



**Sledge Hockey**

**H.E.A.T.**



**Swimming**  
**Friday night**  
**fun!**

**Recreation**  
**Activities**  
**Winter 2012**



## Winter 2012 Programs

### Stars of Pop Teen's Night Out!



We'll be meeting at Kelsey's to hang out and have dinner then picked up like movie stars in a limosine that will drop us off at the front door of the Capital Theatre for the concert!

**Date:** January 21, 2012

**Time:** 5:30 meeting at Kelsey's for dinner

**Pick up at the Capital Theatre at 10-10:30pm**

**Cost:** \$30 for concert ticket and limosine service

**Bring \$ for dinner (approx \$15-\$20)**

**Must Register by December 12!**



### Friday Night Float and Fun Ages 7-12

Come hang out for an evening in the pool with your friends, then relax, enjoy some snacks and watch a movie, or activities like crafts, game night, and much more!

Lifeguard will be on duty.

**Date:** January 13, March 30, 2012 **Time:** 6-9 pm

**Place:** Treatment Centre **Cost:** \$5

### T.G.I.F at C.T.C. Ages 13-21

Come hang out for an evening in the pool with your friends, then relax, enjoy some snacks and take part in different activities like, crafts, Wii, and board games!

Lifeguard will be on duty.

**Date:** February 17, April 27, 2012 **Time:** 6-9 pm

**Place:** Treatment Centre **Cost:** \$5

FREE!!!! Open Family Swim

Come warm up in the big warm pool!

Bring your family in for a dip in the CTC pool!

Tuesdays 7-8 and Wednesdays from 6:30-8pm

Starting January 10, 2012

FREE!!!!

### It's not too late to try out SLEDGE Hockey!

Same place...brand new time!!!!

Date: September 20 – March 6, 2011

St. Clair College Arena

Time: Tuesdays 6pm



Registrations for these Winter programs will begin on:

December 5, 2012 at 8 am

Registrations **will not** be accepted before this date. Please complete enclosed registration form and list activities. Please register in person at front office or return by mail to:

The Children's Treatment Centre of Chatham-Kent

355 Lark Street, Chatham, Ontario N7L 5B2

Activities have limited amount of spots and fill quickly.

Swimming lesson confirmation time will be made by

Tuesday, January 10, 2012

Subsidy may be available. Please enquire.



## H.E.A.T.

Healthy Energetic and Active Teens



We're joining forces with the YMCA to get fit and stay active!

**H.E.A.T.** is a 12 week program to encourage healthy lifestyles in teens. Through a wellness coach from the YMCA we will be learning about health and fitness, nutrition and exercise. During weeks 6-12 teens will take part in their own designed program as well as other classes like aquabics, zumba and time in the Energy Zone.

**What is included?** A 3 month membership to the YMCA. This will allow you to take part in the program and have access to a wellness coach and use the YMCA facilities anytime during the 3 months!

Date: Thursdays January 19 - April 5, 2012

Time: 4-5 pm

Cost: \$100

You must register for this program by  
December 14, 2011  
Limited spots available



### Swimming Lessons

Ages 3 –21

This program is taught by a qualified swimming instructor. Lessons are 1:1 or small group 4:2 ratio depending on needs. Goals will be developed depending on the abilities of each child. The children do not have to be a client of the centre however they should be children who require extra support to be successful.

Date: January 17– March 27, 2012

Tuesdays and Wednesdays: Late afternoon in to the evening

Time: Preferred time taken at Registration

Place: Treatment Centre Pool Cost: \$70

Register December 5 for Winter Programs!!