



**Winter Registration Begins Monday, November 15th at 10am.
Registration will be done by phone or simply stop by!**

Fitness Centre Information



Gift Certificates Available!

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$30.00	\$79.00	\$132.00	\$195.00	\$23.00	\$40.00
Adult 19+	\$40.00	\$105.00	\$175.00	\$260.00	\$30.00	\$52.00
Senior 55+	\$30.00	\$79.00	\$132.00	\$195.00	\$23.00	\$40.00
Partners (2 adults, same address)	\$64.00	\$168.00	\$280.00	\$416.00		
Family (2 adults/ 3 youth)		\$290.00	\$375.00	\$490.00		

*Payment plans available.

*Youth require parental consent (age 15-18)

Hours of Operation

Monday-Friday – 6am-10pm

(Only Cardholders can enter at 6am)

Saturday-Sunday – 8am-9pm

Children's Birthday Parties



*Parents will be responsible for bringing food/snacks, cake, drinks and loot bags.

*Age 5-15

Type of Party	With/Without Staff	Rooms	Cost
Sports	With Staff	Gym (1h)+Multi (1h)	\$85.00
Sports	Without Staff	Gym (1h)+Multi (1h)	\$70.00
Girls - Nails/Lip gloss	With Staff	Art (1h)+Multi (1h)	\$125.00
Craft	With Staff + Supplies	Art (1h)+Multi (1h)	\$125.00
Craft	Without Staff + Supplies	Art (1h)+Multi (1h)	\$70.00
Baking	With Staff + Supplies	Kitchen (1h)+Multi 1(h)	\$125.00



**NEW YEARS EVE DANCE AT PRCC – 8:30-1:30AM
TICKETS \$15 EACH OR \$25 PER COUPLE**

For further details visit: www.centre.prospectcommunities.com

Or Call us at 902 852 2711



Prospect Road Community Centre - Winter Programming 2011

Please note: Some classes were cancelled due to low registration

Basketball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
5-7 yrs	Tuesdays	5:15-6pm	12	\$40	Jan 11 th 2011
8-11 yrs	Mondays	5:30-6:30pm	12	\$40	Jan 10 th 2011
12-16yrs *Cancelled*	Thursdays	5:30-6:30pm	12	\$40	Jan 13 th 2011
Men's (40+)	Thursdays	8-9pm	14	\$48	Jan 13 th 2011
Women's *Cancelled*	Fridays	7-8pm	14	\$48	Jan 14 th 2011

Floor Hockey

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
5-7 yrs	Thursdays	5:30-6:30pm	12	\$40	Jan 13 th 2011
8-11 yrs	Thursdays	6:30-7:30pm	12	\$40	Jan 13 th 2011
12-16 yrs *Cancelled*	Fridays	6-7pm	12	\$40	Jan 14 th 2011
Men's	Tuesdays	8:30-10pm	14	\$72	Jan 11 th 2011
	Thursdays	9-10pm	14	\$48	Jan 13 th 2011
Women's *Cancelled*	Mondays	7:30-8:30pm	14	\$48	Jan 10 th 2011

Badminton

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
12-16 yrs	Wednesdays	7-8pm	12	\$40	Jan 12 th 2011
Adult (Co-Ed)	Mondays	8:30-10pm	14	\$72	Jan 10 th 2011

Volleyball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
7-12 yrs	Wednesdays	6-7pm	10	\$40	Jan 12 th 2011
Adult (Co-Ed)	Wednesdays	8-10pm	14	\$72	Jan 12 th 2011

Soccer

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
3-5 yrs	Tuesdays	5:15-6pm	10	\$34	Jan 11 th 2011
5-7 yrs	Mondays	5-6pm	12	\$40	Jan 10 th 2011
8-11 yrs	Mondays	6-7pm	12	\$40	Jan 10 th 2011

Scrapbooking (Photo Solutions Class)

For class descriptions & instructors visit: www.centre.prospectcommunities.com

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<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Adult *Cancelled*	Sundays	2-3pm	4	\$95	Jan 16 th 2011

Reminder: Youth Sport Drop In – Mon/Wed/Fri – 2:30-3:30pm – FREE to BJHS Students

Cooking

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
7-9 yrs	Tuesdays	6-7:15pm	8	\$55	Jan 18 th 2011
10-12 yrs	Tuesdays	7:15- 8:30pm	8	\$55	Jan 18 th 2011

Yoga

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Mom and Tot *Cancelled*	Mondays	10-10:45am	8	\$32	Jan 10 th 2011
Adult	Mondays	8:30pm – 9:30pm	14	\$75	Jan 10 th 2011
	Thursdays	7-8pm	14	\$75	Jan 13 th 2011
Senior	Thursdays	1-2pm	8	\$37	Jan 13 th 2011

Beginners Guitar

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
6-8 yrs	Mondays	6-7pm	10	\$36	Jan 10 th 2011
9-11 yrs	Mondays	7-8pm	10	\$36	Jan 10 th 2011
Adult	Mondays	8-9pm	10	\$65	Jan 10 th 2011

