



**COMMUNITY PROGRAM
OPPORTUNITIES:
GRADES 9 TO 12**



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INTRODUCTION

INTRODUCTION

The City of Brampton offers a variety of experiential programming and hands-on workshops, many of which meet current Ministry of Education curriculum guidelines.

The information included in this package is a sampling of what the City of Brampton's Community Services Department offers. Programming is not limited to these options.

The City of Brampton is committed to providing community learning and development experiences to all individuals with various abilities. We strongly encourage and welcome the participation of individuals with disabilities into all of our programs.

Most of our programs can be offered in combination and/or in conjunction with one another. This opportunity will provide instructors the option of scheduling full day programming at a Community Centre of their choosing.

City of Brampton recreation staff are highly trained and specialized instructors in their fields of expertise.

Our Staff:

- + are a minimum of Standard First Aid with CPR-C certified;
- + are subject to a Police Vulnerable Sector Check;
- + are trained in the High Five Principals of Healthy Child Development;
- + receive extensive on-site program specific training which includes course content, program planning, learning styles, managing challenging, behaviours, and risk management;
- + have additional qualifications for specific program areas.

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 consult page 27 of the guide.

We look forward to working with you and hosting your students soon!

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:

- + Hip Hop
- + Latin Dance
- + Belly Dancing
- + Country Line Dancing
- + Acro
- + Ballet
- + Jazz
- + Bollywood

Detailed program descriptions can be found online at www.brampton.ca/communityprograms

GRADES: ALL GRADES
AVAILABLE: ALL YEAR
OFFERED: ONSITE OR AT CITY OF BRAMPTON
COMMUNITY CENTRES





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 Open Healthy Active Living Education: Physical Activity, Active Living, Healthy Living, Living Skills; Open Healthy Active Living Education; University Exercise Science; and College Recreation and Fitness Leadership.

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 classes include

- + Zumba®
- + Boot Camp (incl. outdoor)
- + Kickboxing
- + Pi-Yo
- + Yoga
- + Pilates
- + Meditation
- + Tabata

Detailed program descriptions can be found online at www.brampton.ca/communityprograms

GRADES: ALL GRADES

AVAILABLE: ALL YEAR

**OFFERED: ONSITE OR AT CITY OF BRAMPTON
COMMUNITY CENTRES WITH FITNESS FACILITIES**

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: ALL GRADES

AVAILABLE: SEPTEMBER TO JUNE

OFFERED: AT KEN GILES RECREATION CENTRE



SWIMMING LESSONS

Lessons are delivered in a group setting. This format is popular to make lessons affordable for those students who could not normally participate in City of Brampton swim programs. Specialized programs are available to suit individual needs or requirements.

RECREATIONAL SWIMMING

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

POOL RENTALS

Rent a City of Brampton pool for swim team practices, swim meets, pool parties, and more!

