

# PRESCHOOL + YOUTH PROGRAMS

www.dawsoncreek.ca/register ■ 250-784-3604

## Ladybugs & Inchworms

*Ages 2-5 years*

Enjoy some fun outdoor games for you and your toddler! Come be silly with us! **Adult participation required.**

DATES	TIMES	PRICE	LOCATION
Tuesdays Sept 12-Oct 3	10:30-11:15am	\$33.00	City Hall (front lawn)

## Toddler Time

*Ages 2-5 years*

Toddlers will enjoy a variety of games and activities, from fun parachute games to singing songs we all know! **Adult participation required.**

DATES	TIMES	PRICE	LOCATION
Thur: Sept 7, 14, Oct 19 Tue: Oct 10	11:15am- 12:00pm	\$5.00 drop in	Co-op Mercer Hall

Drop In!

## Roaming Rascals

*Ages 2-5 years*

This program provides a great opportunity to play and learn with your child! Children will play and explore through body awareness and coordination. Our instructor will lead with independent and cooperative play using balls, bean bags and parachute games. **Adult participation required.**

DATES	TIMES	PRICE	LOCATION
Wednesdays Nov 1-Dec 6	11:00-11:45am	\$33.00	Kin Arena Meeting Room

## Lil' Tots Drop In

*Ages 2-5 years*

Let's have some fun! Join us for games, crafts and parachute fun! **Adult participation required.**

DATES	TIMES	PRICE	LOCATION
Sunday Oct 1	11:00-11:45am	\$5.00 drop in	Co-op Mercer Hall
Sunday, Oct 1	12:15-1:00pm	\$5.00 drop in	Co-op Mercer hall

Drop In!



## Introduction to the Kitchen

*Ages 3-5 years*

Get an introduction to cooking! Learn how to safely use kitchen tools and make some yummy food!

**Adult participation required.**

DATES	TIMES	PRICE	LOCATION
Thursdays Sept 28-Oct 19	10:45- 11:30am	\$37.80	Kin Arena Meeting Room
Mondays Nov 20-Dec 11	11:00- 11:45am	\$37.80	Kin Arena Meeting Room

## Youth Night

*Ages 6-12 years*

Participate in a wide variety of activities and meet new friends! From dance to basketball, we have it all! Please pre-register. **What to bring:** *Indoor shoes, water bottle comfortable clothing*

**LOCATION:** *Tremblay School Gym.*

DATES	TIMES	PRICE	ACTIVITY
Thur, Sept 14	4:30-5:30pm	\$7.00	Basketball
Thur, Sept 21	4:30-5:30pm	\$7.00	Dance Fitness
Thur, Sept 28	4:30-5:30pm	\$7.00	Kickball
Thur, Oct 5	4:30-5:30pm	\$7.00	Volleyball
Thur, Oct 12	4:30-5:30pm	\$7.00	Floor Hockey
Thur, Oct 19	4:30-5:30pm	\$7.00	Basketball
Thur, Oct 26	4:30-5:30pm	\$7.00	Dance Fitness
Thur, Nov 2	4:30-5:30pm	\$7.00	Kickball
Thur, Nov 9	4:30-5:30pm	\$7.00	Volleyball
Thur, Nov 23	4:30-5:30pm	\$7.00	Floor Hockey
Thur, Nov 30	4:30-5:30pm	\$7.00	Basketball
Thur, Dec 7	4:30-5:30pm	\$7.00	Kickball
Thur, Dec 14	4:30-5:30pm	\$7.00	Volleyball

## Introduction to Archery *Ages 6-12 years*

Is archery a sport you've always wanted to learn? In this introductory class, our experienced instructor will teach you how to shoot, handle a bow and so much more! **What to bring:** *comfortable clothing, indoor closed-toe shoes, water bottle.*

DATES	TIMES	PRICE	LOCATION
Wednesdays Sept 13-Nov 1	3:30- 4:30pm	\$162.88	DC Secondary (South Peace Campus)



# YOUTH + TEEN PROGRAMS

recreation@dawsoncreek.ca ■ 250-784-3604

## Lil' Chef Academy

*Ages 6-12 years*

Do you like to cook? Have you been wanting to learn some new recipes? Learn a variety of new skills in the kitchen, from safety to learning how to make sweet and savoury dishes!

**What to bring:** comfortable clothing, indoor closed-toe shoes, water bottle.

**LOCATION:** Kin Arena Meeting Room

DATES	TIMES	PRICE	ACTIVITY
Mon, Sept 18	3:30-4:30pm	\$16.50	Homemade Mac & Cheese
Mon, Sept 25	3:30-4:30pm	\$16.50	Traditional English Trifle
Mon, Oct 16	3:30-4:30pm	\$16.50	Pigs In A Blanket
Mon, Oct 23	3:30-4:30pm	\$16.50	Key Lime Pie Balls
Mon, Oct 30	3:30-4:30pm	\$16.50	Breakfast Burritos
Mon, Nov 6	3:30-4:30pm	\$16.50	Blueberry Scones
Mon, Nov 20	3:30-4:30pm	\$16.50	Homemade Gnocchi
Mon, Nov 27	3:30-4:30pm	\$16.50	S'mores Brownie
Mon, Dec 4	3:30-4:30pm	\$16.50	Chicken Noodle Soup
Mon, Dec 11	3:30-4:30pm	\$16.50	Apple Turnovers

## Ace Archers (Advanced) *Ages 6-12 years*

Would you like to further your skills? Become a skilled Archer? Hone your skills and learn all there is to know from an experienced instructor in this after school program! **What to bring:** comfortable clothing, indoor closed-toe shoes, water bottle.