Pottery

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Gr. 2-5	Thursdays	6-7:30pm	4 weeks Jan 13, 20, 27, Feb 3	\$40	Jan 13 th 2011
Gr. 6-9	Thursdays	6-7:30pm	4 weeks Mar 3, 10, 17, 24	\$40	March 3 rd 2011
Adult *Cancelled*	Mondays	10am-12pm	4 weeks Jan 31, Feb 7,14,21	\$46	Postponed Jan 31th 2011

Intro to Drawing

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
8-12 yrs	Wednesdays	6:30-7:30pm	8	\$36	Jan 12 th 2011
Adult	Wednesdays	7:30-9pm	8	\$45	Jan 12 th 2011

Karate - Beginners

For class descriptions & instructors visit: www.centre.prospectcommunities.com

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<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
7 years and up	Fridays	6-7pm	14	7-18 yrs- \$36 Adults- \$56 Family- \$120	Jan 14 th 2011

Tai Chi – Register with PRCC, however payment will be made to Tai Chi Society @ 2nd class.

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Adult	Mondays	7-9pm	12	\$110	Jan 10 th 2011
Senior / Student				\$65	

Dance Classes

<u>Class Title</u>	<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Intro to Dance	3-5 yrs	Wednesdays	5-5:45pm	10	\$28	Jan 12 th 2011
Creative Movement	3-5 yrs	Fridays	5-5:45pm	10	\$28	Jan 14 th 2011
Ballet	5-7 yrs	Wednesdays	6-6:45pm	10	\$38	Jan 12 th 2011
Hip Hop Dance	6-9 yrs	Saturdays	11am-12pm	10	\$38	Jan 15 th 2011
		Fridays	6-7pm	10	\$38	Jan 14 th 2011
	10-13 yrs	Wednesdays	7-8pm	10	\$38	Jan 12 th 2011

Fitness Classes

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Dance Fit	Thursdays	6-7pm	14	\$58	Jan 13 th 2011
All in One Fitness	Tuesdays	6-7pm	14	\$58	Jan 11 th 2011
Zumba	Tuesdays	7-8pm	14	\$72	Jan 11 th 2011
	Saturdays	10-11am	14	\$72	Jan 15 th 2011
	Mondays	7:30pm – 8:30pm	14	\$72	Jan 10 th 2011
Fitness – Cardio Class	Wednesdays	10-11am	14	\$58	Jan 12 th 2011
Stay at Home Mom Fitness *Cancelled*	Tuesdays	1:30-2:30pm	14	\$58	Jan 18 th 2011
Core Cross Training	Saturdays	9-10am	14	\$58	Jan 15 th 2011
Older Adult Fitness	Tuesdays	12:30-1:30pm	14	\$41	Jan 11 th 2011
Seniors In Motion	Mondays	1:15-2:15	14	\$41	Jan 11 th 2011

Digital Photography - <http://www.flickrriver.com/photos/ggpics/popular-interesting/>

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
14 years and up	Saturdays	1-2:30pm	8	\$75	Jan 15 th 2011

For class descriptions & instructors visit: www.centre.prospectcommunities.com

Prospect Road Community Centre - Winter Programming 2011

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Intro to Quilting

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Adult	Tuesdays	7-8:30pm	8	\$75	Jan 18 th 2011

Intro to Water Color Painting









<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Adult	Sundays	6:30-8pm	5	\$40	Jan 9 th 2011

PLEASE NOTE: ALL PROGRAMS WILL CONTINUE TO RUN DURING THE 2 WEEK FEBRUARY BREAK.

REFUNDS WILL NOT BE GIVEN FOR PROGRAMS.






For class descriptions & instructors visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Specialty Programs 2011

