

SUMMER 2022 PROGRAMS FOR AGES 5-12



THE YOUNG AND THE WRECKLESS

DATE: Monday July 4, 11, 18, 25 &
August 8, 15, 22

AGES: 12-17

TIME: 10:00 am - 2:00 pm

COST: \$60 for all sessions

MAX: 12 children

Get your hiking gear ready! The Programmers and Fitness Team have partnered up to offer a 7-week program for that 12 to 17 age group!! We will spend the first 6 sessions, 4 hours for each session, exploring as many of the trails that Grande Cache has to offer! On August 22nd we will conquer a huge goal and climb Grande Mountain! After you register the Grande Cache Recreation Centre will be in contact with you to give you the list of all the items you need to be prepared for this program. We love hiking adventures and are excited to show you our beautiful back yard.

GEO QUEST

DATE: Tuesday July 12, 19, 26 & August 9, 16

AGES: 5-12

TIME: 9:30 – 11:30 am

COST: \$8.00 non members &
\$7.00 members for each session

MAX: 16 children

Join the Programmers as we go geocaching.... in other words, a treasure hunt! All the geocaches are made and hidden by the programmers, so it will be new and exciting. Get your walking shoes and navigation skills ready!!!

PROGRAMS SUMMER BUCKET LIST

DATE: Tuesday July 12, 19, 26 & August 9, 16

AGES: 5-12

TIME: 1:00 - 3:30pm

COST: \$8.00 non members &
\$7.00 members for each session

MAX: 16 children

The Programmers have a “Summer Bucket List” of 30 activities to check off! Come help us to tackle 6 of the things in each session! Here is what each session looks like:

- **July 12** – Make an ice cream sundae, paint with ice cubes, do sidewalk art, random act of kindness, finger painting and go to the park!

- **July 19** – Make frozen lemonade, go on a hike, have a scavenger hunt, climb a tree, make a fort, and plant flowers!

- **July 26** – Go to the lake & swim, skip rocks, water gun fight, build a sandcastle, collect treasure at the lake, and set up a tent and have a fire.

NOTE: Drop off and pick up for this day will be Grande Cache Lake! Must bring a life jacket!

- **August 9** – Tie dye t-shirts, make a root beer float, fly a kite, bean bag toss competition, play frisbee and have a relay race!

- **August 16** – Have a picnic, go to the spray park, water balloon fight, sunbathe on a towel, blow bubbles and have a beach volleyball game!

PARENT/INFANT POOL AQUA FIT

DATE: Wednesday July 13, 20 & 27

AGES: 6 months – 3 years

TIME: 9:00 - 10:00 am

COST: Facility Rates Apply

MAX: 10 infants

This instructor led aquatic fitness class is for parents and their infants! A half hour of aqua fit with our fitness coordinator Kelly and the last half hour of free time with the Programmers. Great way to get your body moving and socialize with others.

DOUBLE HEADER

(DANCEPL3Y & GET MESSY)

DATE: Wednesday July 20, 27 & August 10, 17

AGES: 5-12

TIME: 1:30- 3:30 pm

COST: \$8.00 non members &
\$7.00 members for each session

MAX: 16 children

DANCEPL3Y Kids “plays” with dance in a unique and innovative way. Using simple moves from a variety of styles – Urban, Ballroom, Lyrical, Jazz/Funk we will be interactive with dance and have some fun! Join the Programmers after DancePL3Y for some “Get Messy” fun! Please bring a change of clothes.

DANCEPL3Y

PARK NINJAS

DATE: Thursday July 21, 28 & August 4, 11 & 18

AGES: 0-5 older sibling's welcome

TIME: 10:30 am -12:00 pm

COST: Free

Meet the programmers and the fitness coordinator at the Grande Cache Recreation Centre where we will depart at 10:35am to go to a park. We will have some fun challenges on the way to get you all moving! The programmers will have some fun activities and of course enjoy playing at the park. We will walk to and from the park, so have your walking shoes ready.

STREET PLAY

DATE: Thursday July 21, 28 & August 11 & 18

AGES: All ages

TIME: 1:30 - 3:00 pm

COST: Free

We are excited to bring this program back!! The Programs Team will bring all the activities and music for some fun in the street.

- **July 21** – Stern Crescent Phase 5
- **July 28** – Eaton Falls Crescent Phase 6
- **August 11** – Leonard Street Phase 4
- **August 18** – 104 Ave Phase 3

DANCEPL3Y PRESCHOOL & STORY TIME

DATE: August 24-26, 2022

AGES: 3 – 5 (parented)

TIME: 9:30 – 10:30 am

COST: \$20.00

MAX: 12

Join Amber at the Grande Cache Recreation Centre and Introduce your child to dance in a fun and playful way! The DANCEPL3Y Preschool program focuses on the development of physical literacy while exploring a variety of dance genres through imaginative and engaging story lines. After moving our bodies parents and children will further their imaginations with creative stories. Please pack indoor shoes and water.

DANCEPL3Y

WAYS TO REGISTER:

1. Online:
<https://app.booking.ca/grandecacherecentrepub/index.asp>
2. By Phone: 780-827-2446

FOR MORE INFORMATION:

Phone: 780-827-2446 or
Email: corrinna.landry@mdgreenview.ab.ca
Facebook: Grande Cache Recreation Centre
Website: www.mdgreenview.ab.ca

NOTES:

- ▶ Deadline to register for most programs will be the day before each program.
- ▶ **The Young and the Wreckless Program deadline is June 30, 2022 by the end of the day.** All information for what is needed for this program will be sent out after you register.
- ▶ Please have your child dress for the weather as we are outside for most of the programs.
- ▶ Please have your child bring a water bottle and backpack.
- ▶ If your child is not feeling well, please keep them home.
- ▶ Drop off and pick up is in the Programs room (the old Pre-School room) unless stated otherwise.