DATES	TIMES	PRICE	LOCATION
Wednesdays Sept 13-Nov 1	5:00-6:00pm	\$162.88	DC Secondary (South Peace Campus)

## Master Chef Academy *Ages 12-15 years*

Learn to be a master in the kitchen! Take a chance and learn some new skills with our experienced staff. Come try some sweet and savoury recipes! **What to bring:** comfortable clothing, indoor closed-toe shoes, water bottle.

DATES	TIMES	PRICE	LOCATION
Wednesdays Oct 4-Nov 8	3:15-4:45pm	\$112.50	Kin Arena Meeting Room
Wednesdays Nov 15-Dec 20	3:15-4:45pm	\$112.50	Kin Arena Meeting Room

## Teen Night at the Rink

*Ages 13-17 years*

Games, activities and prizes!

**What to bring:** skates and helmets. If you don't have skates, rentals are available. Skate aids are also available.

Drop In!

DATES	TIMES	PRICE	LOCATION
Fridays, Oct 13, Nov 10, 17, 24	8:30-9:30pm	\$2.00 drop in	Kin Arena

*Are you 15-18 years old?*

*See page 10 for Drop in Volleyball!*

*See page 12 for Drop In Hockey (16+)!*

**Deep**  
OFFICIALLY PRESENTS  
**NORTHERN BC  
FEMALE HOCKEY  
DEVELOPMENT  
CAMP**

**U7 - U18 & 18+ DIVISIONS**

**MEMORIAL ARENA**  
1107 106 AVE, DAWSON CREEK

**FRIDAY SEPT 8-10 2023**

DAWSONCREEK.CA

BC City of Dawson Creek

Camp includes a combination of on & off-ice skill development sessions and is for ages 5 & older.  
**U7-U18: \$60 Adults: \$70**  
**Try It session: FREE**  
**Registration based on Hockey Canada Age Divisions.**  
 Register online at [dawsoncreek.ca/register](http://dawsoncreek.ca/register), by phone at 250-784-3604 or 250-782-7946 or stop by City Hall.

View and register for programs online: [www.dawsoncreek.ca/register](http://www.dawsoncreek.ca/register)

# ADULT + SENIORS PROGRAMS

www.dawsoncreek.ca/register

## Drop In Volleyball

*Ages 15 and older*

Bring your friends for a fun evening of friendly game play! Participants work together to make teams and ensure everyone gets fair playing time. Net and balls provided.



DATES	TIMES	PRICE	LOCATION
Thursdays Sept 14-Dec 14	6:00-7:30pm	\$7.50 drop in	Tremblay School Gym

## Chair Aerobics for Seniors

*Age 55+*

Join us for a relaxing class of chair aerobics. Learn breathing techniques and ways to relax your mind and body. **What to bring:** Water, comfortable clothing



DATES	TIMES	PRICE	LOCATION
Thur: Sept 7, 14, Oct 19 Tue: Oct 10	10:00- 10:45am	\$5.25 drop in	Co-op Mercer Hall

## Adult Only Drop In Volleyball

*Ages 19 and older*

Bring your friends for a fun evening of friendly game play! Participants work together to make teams and ensure everyone gets fair playing time. Net and balls provided.



DATES	TIMES	PRICE	LOCATION
Thursdays Sept 14-Dec 14	7:45-9:15pm	\$7.50 drop in	Tremblay School Gym



## Volleyball Leagues

*Ages 15 and older*

**REGISTRATION DEADLINE: SEPTEMBER 5**

Looking for an indoor activity for the winter? Get a group together and join these fun and friendly Volleyball Leagues that run weeknights at local school gyms! Each league will have a recreational and competitive bracket (maximum of 12 teams per bracket). *Youth 15-18 yrs. must have written consent from a parent/guardian*

**\*Children not permitted.**

LEAGUE	DATES	TIMES	PRICE
Ladies League	Tuesdays Sept 19-Dec 5	6:00-9:30pm	\$432.68/ team
Co-ed League	Fridays Sept 29-Dec 22*	6:00-9:30pm	\$432.68/ team

\*No session Friday, October 20

Register for  
the **Deep Female  
Hockey Develop-  
ment Camp for ages  
5-18 and adults!**  
See Page 9 for more  
info.

See Page 12 for  
info on  
**Drop In Hockey,  
Public Skate, \$2  
Shinny & Skate**

