



**COMMUNITY PROGRAM  
OPPORTUNITIES:  
GRADES 1 TO 8**



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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 not limited to these options and can be customized to meet the needs of your students.

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 1 - 8. For booking information or other inquiries, please consult page 31 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](http://www.brampton.ca/communityprograms)

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



# 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:

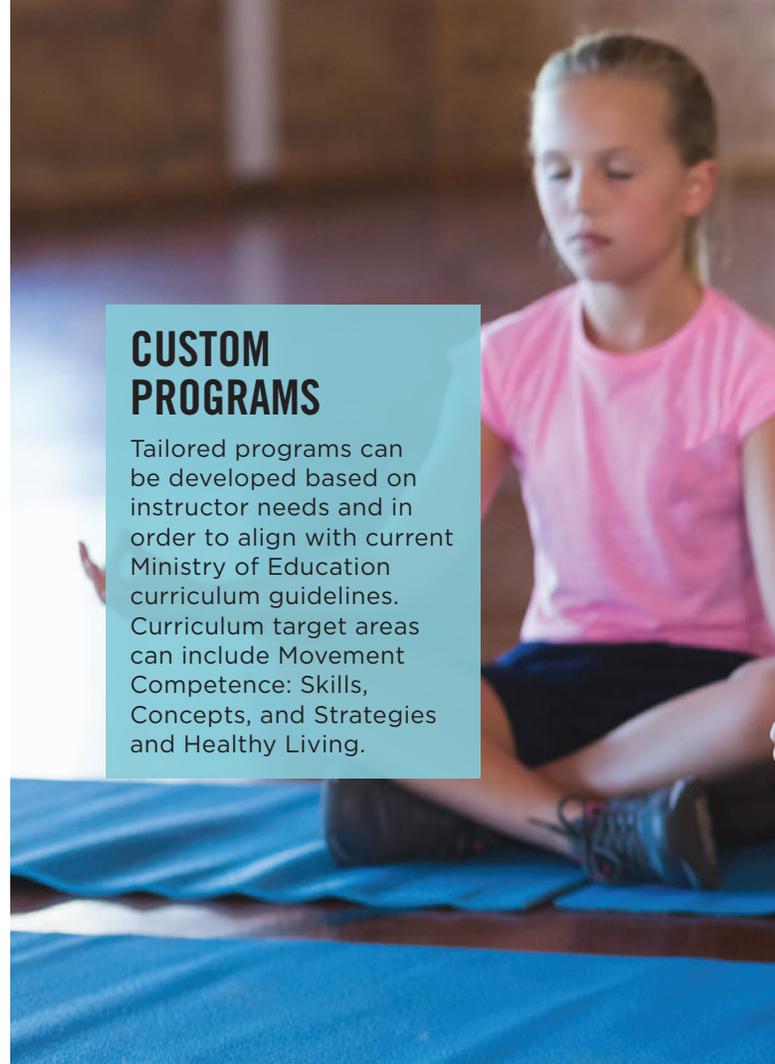
- + Zumba®  
(Zumba Kids® and Zumba Kids Jr.®)
- + Boot Camp  
(incl. outdoor)
- + Kickboxing
- + Yoga
- + Pilates

Detailed program descriptions can be found online at [www.brampton.ca/communityprograms](http://www.brampton.ca/communityprograms)

**GRADES: ALL GRADES**  
**AVAILABLE: ALL YEAR**  
**OFFERED: ONSITE OR AT CITY OF BRAMPTON**  
**COMMUNITY CENTRES WITH FITNESS FACILITIES.**

## 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.





# 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**

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**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**

**AVAILABLE: SEPTEMBER TO JUNE**

**OFFERED: AT CITY OF BRAMPTON COMMUNITY CENTRES WITH SWIMMING POOLS**

# 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.

## POOL RENTALS

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

**GRADES: ALL GRADES**  
**AVAILABLE: SEPT - JUNE**  
**OFFERED: AT CITY OF BRAMPTON COMMUNITY CENTRES WITH SWIMMING POOLS**