GRADES: ALL GRADES

AVAILABLE: ALL YEAR

OFFERED: AT CITY OF BRAMPTON COMMUNITY CENTRES WITH SWIMMING POOLS



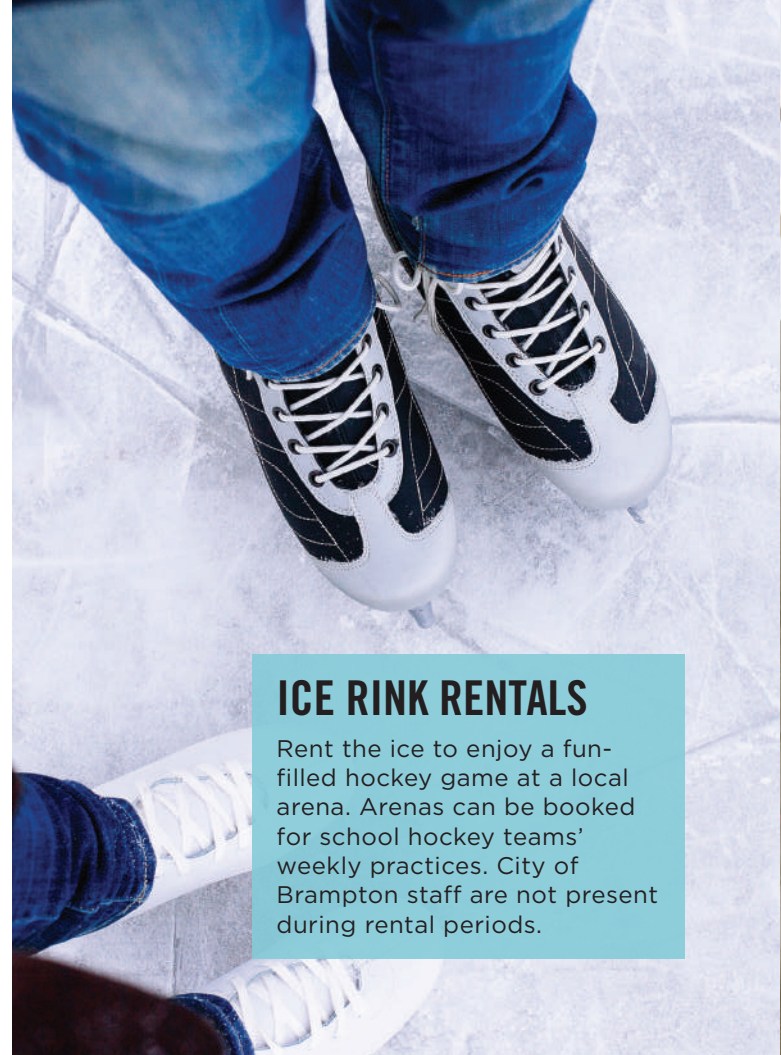
SKATING LESSONS

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. Skates and helmets are mandatory for all participants, volunteers, and teachers during skating lessons.

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.

GRADES: ALL GRADES
AVAILABLE: ALL YEAR
OFFERED: AT CITY OF BRAMPTON COMMUNITY CENTRES WITH ICE RINKS



ICE RINK RENTALS

Rent the ice to enjoy a fun-filled hockey game at a local arena. Arenas can be booked for school hockey teams' weekly practices. City of Brampton staff are not present during rental periods.



ROCK WALL

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 310lbs in weight.

GRADES: 6-8, 9-12

AVAILABLE: SEPTEMBER - JUNE

OFFERED: KEN GILES RECREATION CENTRE

ENJOY 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 less than 250 pounds.





SKI AND SNOWBOARD LESSONS

Introductory and beginner ski and snowboard lessons are offered in a group format at Mount Chinguacousy.

- + Lessons are station-based
- + Instructors teach concepts and skills
- + Lessons are appropriate to student age and level of development
- + Equipment (helmets, boots, skis/snowboard) included

GRADES: ALL GRADES

**AVAILABLE: LATE-JANUARY TO MARCH
(AS WEATHER PERMITS)**

**OFFERED: AT MOUNT CHINGUACOUSY
(LOCATED WITHIN CHINGUACOUSY PARK)**

SPORTS

Sports program 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
- + Beach Volleyball
- + 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
- + Volleyball



PEEL VILLAGE GOLF COURSE

Bring out your group for a round of nine holes on the course.

Detailed program descriptions can be found online at www.brampton.ca/communityprograms

GRADES: ALL GRADES

AVAILABLE: ALL YEAR*

OFFERED: SELECT PROGRAMS AVAILABLE ONSITE. ALL PROGRAMS ARE OFFERED AT CITY OF BRAMPTON COMMUNITY CENTRES.

*Select activities are available seasonally.



LEADERSHIP, DEVELOPMENT AND PLAY

SPECIALIST HIGH SKILLS MAJORS (SHSM)

The City of Brampton offers certification programs and ICE (Innovation, Creativity and Entrepreneurship) workshops with the help of our talented and dedicated staff. The following certifications are offered to align with SHSM goals.

- Cardiopulmonary Resuscitation (CPR C) with Automated External Defibrillation (AED) Certification
- Standard First Aid with CPR C and AED Certification
- Advanced Training in a Technique:
Paddling (Canoe, Kayak, or Stand-up Paddleboard), Ski or Snowboard, Curling, Skating, Gymnastics, Archery
- Lifesaving Bronze Medallion Cross
- HIGH FIVE®: Principles of Healthy Child Development (PHCD)
- HIGH FIVE®: QUEST 2
- Instructor Certification: Brampton Learn-to-Skate Instructor
- Innovation, Creativity and Entrepreneurship (ICE)

Students will receive a certificate of completion when they take SHSM certification with the City of Brampton to build their portfolios.

Please check online at

www.brampton.ca/communityprograms or email community.programs@brampton.ca for more information.



SELF-ESTEEM AND WELLNESS WORKSHOPS

Customized workshops are designed for various age groups. This is an opportunity to provide guidance for teens on body image, self-esteem, bullying and other priority topics requested by instructors.

**GRADES: ALL GRADES
AVAILABLE: ALL YEAR
OFFERED: ONSITE OR AT CITY OF
BRAMPTON
COMMUNITY CENTRES**





FIRST AID COURSES

Students have the opportunity to meet Active Living Safety requirements through a variety of leadership courses, including:

- + Emergency First Aid with CPR B (8 hour course)
- + Standard First Aid with CPR C (16 hour course)
- + Airway Management (4 hour course)

Bronze Medallion, Bronze Cross, National Lifeguard, and Aquatic Instructor courses are also available to help your students on their way to future employment opportunities.

