

RECREATION PROGRAMS

UP TO 18 YEARS

Winter 2021

FAMILY

ⓘ To learn more about the safety measures we've put in place to ensure participant safety and prevent the spread of Covid-19, please visit london.ca/playyourway under the Frequently Asked Questions section.

PARENT CHILD & FAMILY

Family Tennis (6-12 Years)

Tennis is a game that teaches hand-eye coordination, footwork, and conditioning. Come out as a family to enjoy some time with the help of an instructor who will provide some basic instruction and suggestions for skills and drills. (Parent/caregiver must be at least 16 years of age)

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	6:30pm	01:00	\$61	4	25913
Feb 25	Th	6:30pm	01:00	\$61	4	25944

Little Series (2-5 Years)

You and your preschooler will explore a new exciting theme each week. We'll explore new topics through stories, crafts, motor skills and games all while having fun.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	10:00am	01:00	\$17	4	15461

Parent & Tot Arts & Crafts (2-4 Years)

Parents and children will have a great time getting messy and creating works of art in this fun and interactive class.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 26	Fr	10:00am	00:45	\$42	6	15460

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	10:45am	00:45	\$28	4	25724

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	5:45pm	00:45	\$28	4	25723

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	9:00am	00:45	\$28	4	25722

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	11:15am	00:45	\$28	4	25834
Feb 22	Mo	11:15am	00:45	\$28	4	25837

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	9:45am	00:45	\$28	4	25725

Stronach Community Recreation Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	9:30am	00:45	\$28	4	25903
Feb 24	We	9:30am	00:45	\$28	4	25904

Parent & Tot Basketball (2-3 Years)

Adults and children will have fun learning basic drills and enjoying free play time each week.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	6:15pm	00:30	\$14.50	4	25895
Feb 23	Tu	6:15pm	00:30	\$14.50	4	25928

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	10:15am	00:30	\$14.50	4	25773

Parent & Tot Floor Hockey (2-3 Years)

A fun and interactive way to learn the fundamentals of floor hockey and playing on a team. Players must use plastic sticks provided by the facility. Each participant must bring their own CSA approved helmet with mask. Helmets are mandatory for ALL children AND parents/caregivers.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	5:30pm	00:30	\$14.50	4	25746

Winter 2021

Parent & Tot Music & Movement (2-3 Years)

A time for you and your toddler to enjoy this interactive movement class. Program includes elements of dance and general fitness activities. Children must be walking. Parent participation is mandatory.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	5:00pm	00:30	\$14.50	4	25887
Feb 23	Tu	5:00pm	00:30	\$14.50	4	25923

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	9:00am	00:30	\$14.50	4	25716
Feb 27	Sa	9:45am	00:30	\$14.50	4	25714

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	10:15am	00:30	\$14.50	4	25715

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	9:30am	00:30	\$14.50	4	25832
Feb 22	Mo	9:30am	00:30	\$14.50	4	25836

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	9:00am	00:30	\$14.50	4	25712
Feb 23	Tu	9:00am	00:30	\$14.50	4	25713

Stronach Community Recreation Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	10:45am	00:30	\$14.50	4	25889
Feb 24	We	10:45am	00:30	\$14.50	4	25936

Parent & Tot Soccer (2-3 Years)

A fun and interactive way to learn the fundamentals of soccer: including dribbling, shooting, passing and playing on a team. Adults must participate with children.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	5:15pm	00:30	\$14.50	4	25900

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	8:45am	00:30	\$14.50	4	25769

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	9:00am	00:30	\$14.50	4	25945

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 23	Tu	5:15pm	00:30	\$14.50	4	25770

Parent & Tots that Rock (3-5 Years)

This class gives both kids and adults the opportunity to climb, play games and get active together. The staff will be on hand each week to help belay and run activities for everyone. All equipment is provided.

