



COMMUNITY PROGRAM OPPORTUNITIES: GRADES 9 TO 12



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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 Intermediate First Aid with CPR-C & AED/ 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.

Dance styles offered include:

- + Acro
- + Ballet
- + Ballroom*
- + Bhangra*
- + Bollywood*
- + Cuban*
- + Hawaiian/Belly*
- + Hip Hop
- + Intro to Dance
- + Irish*
- + Jazz
- + Latin*
- + Line/Square Dance*

*subject to staff availability

GRADES: 9 TO 12

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
- + Tabata
- + Yoga, Relaxation and Meditation
- + Zumba

GRADES: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

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



City of Brampton Recreation Centres are the perfect place to achieve your fitness goals! Bring your class to try a workout in our fully equipped weight rooms with equipment such as:

- + Cardio
(treadmills, ellipticals and bikes)
- + Free weights
- + Select machines



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: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

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



SKATE LENDING PROGRAM

For those without access to personal skates and helmets, select recreation facilities offer a limited supply for use free of charge. Please inquire about details when booking your next visit.

RECREATIONAL ICE RINK RENTAL

Ice rentals can be booked for a fun and active skating experience at a City of Brampton arena. Ice can be reserved for recreation skating, school hockey, figure skating team practices, games, or tournaments. Participants are encouraged to bring their own skates, and helmets are strongly recommended for all participants.



RECREATIONAL POOL RENTAL

Schools can book recreational swim times at a City of Brampton pool near their school for daily physical activity, programming, swim team practices, swim meets, team building, and so much more!

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. 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.

GRADES: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

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

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.



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
- + Handball
- + Disc Golf



PEEL VILLAGE GOLF COURSE
Bring out your group for a round of nine holes on the course.

GRADES: 9-12
AVAILABILITY: ENTIRE SCHOOL YEAR*
LOCATION: SELECT PROGRAMS OFFERED AT SCHOOL, ALL PROGRAMS OFFERED AT A CITY OF BRAMPTON COMMUNITY CENTRE CLOSE TO YOUR SCHOOL WITH THE AVAILABLE AMENITIES

*Select activities are available seasonally.



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: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: KEN GILES RECREATION CENTRE



NINJA PARKOUR AND ROCK WALL

The 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 310lbs in weight.

GRADES: 1 TO 9

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: KEN GILES RECREATION CENTRE

LEADERSHIP, DEVELOPMENT AND PLAY



FIRST AID COURSES

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

- + Basic First Aid with CPR-C and AED (8 hour course)
- + Intermediate First Aid with CPR-C and AED (16 hour course)
- + Airway Management (4 hour course)

To learn more about aquatic leadership progression, visit www.brampton.ca/aquatic-certs

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

*Certifications can be provided.

GRADES: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

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

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) and Automated External Defibrillation (AED) Certification
- + Intermediate First Aid with CPR-C and AED Certification
- + Advanced Training in a Technique: Paddling (Canoe, Kayak, or Stand-up Paddleboard), Curling, Skating, Gymnastics, Archery
- + Lifesaving Society Bronze Medallion and Bronze Cross
- + HIGH FIVE®: Principles of Healthy Child Development (PHCD)
- + HIGH FIVE®: QUEST 2
- + 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/SHSM or email community.programs@brampton.ca for more information.



PROFESSIONAL DEVELOPMENT

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

- + Aquatics
- + Camps
- + Customer Service Representatives
- + Dance
- + Fitness
- + General Programs
- + Gymnastics
- + Inclusion and Integration Programs
- + Ninja Parkour Rock Wall
- + Operations
- + Science, Technology, Engineering and Math
- + Skating
- + Ski and Snowboarding
- + Snack Bar Attendants
- + Sports

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

Some positions require additional qualifications that are indicated on the specific job description online.



GRADES: 9 TO 12
AVAILABILITY:
ENTIRE SCHOOL YEAR
LOCATION: ONSITE OR AT A CITY
OF BRAMPTON COMMUNITY CENTRE
CLOSE TO YOUR SCHOOL.

EMPLOYMENT READY WORKSHOPS

The City of Brampton is always hiring students for part-time job opportunities in aquatics, camps, sports, customer service, and many additional areas of Recreation. Join us in preparing students for opportunities in Recreation, and beyond with Employment Ready workshops on topics such as:

- + Resumes and interview preparation
- + Customer service
- + Program management
- + Bullying, diversity, and much more

TEAM BUILDING

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.



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
- + Gymnastics
- + Inclusion Programs
- + Preschool/Childcare
- + Science and Technology
- + Seniors Programs
- + Skating
- + Special Events
- + Sports

To apply to volunteer visit our website at www.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.

GRADES: 9 TO 12

AVAILABILITY: MAY TO JUNE AND SEPTEMBER TO OCTOBER (AS WEATHER AND CONDITIONS PERMIT).

LOCATION: ELDORADO PARK OR PROFESSOR'S LAKE



OUTDOOR PARK PROGRAMS

Chinguacousy Park: Our staff can customize a school visit to meet the needs and interests of your students. Available activities include petting zoo*, tropical garden tours, sports and team building activities.

*Petting Zoo is only available Spring and Summer.

Eldorado Park: Surrounded by natural forest on the banks of the Credit River, Eldorado Park provides an ideal setting for outdoor education and nature-based programming. Participants can explore the natural environment through engaging, hands-on activities that encourage learning, discovery and connection with the outdoors.

GRADES: 9 TO 12

AVAILABILITY: SPRING AND SUMMER (AS WEATHER AND CONDITIONS PERMIT).



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
- + Parent council meetings
- + 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.

FIRE/LIFE SAFETY EDUCATION CENTRE

Brampton Fire and Emergency Services are available to attend displays, special events, and presentations to provide fire and life safety information to our community members at no cost.

Brampton Fire offers in-school presentations but not limited to:

- + Hospitality/cooking - safe cooking practices, home fire safety tips
- + Career studies - the fire service as a career
- + Co-operative education courses - workplace fire safety tips
- + Programs free of charge

Other Opportunities:

- + Brampton Fire's Fire/Life Safety Education Centre - Home of Stephanie's Place
- + The Arson Prevention Program for Children (TAPP-C) - brings together fire service and counselling

professionals to help families.

- + In addition, we can attend: School Open Houses, Parent Information Nights, School Carnivals/Fairs and BBQs
- + Program free of charge
- + Busing arrangements must be made by the school

HOW TO BOOK:

Inquiries and booking requests may be directed to **firelife@brampton.ca**

Please include contact name, phone number, school name, school address, grade level(s), number of students, and program (s) of interest in your email.

HOW TO BOOK

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.

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

Visit **www.brampton.ca/recreation** to find the closest Recreation Centre to your school.

  **@BramptonParksRec**





brampton.ca/recreation

