDING

Half or full day opportunities are available for groups interested in team building exercises and activities. Programs can be delivered in a variety of formats that help participants communicate, build peer relationships, develop critical and creative thinking, enhance interpersonal skills and showcase the strengths of each team member. Bookings are available for a single class, a whole grade, or the entire school.

GRADES: JK TO GRADE 8

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: ONSITE OR AT A CITY OF BRAMPTON
COMMUNITY CENTRE CLOSE TO YOUR SCHOOL.**



PLAY DAYS

Play days are organized by our staff and hosted at either your school or at one of our facilities. Students enjoy age appropriate activities and games throughout the day, organized by certified leaders. Bookings are available for a single class, a whole grade, or the entire school. Play days can be booked for half days or full days.

GRADES: JK TO GRADE 8

**AVAILABILITY:
ENTIRE SCHOOL YEAR**

**LOCATION: ONSITE OR AT A CITY
OF BRAMPTON COMMUNITY CENTRE
CLOSE TO YOUR SCHOOL.**





**FREE
PROGRAM**



SPRAY PADS AND WADING POOLS

Spray pads are a fully interactive experience with water spray elements from all directions. Plan a trip to your local spray pad or wading pool to cool off in the warmer months.

GRADES: JK TO GRADE 8

**AVAILABILITY: LATE MAY TO LABOUR DAY
(WEATHER PERMITTING)**

**LOCATIONS AND OPERATIONAL STATUS CAN BE FOUND
AT WWW.BRAMPTON.CA/SPLASH**

OUTDOOR PARK PROGRAMS

Chinguacousy Park: Our staff can customize a school visit that fits the needs of your students. Options can include: mini golf, petting zoo, barn tours, and sports.

Eldorado Park: Surrounded by natural forest on the banks of the Credit River, Eldorado Park is the perfect place to spend a summer day. Bring your lunch and enjoy the natural scenic surroundings at one of our picnic areas. The perfect place to enjoy an end of year picnic.

Professor's Lake Recreation Centre: Play beach volleyball, or go on a relaxing paddling trip around the lake. Canoes, kayaks, paddleboats, corcl boats, and stand-up paddleboards are available for individual rental or group classes.*

*Limited quantity of boats available and additional fees may apply.

GRADES: JK TO GRADE 8
AVAILABILITY: SPRING AND SUMMER
(WEATHER PERMITTING)





GRADES: 1 TO 8

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: ONSITE

BEST YOU PROGRAM

Build, Explore, Support, Talk. This FREE program supports and promotes a holistic approach to health and wellness. Three 45-minute in-school workshops focus on physical activity promotion, social skill development and emotional awareness for students.

Workshops include:

MOVE	Improve flexibility, muscle strength, coordination and balance. Develop & improve motor skills.
CONNECT	Help children become part of a group or team. Improve social skills.
GROW	Improve self-esteem. Build confidence.

Schools can book workshops by the half day (3 workshops) or full day (6 workshops). We can accommodate one class per workshop and request that workshops are scheduled back-to-back. Schools can participate in one or all three workshops and the workshops do not need to be completed in any order.

To book please visit www.brampton.ca/bestyouth or email bestyou@brampton.ca

COMMUNITY EDUCATION PROGRAMS



ANIMAL SERVICES EDUCATION

Brampton's Animal Services division offers programs for children of various ages focused on responsible pet ownership and animal safety and awareness.

To book visit www.brampton.ca/animalservices or email animal.services@brampton.ca

GRADES: 1 TO 8

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: ONSITE OR AT THE BRAMPTON
ANIMAL SHELTER**