Junction Climbing Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 13	We	10:00am	00:55	\$75	4	17003
Feb 10	We	10:00am	00:55	\$75	4	25822
Mar 24	We	10:00am	00:55	\$75	4	25823

Tots in Motion (2-4 Years)

Parents and tots will practice the basic movement skills of hopping, jumping, skipping and running. Move to music, play cooperative games and be active. (Parent/Caregivers participate with their tots and must be 16 years of age)

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	5:15pm	00:30	\$14.50	4	25933

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	10:00am	00:30	\$14.50	4	25727

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	11:15am	00:30	\$14.50	4	25728

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	10:15am	00:30	\$14.50	4	25833
Feb 22	Mo	10:15am	00:30	\$14.50	4	25835

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	10:00am	00:30	\$14.50	4	25726
Feb 23	Tu	10:00am	00:30	\$14.50	4	25729

Stronach Community Recreation Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	11:30am	00:30	\$14.50	4	25906
Feb 24	We	11:30am	00:30	\$14.50	4	25907

PRESCHOOL

⚠️ To learn more about the safety measures we've put in place to ensure participant safety and prevent the spread of Covid-19, please visit london.ca/playourway under the **Frequently Asked Questions** section.

DANCE

Preschool Ballet (3-4 Years)

An introductory ballet program for preschoolers that emphasizes having fun and improving coordination and balance.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	5:45pm	00:30	\$14.50	4	25890

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	10:45am	00:30	\$14.50	4	25768
Feb 22	Mo	5:15pm	00:30	\$14.50	4	25767

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	5:30pm	00:30	\$14.50	4	25942

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	12:00pm	00:30	\$14.50	4	25766

Preschool Dance Mix (3-4 Years)

A perfect program for those who would like to try out different dance styles before committing to one. You will learn fundamental techniques and short routines for each dance genre, such as ballet and hip hop.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 23	Tu	5:45pm	00:30	\$14.50	4	25924

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	10:00am	00:30	\$14.50	4	25762
Feb 27	Sa	9:00am	00:30	\$14.50	4	25763

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	5:30pm	00:30	\$14.50	4	25910

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	12:00pm	00:30	\$14.50	4	25761

MARTIAL ARTS

Little Dragons (4-6 Years)

Children learn basic concepts such as courtesy, respect, talk-walk-defend, the scholar, the warrior, and time & place. Participants will also learn basic self-defence skills, how to exercise and stretch, and how to pay attention. Participants work for achievements, stripes, and badges. Parents are welcome to watch the classes.

Olympic Martial Arts

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu/Th	4:30pm	00:30	\$49	8	16203

SPORTS

Little Sneakers (3-5 Years)

Preschoolers will learn the basic skills of sports including soccer, basketball and other cooperative games. Children will learn how to work as a team in a non-competitive environment.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	9:30am	00:30	\$14.50	4	25775
Feb 24	We	5:15pm	00:30	\$14.50	4	25774

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	9:00am	00:30	\$14.50	4	25915

CHILD

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ARTS

Art Attack (4-8 Years)

This program will excite curious minds while creating their own masterpieces. Have fun experimenting with colours, textures and patterns!

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	11:45am	00:45	\$33	4	25739

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	5:45pm	00:45	\$33	4	25735

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	4:30pm	00:45	\$33	4	25875
Feb 25	Th	5:45pm	00:45	\$33	4	25937

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	11:00am	00:45	\$33	4	25742

Art Attack (9-12 Years)

Please see [Art Attack \(4-8 Years\)](#) description above.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:30pm	01:00	\$33	4	25899

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	12:00pm	01:00	\$33	4	25740

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	6:45pm	01:00	\$33	4	25737

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	5:30pm	01:00	\$33	4	25881

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	12:15pm	01:00	\$33	4	25743

D.I.Y. Kids (6-8 Years)

This program will introduce your child to a variety of exciting artistic and creative projects while promoting unique creative and discovery skills. With new masterpieces every week, learn endless elements of different crafty products including clay sculptures, scrapbooking and paint projects.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 28	Su	10:30am	01:00	\$60	8	15504

D.I.Y. Kids (9-12 Years)

Please see [D.I.Y Kids \(6-8 Years\)](#) description above.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 28	Su	11:30am	01:00	\$60	8	15505

Dino Discovery (4-6 Years)

Full of dinosaur fun, children will make dinosaur themed crafts as well as activities all about our prehistoric friends! Come dressed as your favourite dinosaur and get ready to have a prehistoric great time!