*Certifications can be provided.

**GRADES: ALL GRADES
AVAILABLE: ALL YEAR
OFFERED: ONSITE OR AT CITY OF
BRAMPTON COMMUNITY CENTRES**

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 with communication, 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: ALL GRADES
AVAILABLE: ALL YEARS
OFFERED: ONSITE OR AT CITY OF
BRAMPTON COMMUNITY CENTRES**





EMPLOYMENT

The City of Brampton actively recruits part-time and seasonal staff for the following areas:

- + Aquatics
- + Camps
- + Customer Service Representatives
- + Dance
- + General Programs
- + Gymnastics
- + Inclusion and Integration Programs
- + Operations
- + Science, Technology, Engineering and Math
- + Skating
- + Ski and Snowboarding
- + Snack Bar Facilitators
- + Sports

Applications are completed online through our website www.brampton.ca and are reviewed when positions become available, typically on a quarterly basis.

All positions require employees to possess a current qualification of Standard First Aid with CPR-C. Some positions require additional qualifications that are indicated on the specific job description online.



GRADES: ALL GRADES

AVAILABLE: ALL YEAR

OFFERED: ONSITE OR AT CITY OF BRAMPTON COMMUNITY CENTRES



VOLUNTEERING

There are many ways youth can get involved in the community and offer their time and talents in various fun and interesting areas. Students have the opportunity to gain valuable experience learning how to assist in the planning and implementation of recreation programs, participate in training and develop their skills, form relationships and network with various individuals in their field of interest, and set the groundwork for potential career opportunities.

Opportunities include:

- + Aquatics
- + Arts, Crafts & Music
- + Barn Assistant
- + Camps
- + Dance
- + Facility Maintenance
- + Gymnastics
- + Inclusion Programs
- + Preschool/Childcare
- + Science and Technology
- + Seniors Programs
- + Skating
- + Special Events
- + Sports

To apply to volunteer visit our website at brampton.ca/volunteers or contact us at volunteers@brampton.ca.

Minimum age to volunteer is 14 years.

**OUTDOOR
ENVIRONMENTAL
EDUCATION**

OUTDOOR EDUCATION

Bring the classroom outdoors with hands-on interactive activities and age-appropriate sessions with curriculum based programs aligned with the Ministry of Education's Curriculum for Biology and Environmental Science.

Program example:

— BIOLOGY GRADE 9: SUSTAINABLE ECOSYSTEMS

Participants learn about the importance of biodiversity of wildlife and how human activity is putting the ecosystem at risk. The interaction between abiotic and biotic factors will also be explored. Finally, students will learn ways to conserve biodiversity of our terrestrial and aquatic ecosystems.

GRADES: 9

AVAILABLE: SPRING, SUMMER AND FALL

**OFFERED: AT CITY OF BRAMPTON'S ELDORADO'S
PARK OR PROFESSOR'S LAKE**



CUSTOM PROGRAMS

Tailored programs can be developed based on instructor needs and in order to align with current Ministry of Education curriculum guidelines.

Program examples:

— ENVIRONMENTAL SCIENCE: SUSTAINABLE AGRICULTURE AND FORESTRY

Participants will learn about the basic requirements for plant growth, the soil components required by plants for optimal growth as well as the importance of maintaining biodiversity and long-term productivity.

— ENVIRONMENTAL SCIENCE: HUMAN IMPACT ON THE ENVIRONMENT

Participants will be able to identify the basic components of and the effects of human activity on soil, water and air and how these are linked to the different types of natural resources available in Canada. They will be able to understand the importance of biodiversity in an ecosystem, while investigating the effect that human activities have on ecosystems, particularly its affect on native species when it comes to invasive species.

GRADE: 11

AVAILABLE: SPRING, SUMMER AND FALL

**OFFERED: AT CITY OF BRAMPTON'S ELDERADO PARK
OR PROFESSOR'S LAKE**





**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
- + School carnivals and BBQs
- + Sporting events
- + Information evenings

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.

OUTDOOR PARK PROGRAMS

Chinguacousy Park: Our staff can customize a school visit that fits the needs of your students. Package options can include: barnyard visits, mini golf, greenhouse tours, and sports and team building activities.

Professor's Lake Recreation Centre: Play beach volleyball or go kayaking 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.

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.

GRADES: ALL GRADES

AVAILABLE: SPRING, SUMMER AND FALL





HOW TO BOOK

OPTION 1:

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

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

OPTION 2:

Visit us at www.brampton.ca/communityprograms and fill out an online form.



brampton.ca