## RECREATIONAL SWIMS

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

**GRADES: ALL GRADES**

**AVAILABLE: ALL YEAR**

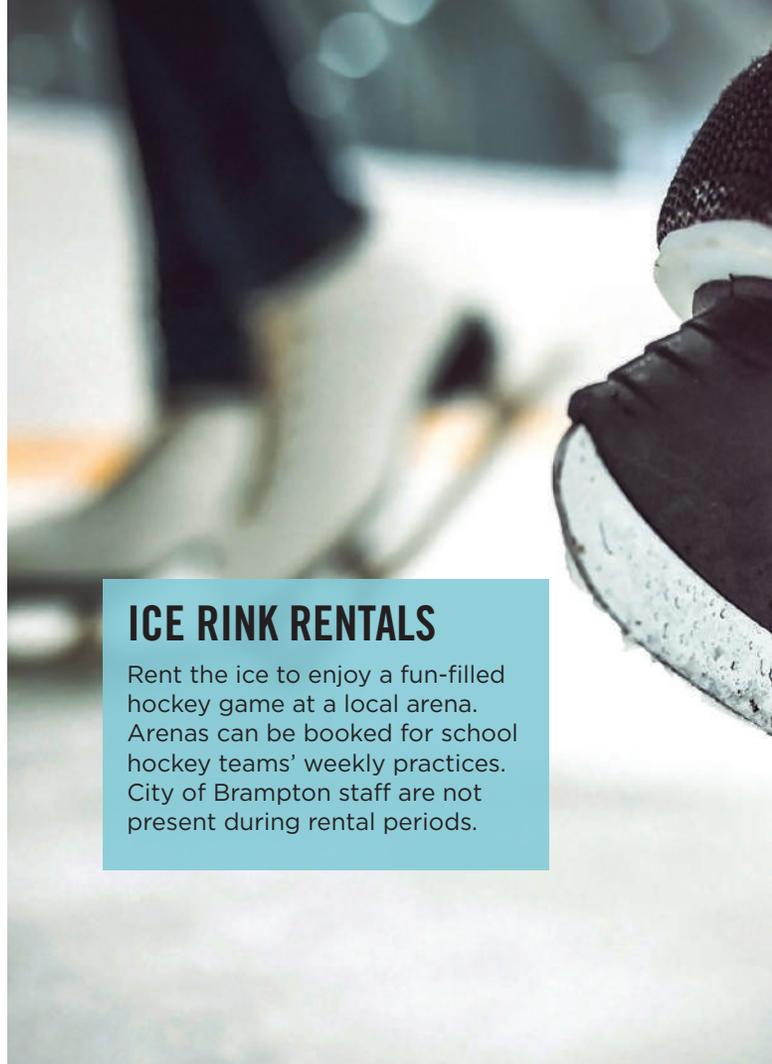
**OFFERED: AT CITY OF BRAMPTON COMMUNITY CENTRES WITH SWIMMING POOLS**



## 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.



## 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: ALL GRADES**

**AVAILABLE: ALL YEAR**

**OFFERED: AT CITY OF BRAMPTON COMMUNITY  
CENTRES WITH ICE RINKS**



# SKI AND SNOWBOARD LESSONS

Introductory 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: JANUARY TO MARCH  
(AS WEATHER PERMITS)**

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

# 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.

- + Equipment (helmets) included

**GRADES: ALL GRADES**

**AVAILABLE: JANUARY TO MARCH  
(OR AS WEATHER PERMITS)**

**OFFERED: AT MOUNT  
CHINGUACOUSY (LOCATED WITHIN  
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
- + Volleyball



Detailed program descriptions can be found online at [www.brampton.ca/communityprograms](http://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.



# 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**

# OUTDOOR ENVIRONMENTAL EDUCATION



# OUTDOOR EDUCATION

Bring the classroom outdoors with hands-on interactive activities and age appropriate sessions based upon the Ministry of Education's Curriculum for Science and Technology: Understanding Life Systems & Understanding Earth and Space Systems. Programs can include team building initiatives, co-operative games, leadership programs, orienteering, and more.