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	5:30pm	00:45	\$24	4	25896

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	5:45pm	00:45	\$24	4	25666

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 23	Tu	4:30pm	00:45	\$24	4	25918

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	9:45am	00:45	\$24	4	25718

Drawing & Sketching (7-9 Years)

This program builds upon each participant's artistic and creative skills. Emphasis is on increasing the participant's awareness of various aspects of picture composition.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	6:15pm	01:00	\$19	4	25931

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	7:00pm	01:00	\$19	4	25667

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	7:00pm	01:00	\$19	4	25720

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	5:45pm	01:00	\$19	4	25908

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	11:00am	01:00	\$19	4	25719

Drawing & Sketching (10-12 Years)

Please see [Drawing & Sketching \(7-9 Years\)](#) description above.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	7:30pm	01:00	\$19	4	25932

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	1:00pm	01:00	\$19	4	25772

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	7:15pm	01:00	\$19	4	25909
Feb 23	Tu	5:30pm	01:00	\$19	4	25919

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	12:30pm	01:00	\$19	4	25771

DANCE

Ballet (5-8 Years)

This program is designed to improve coordination, balance and to develop skills in ballet.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	6:30pm	00:45	\$14.50	4	25891

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	6:00pm	00:45	\$14.50	4	25765

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	6:15pm	00:45	\$14.50	4	25943

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	12:45am	00:45	\$14.50	4	25764

Dance Mix (5-8 Years)

A perfect program for those who would like to try out different dance styles before committing to one. You will learn fundamental techniques and short routines for each dance genre, such as ballet and hip hop.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 23	Tu	6:30pm	00:45	\$14.50	4	25925

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	9:00am	00:45	\$14.50	4	25758
Feb 22	Mo	7:00pm	00:45	\$14.50	4	25759

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	6:15pm	00:45	\$14.50	4	25912

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	12:45pm	00:45	\$14.50	4	25760

Winter 2021

FITNESS

Yoga (6-9 Years)

Yoga is an excellent way to increase balance, flexibility, coordination and can help children build positive relationships with their bodies. Explore yoga through games, stories and creative visualizations.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:00pm	01:00	\$28	4	25731

Yoga (10-12 Years)

Please see [Yoga \(6-9 Years\)](#) description above.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	6:00pm	01:00	\$28	4	25732

MARTIAL ARTS

Aikido (7-13 Years)

Participants will find inner mastery and peace through learning, discipline, etiquette, and how to control, pin and throw an opponent. Saturday classes are at 9:15am

Extreme Martial Arts South

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 19	Tu/Sa	6:15pm	00:45	\$64	16	16191

Confident Children (7-12 Years)

This course teaches your child how to gain the upper hand in any of life's situations. Improve your child's concentration, self-discipline, confidence and self defense skills. Students may be ready to earn their first belt upon completion

Olympic Martial Arts

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu/Sa	5:00pm	00:45	\$59	8	16204

Dynamic Kenpo/Arnis (6-12 Years)

Children will learn the proper values of Kenpo/Arnis. Participants will learn the proper way to exercise including warm-up and stretching, as well as how to concentrate, follow directions, work successfully in a group, and how to handle aggression while promoting non-violence.

Olympic Martial Arts

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo/We	5:00pm	00:45	\$59	8	16200

Empowering Little Dragons (4-7 Years)

This self-defence course will focus on the most important life skills and the basic martial art skills. The course will focus on increasing attention span, focus, and coordination.

Extreme Martial Arts South

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu/Th	4:45pm	00:45	\$64	16	16195
Jan 19	Tu/Th	5:30pm	00:45	\$64	16	16196

Empowering Tigers (8-13 Years)

Building self-confidence, self-esteem, and a real sense of personal achievement is the main focus on this program. Through fun activities and games, the students will learn discipline, respect for others and increase their physical fitness.

Extreme Martial Arts South

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 13	Mo/We	6:15pm	00:45	\$64	16	16186

SCIENCE

Young Environmentalists (6-8 Years)

This program allows children to interact with nature through crafts, games, stories, creative play and more. In this course children will learn about sustainability, community gardens, recycling and different ways to protect the quality of natural environments. Outdoor activities are weather permitting.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 28	Su	12:30pm	01:00	\$57	8	15506

Young Environmentalists (9-12 Years)

Please see [Young Environmentalists \(6-8 Years\)](#) description above.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 28	Su	1:30pm	01:00	\$57	8	15507

SPORTS

Badminton (7-12 Years)

