



2019 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
Equipment Required: running shoes, baseball glove, baseball hat
Tuesday evenings or Thursday evenings July 2 to August 29

Summer Gymnastics

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)
Level placement is based on age and/or ability.

Wednesdays July 10 to August 28.

Show rehearsal Monday, Aug. 26 Show on Wednesday, Aug. 28

Swim - Ages: approximately 3 to 18

Location: Chandos Beach, Jack Lake and Quarry Bay Beach

Registration Deadline: Chandos Beach and Jack Lake - Monday, July 29

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

Weekdays July 30 to August 16

Summer Figure Skating Boot Camp

"Get Your Edge Back" at Figure Skating Boot Camp. Available to all intermediate and senior skaters. This preseason figure skating camp is being offered at the NKCC. The camp offers both on and off-ice conditioning classes that will get you ready for the upcoming figure skating season. The cost for all four full sessions is \$75.00, which includes 5 hours of on-ice and 3 hours of off-ice instruction.

Tuesday, September 3rd

5:00 pm to 5:45 pm - Off-ice stretching and warm-up

6:00 pm to 7:00 pm - **On-ice** warm-up and skill development

Thursday, September 5th

5:00 pm to 5:45 pm - Off-ice stretching and warm-up

6:00 pm to 7:00 pm - **On-ice** warm-up and skill development

Saturday, September 7th

12:00 pm to 12:45 pm - Off-ice stretching and warm-up

1:00 pm to 2:00 pm - **On-ice** warm-up and skill development

Sunday, September 8th

12:00 pm to 12:45 pm - Off-ice stretching and warm-up

1:00 pm to 3:00 pm - **On-ice** warm-up and skill development