



Preston Heights Community Group

Legend

- Preston Heights Neighbourhood Association
- Park
- Watercourse
- Municipal Boundary



EARLY YEARS FAMILY DROP IN PROGRAM

**For Families & caregivers with children
ages 0-6 years
Mondays, Wednesdays & Fridays
9-11am**



Please drop in between the hours of 9-11am on Mondays, Wednesdays & Fridays with your child (ren). Enjoy playing with interactive toy centres, creative activities, nutritious snacks and singing songs all while learning with your child(ren). See www.prestonheights.ca for specific themes and special events.



All Summer Camp Volunteers will be required to have completed the LEAD certificate!

LEAD is a 12 week leadership development program that include 2 weeks as a L.I.T. in our summer child & youth program.

Ages: 12-16
Cost: \$35
Starts: April 6th

LEAD Curriculum

- Module 1: Leadership Part I
- Module 2: Communication
- Module 3: Teamwork
- Module 4: Self Awareness
- Module 5: Conflict Resolution
- Module 6: Leadership Part B
- Module 7: Working with People
- Module 8: Program Planning
- Module 9: Safety and Risk Management
- Module 10: Knowing Your Community
- Module 11: Environment and You
- Module 12: Practicum

Endorsed by the City of Cambridge

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Centre Hours: Monday 9am-5pm Tuesday 9am-8pm Wednesday-Friday 9am-5pm

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Preston Heights Community Centre's
Winter Child & Youth Programs
Schedule Winter 2011

January 3rd to April 1st, 2011

Grade/ Age	Program Name	When	Where	Cost
New Time Gr. SK-2	Kids Club	Tues. 4:00-5:00pm	Community Centre	\$1/per day
Gr. SK-2	Gym Jump	Wed. 3:30-4:15pm	Parkway P.S.	FREE
Gr. 3-4	Gym Night	Tues. 6:00-7:00pm	Parkway P.S.	FREE
Gr. 3-4	Drop In	Thurs. 3:45-5:15pm	Community Centre	FREE
Gr. 3-4	Freaky Friday	Fri. 3:45-5:15pm	Community Centre	FREE
NEW Gr. 3-6	Ball Hockey	Mon. 3:30-4:30pm Starts Jan. 10	Community Centre	FREE
Gr. 5-6	Gym Night	Tues. 7:00-8:00pm	Parkway P.S.	FREE
Gr. 5-6	Drop In	Thurs. 5:30-7:00pm	Community Centre	FREE
Gr. 5-6	Freaky Friday	Fri. 5:30-7:00pm	Community Centre	FREE
Ages 11- 14 (Girls)	Girls Club	Thurs. 7:00-8:30pm	Community Centre	FREE
Gr. 7-12	Gym Night	Mon. 6:00-8:00pm	Parkway P.S.	FREE
Gr. 7-12	Drop In	Wed. 6:00-8:00pm	Community Centre	FREE
Gr. 7-12	Freaky Friday	Fri. 7:00-9:00pm	Community Centre	FREE

NEW

Ball Hockey (Gr. 3-6) Starts Jan. 10th
 Drop in right after school to play some pickup ball hockey. We will be playing in the gym at Parkway Public School. Equipment is provided.

Kids Club (Gr. SK-2)

Where is everyone? They are at Kids Club and you are invited to take part in the fun. Games, snacks, and crafts. Lots of fun for all.

Gym Jump

Hurdle on down to Parkway Public School gym on Wednesdays after school for a hoppin' time. We will be playing active games to get your heart to skip with laughter. Your bound to have a good time and leave with a spring in your step.



Drop In/Freaky Fridays

Come out each week to the popular "Drop In" programs for youth and teens. Come out to play pool, Wii, fosse-ball and of course our famous fabulous special events each week or just hang out.

Gym Night

Come on over to Parkway P.S. and participate in basketball, ball hockey, group games and other physical activities. Come out and get active while having lots of fun.

Girls Club

This program is designed just for girls and is filled with fun and exciting activities that the girls help plan. Some of the events can include hip-hop dance, spa night or even going to a movie. Meet some friends and work together as a team. It's your CLUB so come out and help plan each week's activities.

March Break

The Centre will be offering free Drop In for grades 3-12. Feel free to drop in during the hours posted below and have some fun. No registration required.

Monday	Tuesday	Wednesday	Thursday	Friday
Drop In Gr. 3-12 12:00-5:00pm Cost: FREE	Babysitting Course Ages 11-14 9:00am-4:00pm Cost: \$42.50	Drop In Gr. 3-12 12:00-5:00pm Cost: FREE	Drop In Gr. 3-12 5:30-7:30pm Special Event Gr. 8-12 TBD Cost: FREE	No programs