Come out for some badminton and practice the basic strokes, rules, and game strategy. Singles games will be set up. Participants must bring their own racquet.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	7:45pm	01:00	\$14.50	4	25668
Feb 27	Sa	12:15pm	01:00	\$14.50	4	25671

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	7:30pm	01:00	\$14.50/\$0	4	25670

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	6:00pm	01:00	\$14.50	4	25882
Jan 23	Sa	10:45am	01:00	\$14.50	4	25883
Feb 23	Tu	6:00pm	01:00	\$14.50	4	25920
Feb 27	Sa	10:45am	01:00	\$14.50	4	25921

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	7:45pm	01:00	\$14.50/\$0	4	25669

Basketball (4-8 Years)

Join us for some skills and drills and build some basketball knowledge. Get active and learn some new basketball themed games.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	5:15pm	00:45	\$14.50	4	25892
Feb 23	Tu	5:15pm	00:45	\$14.50	4	25926

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	5:30pm	00:45	\$14.50	4	25525
Feb 24	We	6:00pm	00:45	\$14.50	4	25658
Feb 27	Sa	1:30pm	00:45	\$14.50	4	25659

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	5:15pm	00:45	\$14.50	4	25657

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	5:15pm	00:45	\$14.50	4	25656
Feb 27	Sa	9:30am	00:45	\$14.50	4	25664

AP = Act-i-Pass Option

Basketball (9-12 Years)

Please see [Basketball \(9-12 Years\)](#) description above.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 19	Tu	7:00pm	01:00	\$14.50	4	25894
AP Feb 23	Tu	7:00pm	01:00	\$14.50	4	25927

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 18	Mo	6:30pm	01:00	\$14.50	4	25660
Feb 24	We	7:00pm	01:00	\$14.50	4	25663

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 21	Th	6:15pm	01:00	\$14.50	4	25662

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 19	Tu	6:15pm	01:00	\$14.50	4	25661
AP Feb 27	Sa	10:30am	01:00	\$14.50	4	25665

Floor Hockey (4-8 Years)

Come shoot around and practice skills of floor hockey through drills and fun interactive instructional games!

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	6:00pm	00:45	\$14.50	4	25934

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	6:15pm	00:45	\$14.50	4	25747
Feb 22	Mo	5:30pm	00:45	\$14.50	4	25748

Floor Hockey (9-12 Years)

Please see [Floor Hockey \(4-8 Years\)](#) description above.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Feb 24	We	7:00pm	01:00	\$14.50	4	25935

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	11:00am	01:00	\$14.50	4	25749
Feb 22	Mo	6:30pm	01:00	\$14.50	4	25750

Winter 2021

Little Grippers (5-6 Years)

Little Grippers introduces children to climbing in a fun, safe and interactive environment. Ideal for enthusiastic climbers of trees and furniture. Our experienced and knowledgeable instructors will help children experience rock climbing while being active and making new friends. Children will learn body awareness, problem solving, and determination.

Junction Climbing Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 11	Mo	4:00pm	00:55	\$65	4	16987
Feb 08	Mo	4:00pm	00:55	\$65	4	16988
Mar 22	Mo	4:00pm	00:55	\$65	4	16989

Open Gym (6-12 Years)

An active hour where kids of different ages can have fun in the gym together. Staff will provide equipment for a variety of activities and will help keep the unstructured playtime going!

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 21	Th	7:30pm	01:00	\$14.50	4	25970
AP Feb 25	Th	7:30pm	01:00	\$14.50	4	25972

Soccer (4-8 Years)

Drop in for some practice in the basic skills of soccer, including dribbling, passing and shooting, plus an introduction to rules and elements of team play.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:00pm	00:45	\$14.50	4	25901

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:30pm	00:45	\$14.50	4	25672
Feb 27	Sa	9:30am	00:45	\$14.50	4	25675

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	5:15pm	00:45	\$14.50	4	25676

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	9:45am	00:45	\$14.50	4	25916
Feb 27	Sa	9:45am	00:45	\$14.50	4	25946

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	9:30am	00:45	\$14.50	4	25673
Feb 23	Tu	6:00pm	00:45	\$14.50	4	25674

Soccer (9-12 Years)

Please see [Soccer \(4-8 Years\)](#) description above.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 20	We	7:00pm	01:00	\$14.50	4	25902

