



## 2019 Spring and Summer Sports

To enrol in any of these programs, please download the appropriate forms from our website, or come in and fill them out at the North Kawartha Community Centre. Please be prepared to pay the registration fee. At the NKCC we accept cash, cheque or debit. Cheques are made payable to: The Township of North Kawartha. Registration is on a first-come, first-served basis and in some cases space is limited, so don't be disappointed! For additional information, please visit our website.

**Volunteers are needed for all programs – please contact us.**

**Baseball** - Ages 6 & under (Thurs. 6-6:45 pm) / Ages 7 to 9 (Tues. 6-6:45 pm) /  
Ages 10 to 13 (Tues. 7-8:30 pm) / Ages 14 to 18 (Thurs. 7-8:30 pm)

Location: Lion's Park

Registration Deadline: Youth: Friday, May 31

Equipment Required: running shoes, baseball glove, baseball hat

**Tuesday evenings or Thursday evenings July 2 to August 29**

**Lacrosse** - Ages 8 & under (6-7 pm) / Ages 9 to 12 (7-8 pm) / Ages 13 to 18 (8-9 pm)

Location: North Kawartha Community Centre

Registration Deadline: Now!

**Consider trying it out!!** You will have a great time and perhaps find a new, fun sport. Lacrosse is an exciting mix of basketball, soccer and hockey. In fact, it was designated as Canada's official summer sport in 1994. This is 'non-contact'. All you need to bring are gloves and a helmet - we supply the nets, sticks, balls and instruction. Depending upon how many show up, we may divide into age groups, otherwise we will start at 6 pm and continue as long as we're having fun!

**Friday evenings May 10 to June 28 \*\* Lacrosse is FREE this season, but you must register\*\***

### Summer Gymnastics

**Wednesdays July 10 to August 28. Show rehearsal Monday, Aug. 26 Show on Wednesday, Aug. 28**

Junior - Ages 5 and under – Wednesdays 2:30 to 3:00 pm

Beginner/Intermediate – Ages 6 and up – Wednesdays 3:00-4:00 pm

Advanced – Based on ability, to age 16 – Wednesdays 4:00 to 5:00 pm

Obstacle Course – Ages 6 to 14 – Wednesdays 5:00 to 6:00 pm

Location: North Kawartha Community Centre (NKCC)

Registration Deadline: Friday, July 5

Level placement is based on age and/or ability.

**Swim** - Ages: approximately 3 to 18

Location: Chandos Beach, Jack Lake and Quarry Bay Beach

Registration Deadline: Session 1: Chandos Beach and Quarry Bay Beach - Monday, July 8

Session 2: Chandos Beach and Jack Lake - Monday, July 29

Equipment Required: bathing suit, towel, sunscreen, water shoes recommended

**Weekdays July 9 to July 26 (Session 1) or July 30 to August 16 (Session 2)**