

Summer Programs

King Community Play Group

Parents and children come together for socializing and fun. There are a variety of activities to participate in from crafts and story time to circle games and active play. Come out and join us for fun, games and to meet new people.

Parents are required to attend. King City Arena

Ages: Infant to 6

Cost: \$3 per visit

Hop, Skip and Jump

This gross motor program is based on developing and strengthening the emerging physical skills of participants. This physically active program will include music, co-operative group games and individual skill building. Parents are required to attend. Located at the King City Arena.

Age: 18 months to 2, 2-3

Soccer Tots

This soccer program is designed specifically with toddlers in mind. With little emphasis on winning or losing, this program focuses on how to play the game ... and have fun!

Nobleton Sports Park. Ages 3-4

Mixed Sports

Children will learn the basics skills through a variety of sports including hockey, soccer, handball and basketball. Nobleton Sports Park. Ages: 4-6

Flag Football

Sign up for some exercise and fun in the sun. This program teaches kids the basics of flag football through practice and scrimmages. Nobleton Sports Park. Ages 8-12

Lacrosse

Want to learn a little more about Lacrosse? Well now you can. Join this outdoor Lacrosse program to work on your shooting, passing, cradling and more. Nobleton Sports Park Ages 8-12

Beach Volleyball

Spend your summer nights outdoors and join our youth beach volleyball summer league at the Nobleton Sports Park. All Skill levels welcome. Ages 7-11, 12-14

Archery

Come out and learn the basics of Archery. Learn how to aim and shoot with accuracy in a safe environment. Cold Creek Conservation Area. Ages 8-12



Steve Nash Youth Basketball

Participants will learn and improve basketball skills focusing on passing, shooting, ball handling, and team work abilities. The instructional portion will also involve other concepts of the game such as offensive and defensive formations and strategies. Nobleton Sports Park. Ages 5-8, 9-11, 12-14

Drama

Children will explore all aspects of drama from acting to playwrighting to set and costume design as they prepare for their final performance in the last week. Nobleton Arena Age 6-12

YOGA for Kids!

The focus is on strength, flexibility and a wider range of motion as well as learning the art of letting go in this wonderful and fun take on Yoga and Dance for Kids.

Schomberg Arena. Ages: 5+

Mountain Biking - Racing Skills

Are you interested in competitive mountain biking? This course can help you achieve that goal. Learn tips and skills of the trade from an experienced rider and certified instructor on how to make the most of your racing experiences.

Bikes and Helmets provided. Centennial Park. Ages: 9-14

Adult Beach Volleyball

With the addition of the outdoor beach volleyball court in the Nobleton Community Sports Park Complex, the Parks, Recreation and Culture Department is offering an outdoor beach volleyball summer league. ADULT

Aerobics/Toning and Games

Do you strive to live an active lifestyle? If so, this is the course for you. Enjoy the benefits of a healthy body and mind with Aerobics and Toning. Daytime and evening classes are available. Nobleton Arena. ADULT

Yogilates (Combination of Yoga and Pilates)

The focus of this course is on building your core strength, flexibility and learning the art of relaxation by integrating both Yoga and Pilates practices. Nobleton Arena. ADULT

Bellydance

An introduction to the basics of bellydancing providing a total workout for Body, Mind and Spirit. A thorough non-impact, fat burning exercise that tones and sculpts and promotes a positive mental attitude. Nobleton Arena. ADULT

Bootcamp Fitness

A six-week program of fitness instruction, and team motivation. Exercises include: calisthenics, short distance running/walking, body weight resistance training, weight training, jump roping, crunches, obstacle courses, hill running/walking, hiking, agility and power drills, sports drills, stair climbing, partner drills, pilates, sport yoga, and much more. Nobleton Sports Park. ADULT

Wednesday Mountain Bike Series

The series will feature a fun, relaxed atmosphere geared towards families and more seasoned riders alike. Whether you're looking for a weekly event for the family, or just want to improve your skills, look no further than the King Mountain Bike Series! See page 23 for more details.

NEW! Ball Hockey League - ALL AGES !

May to August

See Page 15 for more details

Summer Program Information

King Community Playgroup Tues, Thurs from 10-12am	\$3 per person	Steve Nash Youth Basketball Tues 6-7pm (ages 5-8) Tues 7-8pm (ages 9-11) Tues 8-9pm (ages 12-14)	\$47 (3800) (3801) (3802)
Hop Skip and Jump Wed 9:45-10:30am (ages 18m-2) Wed 10:45-11:30am (Ages 2-3)	\$38 (3658) (3659)	Yoga for Kids! Thurs 6:30-7:30pm	\$47 (3183)
Soccer Tots Mon 6:30 to 7:30pm	\$38 (3799)	Mountain Biking - Racing Skills Tues 6:30-7:30pm	\$47 (3184)
Mixed Sports Wed 6:30 to 7:30pm	\$38 (3965)	Adult Beach Volleyball Wed 8-9pm	\$38 (3577)
Flag Football Thurs 6-7pm	\$47 (3654)	Aerobics and Toning Thurs 8-9pm	\$38 (3579)
Lacrosse Thurs 7-8pm	\$47 (3724)	Yogilates Mon 8-9pm (Intermediate - Schomberg) Tues 8-9pm (King City) Wed 8-9pm (Nobleton Arena) Thurs 8-9pm (Schomberg)	\$38 (3956) (3957) (3958) (3959)
Beach Volleyball Wed 6-7pm (ages 8-11) Wed 7-8pm (ages 12-14)	\$47 (3800) (3801)	Belly Dance Tues 7-8pm - King City Thurs 7-8pm - Schomberg	\$38 (3960) (3961)
Archery Tues 6:30-7:30pm	\$47 (3580)	Bootcamp Fitness Mon, Wed, Fri 6-7am	\$114 (3962)
Drama Mon 6:30-7:30pm	\$47 (3617)		

All programs are run on a six week basis starting on July 13, 2009. For more information or to register call 905-833-5321. Registration deadline for summer programs is June 26, 2009.

KING CITY YOUTH SOCCER CLUB is looking for Players & Volunteers!



We offer Recreational Soccer for boys & girls from 4 to 18 years old

The season begins May 11th, 2009

Register On-Line by going to our website at
www.kingcityyouthsoccer.com
for details & instructions

The *King City Youth Soccer Club* depends on volunteers for it's success!

If you are interested in helping as a Coach, Assistant Coach, Convenor, Sponsor or Referee please let us know

email us at kingcityyouthsoccer@sympatico.ca
or give us a call at (905)833-3535



Browse: for that perfect piece!

Studio Tour King
April 25 to 26
10 a.m. to 5 p.m.
(admission free)

Studio tour maps available at:
King Township Museum
King Township Libraries



www.artssocietyking.ca
905.833.2331

Meet: over 25 acclaimed King Artists
Visit: 17 studios / sites throughout scenic King