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	7:30pm	01:00	\$14.50	4	25679
AP Feb 27	Sa	10:30am	01:00	\$14.50	4	25678

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Feb 25	Th	6:15pm	01:00	\$14.50	4	25677

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 23	Sa	10:30am	01:00	\$14.50	4	25734
AP Feb 23	Tu	7:00pm	01:00	\$14.50	4	25680

Tennis (8-12 Years)

Tennis is a game that teaches hand-eye coordination, footwork, conditioning, courtesy and respect. Come out for a chance to practice your skills with the help of an instructor. Participants are required to bring their own racquet.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
AP Jan 19	Tu	6:45pm	01:00	\$34	4	25885
AP Jan 23	Sa	12:30pm	01:00	\$34	4	25886
AP Feb 23	Tu	6:45pm	01:00	\$34	4	25922
AP Feb 27	Sa	12:30pm	01:00	\$34	4	25947

Volleyball (10-12 Years)

Meet new friends and get some exercise while being introduced to the basic skills and rules of volleyball.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	7:15pm	01:00	\$21.50	4	25757

AP = Act-i-Pass Option

TECHNOLOGY & LEARNING

Hours of Code: Minecraft (5-8 Years)

Hour of Code is focused on introducing basic programming skills in a simple, accessible way. The Minecraft Hour of Code takes about 1 hour to complete and will introduce the player to programming logic like Repeat Loops and If Statements.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 06	Sa	11:30am	01:00	\$19	1	17242
Mar 13	Sa	11:30am	01:00	\$19	1	25828

LEGO® Mindstorms EV3 (9-14 Years)

In the LEGO Mindstorms EV3 course, students design and build programmable robots using high-quality motors, sensors, gears, wheels, axles, and other technical components and code using the visual drag and drop programming interface.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	10:00am	01:00	\$19	1	17166

LEGO® Spike Prime (9-14 Years)

SPIKE Prime engages students through playful learning to think critically and solve complex problems, regardless of their learning level – while having fun.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 30	Sa	10:00am	01:00	\$19	1	17175
Mar 06	Sa	10:00am	01:00	\$19	1	25825

LEGO® WeDo Advanced 2.0 (5-8 Years)

The LEGO® WeDo 2.0 Robotics program provides an excellent platform for science learning, offering an innovative way for students to model reality, conduct investigations, and use design skills.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 30	Sa	11:30am	01:00	\$19	1	17204
Mar 06	Sa	11:30am	01:00	\$19	1	25826

LEGO® WeDo Robotics (5-8 Years)

Learn robotics with LEGO Education WeDo. Build snapping alligators, race cars, and spinning robots, then program them with the WeDo visual drag-and-drop programming software.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	11:30am	01:00	\$19	1	17187
Feb 27	Sa	11:30am	01:00	\$19	1	25824

mBot Robotics (9-14 Years)

mBot is an easy-to-run robot for kids to get hands-on experience in graphical programming, electronics, robotics. It is an all-in-one solution for robotics learning and specifically designed for STEM education. This programming language is simple, powerful, and very quick to learn.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 06	Sa	10:00am	01:00	\$19	1	17243
Mar 13	Sa	10:00am	01:00	\$19	1	25827

Minecraft Codeblock (9-14 Years)

Code Builder for Minecraft: Education Edition allows students to explore, create, and play in a Minecraft world. Use Code Builder to introduce computer science to your kids, or to explore the subject like Math and Science.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 13	Sa	10:00am	01:00	\$19	1	17227
Mar 20	Sa	10:00am	01:00	\$19	1	25829

Root Coding Robot (5-8 Years)

Use interactive projects with the Root® coding robot to capture your child's attention by programming it to move, light-up, flash different colors, or even draw shapes!

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Mar 20	Sa	11:30am	01:00	\$19	1	25831

Scratch Coding & Animation (5-8 Years)

Let your imagination run wild in this multimedia adventure. Create your own interactive stories, animated adventures, and games with drag-and-drop programming with Scratch.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 13	Sa	11:30am	01:00	\$19	1	17244

Tinkercard Codeblock 3D Modeling & Printing (9-14 Years)

Imagine if you can create anything you dream of. Drag and drop blocks together to make shapes. Run the code and watch your creation come to life such as snowflakes, pillars, plants, and decorative ornaments.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	10:00am	01:00	\$19	1	25830

TEEN

⚠️ To learn more about the safety measures we've put in place to ensure participant safety and prevent the spread of Covid-19, please visit london.ca/playourway under the Frequently Asked Questions section.