FIRE/LIFE SAFETY EDUCATION CENTRE

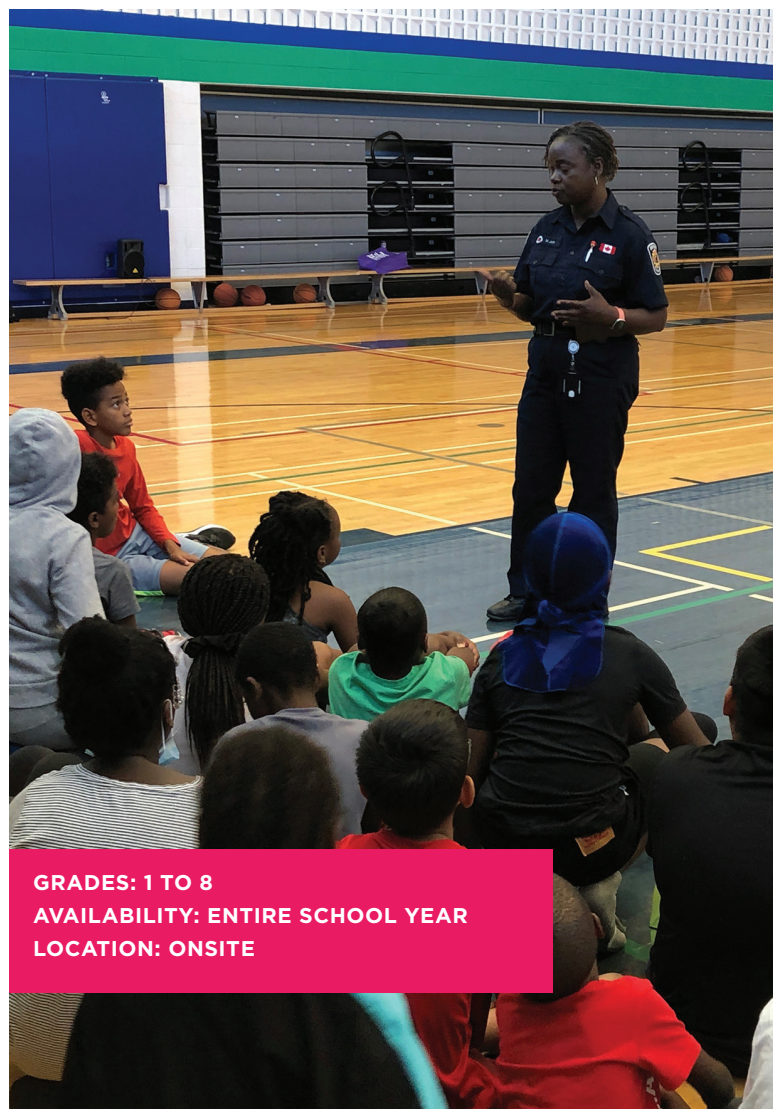
Brampton Fire and Emergency Services is happy to attend displays, special events, and presentations to provide fire and life safety information to our community members.

Brampton Fire offers free fire safety presentations for grades 1 to 8.

- + Improve fire safety knowledge and skills
- + Facilitate the transfer of knowledge and skill to their families, households, and communities
- + Reduce the risk of playing with fire or be harmed by fire, and
- + Build trust in firefighters and recognize that firefighters are key community helpers.

For more information or to schedule a presentation for your school, email firelife@brampton.ca.

Please Note: At this time priority will be given to school families located in areas with higher fire incidents.



GRADES: 1 TO 8

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: ONSITE

**FREE
PROGRAM**

SCHOOL EVENTS

City of Brampton Recreation staff are available to attend events to provide information to community members about programs available in their neighbourhood at no extra cost.

Some events we have attended in the past:

- + Open houses
- + Welcome to Kindergarten night
- + Parent information nights
- + School carnivals and BBQs
- + Sporting events
- + Information evenings
- + Parent council meetings
- + Talent shows
- + Community nights
- + Parent and teacher nights

Other special events may also be applicable. Please connect with us to explore opportunities in further detail.

Staff are also available to attend events to provide programming for an additional cost. Please inquire if you would like to know more.

HOW TO BOOK

Inquiries and booking requests may be directed to community.programs@brampton.ca.

Please include your name, school, participant age group, and program(s) of interest in your email.

Visit www.brampton.ca/communityprograms for more information about our school program.

CUSTOM PROGRAMS

Tailored programs can be developed based on instructor needs and in order to align with current Ministry of Education curriculum guidelines. Curriculum target areas can include Movement Competence: Skills, Concepts, and Strategies and Healthy Living.

  @BramptonParksRec

 brampton.ca/recreation

