

All Sport One Day @ Cardel Rec South & Shawnessy YMCA

August 17th Schedule

9:45AM-11:00AM

Sport	Age Group
Netball	10-17
Capoeira	6-9
Field Hockey	6-9
Cricket	10-17
Swim to Survive	6-8 / 9-12
Intro to Indoor Climbing	6-8
Basketball	9-10
Y-Thrive	10-17

12:45PM-1:45PM

Sport	Age Group
Handball	10-14
Capoeira	6-9
Field Hockey	6-9
Flag Rugby	10-17
Swim to Survive	6-8 / 9-12
Intro to Indoor Climbing	6-8
Basketball	9-10
Yoga	10-17

11:15AM-12:15PM

Sport	Age Group
Netball	8-12
Capoeira	8-17
Field Hockey	10-17
Cricket	6-9
Swim to Survive	6-8 / 9-12
Intro to Indoor Climbing	9-12
Basketball	11-12
Y-Thrive	10-17

2:00PM-3:00PM

Sport	Age Group
Handball	7-9
Capoeira	8-17
Field Hockey	10-17
Flag Rugby	6-9
Swim to Survive	6-8 / 9-12
Intro to Indoor Climbing	9-12
Basketball	11-12
Zumba	10-17

Session Descriptions

Sport	Description
Basketball	Set down some skills! Participants will develop individual skills through a series of structured games and drills - learning how to "own the ball" before they share the ball. Players will gain an understanding of the game of basketball and learn how to apply newly developed skills to become an effective team player. To finish off the session, we will play a fun, informal game!
Intro to Indoor Climbing	Get a grip on the basics of climbing in this recreation program! Your child will participate in bouldering activities, games, and useful climbing skills that will foster the abilities to reach new heights.
Zumba	Join this energetic dance class! Zumba cardio dance mixes high and low intensity choreographed moves using the rhythms of Latin and world music. Improve your fitness in a fun, encouraging atmosphere. No dance experience required.
Swim to Survive	Swim to Survive® is different from swimming lessons - and not a replacement for them. Swim to Survive® teaches the necessary skills to survive an unexpected fall into deep water. Learn crucial survival skills including rolling into deep water, treading for a minute, and swimming 50 meters to promote water safety.
Y Thrive	Along with an orientation of the weight floor and the machines, YThrive is an exercise program that will help you improve your health and physical performance or help you take more control of your life and achieve results. It provides you with the support to get started, the flexibility to do it on your own, results to stay motivated, and the opportunities to connect with others.
Yoga	Find your inner strength and balance as you de-stress in this calming yoga class. You will improve your flexibility, strength, balance and body awareness through a series of breathing exercises and yoga poses. You will finish the class feeling centered and rejuvenated.

Session Descriptions

<p>Field Hockey</p>	<p>Participants will be introduced to the fun sport of Field Hockey! During this session they will learn the skills of passing, dribbling and shooting!</p> <p>Field Hockey Alberta has been in operation since 1974. FHA is committed to operating with integrity, openness and respect to ensure that our tradition of field hockey excellence is preserved in Alberta and that our sport is open to people of all ages, skill levels and abilities.</p>
<p>Handball</p>	<p>During this session, participants will be introduced to the fundamentals of handball! They will learn passing and throwing and will get to play in a fun scrimmage!</p> <p>Calgary Team Handball is dedicated to providing a safe, fun place to play team handball and expand awareness and opportunity to play the sport.</p>
<p>Cricket</p>	<p>Batting , Bowling, Fielding are the three key skills of cricket. Come out for a fun and high-energy intro into one of the world's most popular sports!</p> <p>The Future Stars Cricket Academy is a non-profit organization and Calgary's first ever youth cricket league. Our mission is to promote a healthy, active lifestyle through participation and team play. We are committed to providing opportunities for cricketers of any age, gender, race, and ability to play and enjoy cricket.</p>
<p>Capoeira</p>	<p>In this capoeira class, you will learn basic capoeira movements, kicks, and escapes, as well as how to work with a partner while playing capoeira!</p> <p>We are a non-profit organization dedicated to celebrating Brazilian culture through Capoeira, Afro-Brazilian dance, and percussion. It is our mission to foster confidence, community and culture!</p>
<p>Flag Rugby</p>	<p>Rookie Rugby is Rugby Canada's mass participation program and is perfect for a wide range of ages and abilities, consisting of skills and games appropriate for all levels of the LTAD pathway. The three primary levels that are targeted are the Active Start, FUNdamentals, and Learn to Train because they aim to develop the foundation of skills for individuals preparing to be active later in life. Rookie Rugby targets these levels to develop the basic skills needed for athletes preparing to play rugby throughout their lives.</p>
<p>Netball</p>	<p>Netball is a passing game where you and your team pass the ball to get it into the net at the end of the court. It is heavily reliant in teamwork as there is no running with or dribbling the ball! Participants will learn the basic rules and skills in order to play a game to work on their teamwork in a fun and engaging way!</p>