<p>Tot Time – Terence Bay Elementary This program is for children age 3-5 years old – must be fully potty trained and will run for 10 weeks, excluding February break from 9:30-11:30am starting Jan. 5</p> <p> <u>Tuesday or Wednesday</u> <u>Fee: \$60</u> Participants must register at PRCC</p>	<p>Preschool @ PRCC This program is for children age 3-5 years old – must be fully potty trained and will run until June 2011 from 9am-12pm. <u>Wednesday/Friday - \$85/month</u></p> <p>We only have one spot remaining in the Wednesday/Friday class. </p>
<p>Before & After School Program @ PRCC This program is for children attending Prospect Road Elementary School, grades primary – five. It runs before and after school, 5 days a week only.</p> <p><u>1 Child - \$265/month</u> <u>2 Children - \$517/month</u> <u>3 Children - \$755/month</u></p> <p> <u>Drop off – 7 am</u> <u>Pickup – 5:30 pm</u> Still spaces available!! Afternoon snack provided</p>	<p>In-service Day Camps @ PRCC <u>Full Day Camps – 7:30am-5:30pm</u> <u>Fee: \$27 per day</u> March 14th, April 1st, May 13th, June 28th, June 29th</p> <p> <u>Half Day Camps – 11am-5:30pm</u> <u>Fee: \$17.50 per day</u> April 20th</p> <p>These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.</p>
<p>February Break Day Camps @ PRCC Full day, week long camps filled with lots of exciting activities, games and fun!</p> <p><u>Week 1-February 14th-18th</u> <u>Week 2-February 21st-25th</u></p> <p> <u>Fee: \$100 per week</u> <u>7:30am-5:30pm</u></p> <p>These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.</p>	<p>Seniors Cards Drop In Join your friends for a weekly social where we will provide you with what you need to facilitate your own card games. Fridays from 11am-1pm Starting January 14th Fee: \$1 per night Coffee and Tea will be provided.</p>
<p>Teen Dance Friday, January 21st 2011 7:30-10:30pm Grades 6-9 \$4 for BJHS students, \$5 for Guests Must show school ID Tickets available at PRCC in advance</p> <p></p>	<p>Tot Drop Off – 3-5 years – Starting Jan.10th Mon/Wed - 10am-12pm - \$5 per day Parents must remain in centre @ program</p>
<p>Family Movie Night Friday, January 14th 2011 Movie Starting at 8pm! \$3 – Adult / \$2 – Children/Youth Popcorn provided – Movie TBA in January</p> <p></p>	<p>Walking Club – Drop in 10 laps = 1KM! <u>Days and Times:</u> Tuesdays – 8:30-10:30am Thursdays – 8:30-10:30am Sundays – 8:00-10:00am <u>Cost:</u> \$2.00 per visit</p> <p></p>
	<p>Parents may bring their children however we ask that they remain in strollers. Join us for complimentary coffee and tea after!</p>

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Specialty Programs 2011

<p>Family Gingerbread House Workshop  <u>Date: December 4th, 2010</u> <u>Time: 2-4 pm</u> <u>Price: \$25.00 per house</u></p> <p>Price includes Gingerbread house, candy, icing, packaging to take the house home and snacks/drinks while you decorate your house!</p> <p>Registration in advance is required.</p>	<p>Christmas Tree Lighting @ PRCC</p> <p>Join us for our 1st Annual Christmas Tree Lighting event - A fun filled evening with hot chocolate, cookies, entertainment and more!</p>  <p><u>Date: Wednesday, December 8th 2010</u> <u>Time: 7-9 pm</u></p>
<p>Breakfast with Santa</p> <p>Come join us and our special guest for a pancake breakfast, served with bacon and/or sausage, fruit and drinks!</p>  <p><u>Date: Saturday, Dec 18th</u> <u>from 9-11am</u> <u>\$5 per person or</u> <u>\$4 with a food bank item</u></p> <p>Santa will visit with everyone and will have time to talk to all the children! Tickets available in advance.</p>	<p>Day Camps during Christmas Break <u>Full Day Camps 7:30am – 5:30pm</u> <u>Fee: \$27 per day</u> <u>Dec 23rd, Dec 29th, Dec 30th</u> <u>Half Day Camps – 7:30am-12pm</u> <u>Fee: \$17.50</u> <u>Dec 24th, Dec 31st</u></p>  <p>These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks for full day camps, 1 snack for half day camps.</p>
<p>Book your Staff or Family Christmas Party!</p> <p>Just a reminder, we have the perfect facility to host your annual Staff or Family Christmas Party!</p>  <p><u>Room Rental - \$125</u></p> <p><u>Includes 5-Hour Bar Service + Room Rental</u> Contact Delisca @ 852-5491</p>	<p>Winter Activities</p> <p>Stay tuned this winter for Community Sledding Events and Snow Shoe Events!</p> <p>PRCC is happy to provide snow shoes for community members to borrow throughout the winter. Visit the centre for full details.</p> 
<p>Christmas Crafts for Adults <u>Saturday, November 27th – 9-11am</u> Seminar A – Hot Chocolate Greeting Card and Sucker Holder Greeting Card <u>Saturday, December 4th – 9-11am</u> Seminar B – Best Wishes Cup-A-Soup Greeting Card & Christmas Crystal Light Water Bottle Holder <u>Saturday, December 4th – 11:30-1:30pm</u> Seminar C – Tea Light Holder <u>\$10 per person per seminar</u></p>	<p>Holiday Hours Dec 24th & Dec 31st – Closes at 12pm Dec 25th & 26th – Closed Dec 27th & 28th – Open 9-5pm Jan 1st – Closed Jan 2nd & 3rd – 9-5pm</p>  <p>Regular Hours / Contact Information Monday-Friday – 8:30am-10pm Saturday/Sunday – 8am-9pm Front Desk – 852-2711 admin@prospectcommunities.com</p> 

PRCC FOOD DRIVE AND ANGEL TREE PROGRAM – NOV/DEC

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Specialty Programs 2011

Attention Students!

Are you looking for a quiet place to meet and do school projects or study for exams?

PRCC is happy to provide you with 1 ½ hours of free study space!

Sundays – Starting November 21st

Jr. High Students
6-7:30pm

High School/University Students
7:30-9pm

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