ARTS

Paint Night Workshop (13-17 Years)

Paint a beautiful canvas with the help of an instructor who will walk you through the painting with step by step instructions. Meet some new people and enjoy a night getting in touch with your creative side.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Mar 11	Th	7:15pm	01:30	\$12	1	25940

Sign Art Workshop (13-17 Years)

Pick from a set of designs or make your own and create a fun piece of art to hang at home!

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Mar 04	Th	7:15pm	01:30	\$12	1	25939

String Art Workshop (13-17 Years)

Make some creative wall art using string, nails and a board!

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Mar 18	Th	7:15pm	01:30	\$12	1	25941

Tie Dye Workshop (13-17 Years)

Learn how to make a fun design and make a colourful creation out of a plain old white clothing item. Bring any item from home that you would like to use!

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	7:15pm	01:30	\$12	1	25938

FITNESS

Yoga (13-17 Years)

Improve your self-esteem and health by focusing on improving posture, increasing strength, muscle tone and flexibility.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	5:30pm	01:00	\$56	8	15510

SPORTS

Friday Night Climbing Club (13-17 Years)

This program will allow an opportunity for teens to discover the challenging intensity of rock climbing. They will learn knots and belaying as well as general climbing safety while challenging themselves and learning to push their own personal limits. Ideal for those seeking an alternative to traditional sports.

Junction Climbing Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 15	Fr	8:00pm	01:25	\$85	4	16343
Feb 12	Fr	8:00pm	01:25	\$85	4	25820
Mar 26	Fr	8:00pm	01:25	\$85	4	25821

Volleyball (13-17 Years)

Meet new friends and get some exercise while being introduced to the basic skills and rules of volleyball.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 26	Fr	7:15pm	01:30	\$21.50	4	25756

LEADERSHIP

! To learn more about the safety measures we've put in place to ensure participant safety and prevent the spread of Covid-19, please visit london.ca/playyourway under the **Frequently Asked Questions** section.

Babysitting Course (12-17 Years)

The program is a recognized course of the Canada Safety Council. Pick up some helpful hints on accident prevention, child behaviour, home safety and emergency procedures. Students will receive a manual and certificate upon successful completion of the program and exam.

NOTE: That Canada Safety Council requires all participants to be a minimum of 12 years old by the end of the calendar year.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	10:15am	02:30	\$55	4	25948

South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 23	Sa	2:00pm	02:30	\$55	4	25967

Leader in Training 1 (13-18 Years)

A modified LIT program following COVID-19 guidelines set out by the Province of Ontario and Middlesex-London Health Unit, including physical distancing guidelines and group size restrictions. This program is the first step in the Leadership Training Continuum. It consists of 14 classroom hours and optional placement hours in a City of London children's program will be scheduled in the future as COVID allows. Some topics covered are communication skills, leadership styles and child development. Placement hours can be used towards high school volunteer hours. Participants MUST attend ALL classes in order to receive certification.

PREREQUISITES: This program is a prerequisite for the Leader in training 2 program.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	6:00pm	02:00	\$78	7	14195

Leadership in Training 2 (13-18 Years)

A modified LIT program following COVID-19 guidelines set out by the Province of Ontario and Middlesex-London Health Unit, including physical distancing guidelines and group size restrictions. This program is the second step in the Leadership Training Continuum. It consists of 16 classroom hours and optional placement hours in a City of London children's program will be scheduled in the future as COVID allows. Some topics covered are program planning, organizational skills and teamwork. Placement hours can be used towards high school volunteer hours. Participants MUST attend ALL classes in order to receive certification.

PREREQUISITES: This program is a prerequisite for the Leader in Training 3 program.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:00pm	02:15	\$140	7	24463



Coming in January

Drop-ins for various age groups at community centres across London!

Registration starts one week in advance of each program through

www.london.ca/playyourway or by calling 519-661-5575. Pre-registration is required due to COVID-19 health measures.

Financial assistance is available for those who qualify.