- + Needs and Characteristics of Living Things (Grade 1)
- + Growth and Changes in Animals (Grade 2)
- + Growth and Changes in Plants (Grade 3)
- + Soils in the Environment (Grade 3)
- + Habitats and Communities (Grade 4)
- + Rocks and Minerals (Grade 4)
- + Biodiversity (Grade 6)
- + Interactions in the Environment (Grade 7)
- + Water Systems (Grade 8)

**GRADES: 1-8**

**AVAILABLE: MAY TO JUNE, SEPT. TO OCT.**

**OFFERED: AT CITY OF BRAMPTON'S ELDORADO PARK,  
PROFESSOR'S LAKE AND CHINGUACOUSY PARK**





## PROGRAM EXAMPLES

### — NEEDS AND CHARACTERISTICS OF LIVING THINGS (GRADE 1)

Students will learn how humans and wildlife share environments. Students will be able to observe how different kinds of living things behave in different ways. Students will learn about the basic needs of animals in relation to their habitats, including air, water, food, and shelter, and will be able to identify materials and techniques used by animals to make shelters.

### — HABITATS AND COMMUNITIES (GRADE 4)

Students will learn how habitats affect animal adaptations and their available resources. Students will enjoy learning about the interdependence between plants and animals by looking at local food chains, roles in those chains, and limits to them. Finally, students will explore the ways humans can change habitats, and the impacts on the plants and animals in those ecosystems.

# 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.

# SELF-ESTEEM AND WELLNESS WORKSHOPS

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

**GRADES: 1 TO 8**  
**AVAILABLE: ALL YEAR**  
**OFFERED: ONSITE OR AT CITY OF BRAMPTON**  
**COMMUNITY CENTRES**



# 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.

**GRADES: 1 TO 8**  
**AVAILABLE: ALL YEAR**  
**OFFERED: AT CITY OF BRAMPTON**  
**COMMUNITY CENTRES**





**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: 1 TO 8**

**AVAILABLE: LATE-JUNE TO LABOUR DAY  
(WEATHER PERMITTING)**

**LOCATIONS CAN BE FOUND AT  
[WWW.BRAMPTON.CA](http://WWW.BRAMPTON.CA)**

**FREE**

# OUTDOOR PARK PROGRAMS

**Chinguacousy Park:** Our staff can customize a school visit that fits the needs of your students. Package options can include: mini golf, greenhouse tours, children's garden activities, petting zoo, barn tours, and sports and team building activities.

**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: 1 TO 8**  
**AVAILABLE: SPRING, SUMMER**  
**PLEASE BE ADVISED THAT THESE PROGRAMS ARE**  
**AVAILABLE WEATHER PERMITTING.**



**GRADES: 1 TO 8**

**AVAILABLE: SEPTEMBER - JUNE**

**OFFERED: ONSITE AT SCHOOLS**



## 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:

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MOVE	Improve flexibility, muscle strength, coordination and balance. Develop & improve motor skills.
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CONNECT	Help children become part of a group or team. Improve social skills.
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GROW	Improve self-esteem. Build confidence.
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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 [Brampton.ca/communityprograms](http://Brampton.ca/communityprograms) or email [bestyou@brampton.ca](mailto: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.

**GRADES: 1 TO 8**  
**AVAILABLE: ALL YEAR**  
**OFFERED: ONSITE OR AT THE BRAMPTON**  
**ANIMAL SHELTER**



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# 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.

For elementary schools in a Brampton Fire Hot Zones (Armbr Heights, Brampton West and Centre City), Brampton Fire's Division of Fire/Life Safety provides fire safety presentations for grades 1 to 8. Our goal is to reduce the high number of fire incidents in these areas.

Please contact us at [firelife@brampton.ca](mailto:firelife@brampton.ca) or 905-458-5580 to learn more

**GRADES: 1 AND 8**

**AVAILABLE: ALL YEAR**

**OFFERED: ONSITE OR AT THE FIRE/LIFE SAFETY  
EDUCATION CENTRE**

## 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

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

## OPTION 1:

Inquiries and booking requests may be directed to [community.programs@brampton.ca](mailto:community.programs@brampton.ca).

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

## OPTION 2:

Visit us at [www.brampton.ca/communityprograms](http://www.brampton.ca/communityprograms) and fill out an online form.



[brampton.ca](http://brampton.ca)

