



**COMMUNITY PROGRAM OPPORTUNITIES:  
JUNIOR KINDERGARTEN - GRADE 8**



# TABLE OF CONTENTS

## CONTENTS

<b>Introduction</b>	<b>1</b>	<b>Outdoor Environmental Education</b>	<b>14</b>
		+ Parks Education Workshops	16
<b>Health and Physical Education</b>	<b>2</b>	<b>Leadership, Development and Play</b>	<b>18</b>
+ Dance	3	+ Team Building	19
+ Fitness and Health	4	+ Self-Esteem and Wellness Workshops	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	<b>Community Education Programs</b>	<b>24</b>
+ Skating Lessons	8	+ Animal Services Education	25
+ Ski and Snowboard Lessons	10	+ Fire/Life Safety Education Centre	26
+ Snow Tubing	11	<b>School Events</b>	<b>27</b>
+ Sports	12	<b>How to Book</b>	<b>27</b>
+ Ninja Parkour and Rock Wall	13		

# 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 living 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, behaviour management training, 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 students in junior kindergarten, senior kindergarten and grades 1 to 8. For booking information or other inquiries, please email [community.programs@brampton.ca](mailto:community.programs@brampton.ca)

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:

- + 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.

4



## 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

5

**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**

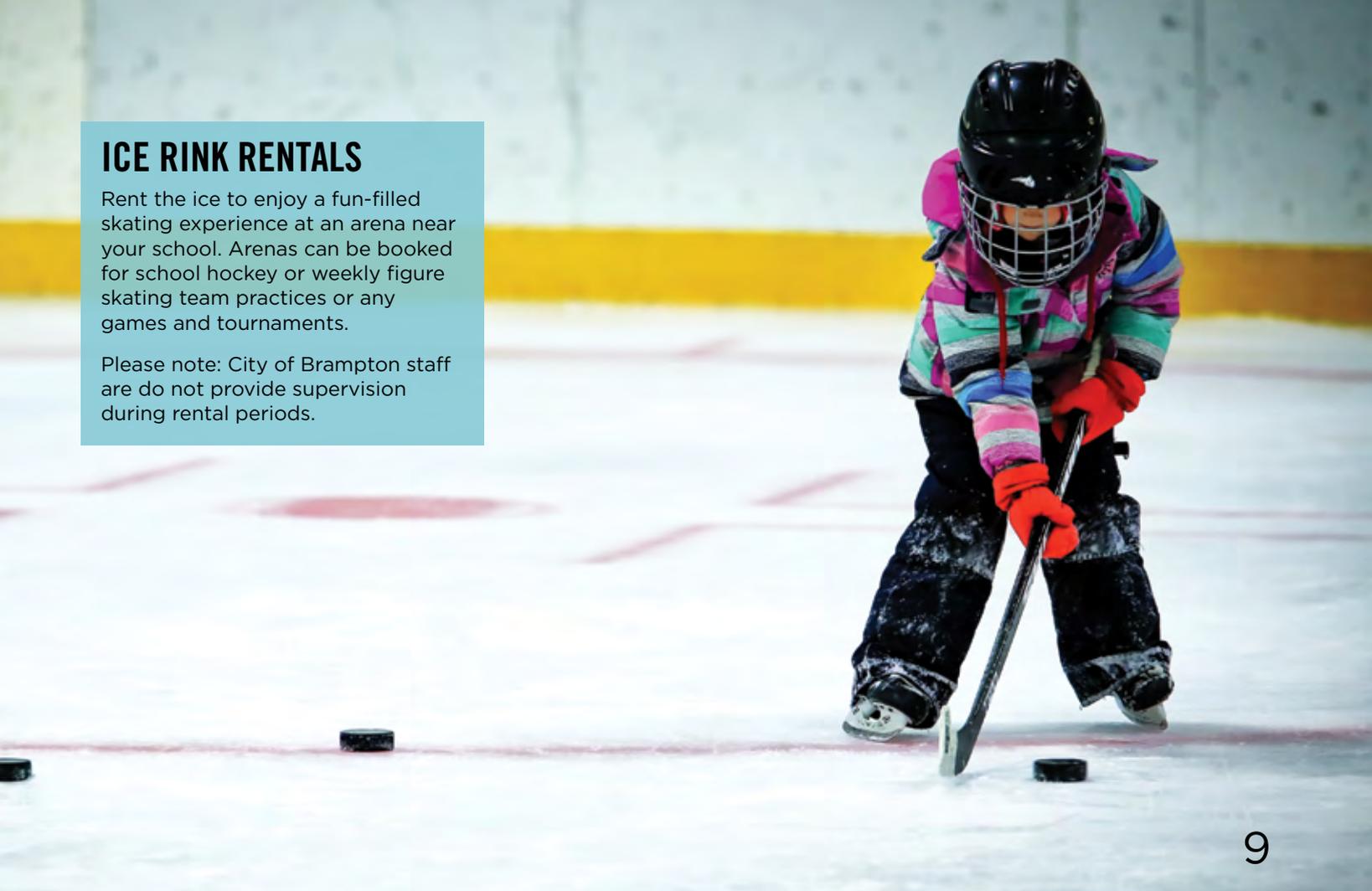
**LOCATION: AT ANY CITY OF BRAMPTON COMMUNITY CENTRE WITH AN ICE RINK.**



## 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.





## 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: JK TO GRADE 8**  
**AVAILABILITY: JANUARY TO MARCH**  
**(WEATHER PERMITTING).**  
**LOCATION: MOUNT CHINGUACOUSY**  
**AT 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 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.**

\*Select activities are available seasonally.



## 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](mailto: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.

## 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: 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.**



## 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](http://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/bestyou](http://www.brampton.ca/bestyou) 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.

To book visit [www.brampton.ca/animalservices](http://www.brampton.ca/animalservices) or email [animal.services@brampton.ca](mailto: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](mailto: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](mailto: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](http://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.



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

