

Spring 2011



Spring Registration Begins Thursday, March 17th at 10am. Register by phone or simply stop by!

Fitness Centre Information

	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		



Birthday Party Options

Type of Party	With/Without Staff	Cost
Sports	With Staff	\$85.00
Sports	Without Staff	\$70.00
Girls - Nails/Lip gloss	With Staff	\$125.00
Craft	With Staff + Supplies	\$125.00
Craft	Without Staff + Supplies	\$70.00
Baking	With Staff + Supplies	\$125.00
Dance	With Staff	\$125.00



Registration for our Before and After School and Preschool Program for September 2011 starts May 2nd by phone or stop by!

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

Prospect Road Community Centre - Spring Programming 2011

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	April 5 th 2011
Men's (40+)	Thursdays	8-9pm	12	\$41	April 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 FULL	Thursdays	5:30-6:30pm	12	\$40	April 7 th 2011
8-11 yrs FULL	Thursdays	6:30-7:30pm	12	\$40	April 7 th 2011
Gr. 6-9 Cancelled Due to Low Reg.	Fridays	3:30-4:30pm	8	\$32	April 8 th 2011
Gr. 10-12	Fridays	6-7pm	8	\$32	May 6 th 2011
Men's	Tuesdays	8:30-10pm	11	\$57	April 19 th 2011
	Thursdays FULL	9-10pm	11	\$38	April 21 st 2011

Baseball Clinics

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Tot (Age 5-6)	Wednesdays	6-7pm	8	\$20	April 13 th 2011
Sandlot (Age 7-8)	Mondays	6-7pm	8	\$20	April 4 th 2011
Mosquito (Age 9-11)	Mondays	7-8pm	8	\$20	April 4 th 2011
Pee Wee (Age 12-13)	Wednesdays	7-8pm	8	\$20	April 13 th 2011

Intro to Lacrosse

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Gr. 3-6	Tuesdays	6-7pm	10	\$40	April 19 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 FULL	Tuesday	7-8:30pm	10	\$34	April 19 th 2011
Adult (Co-Ed)	Mondays	8:30-10pm	10	\$52	April 18 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 FULL	5:15-6pm	10	\$34	April 5 th 2011
	Fridays	5:15-6pm	10	\$34	April 8 th 2011
	Wednesdays FULL	5:15-6pm	10	\$34	April 6 th 2011
8-11 yrs	Mondays	5-6pm	10	\$34	April 4 th 2011
Adult (Co-Ed)	Fridays	7:30-8:30pm	8	\$28	April 29 th 2011

Volleyball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>
Adult (Co-Ed) Cancelled Due to Low Registration	Wednesdays	8-10pm	9	\$46	May 4 th

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

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Karate – Beginners

Age Group	Day	Time	# of weeks	Price	Start Date
9 years and up	Wednesdays	6:30-7:30pm	8	9-18 yrs - \$21 Adults - \$32	May 11 th 2011

Cooking

Age Group	Day	Time	# of weeks	Price	Start Date
7-9 yrs	Tuesdays FULL	6-7:15pm	8	\$55	April 12 th 2011
	Thursdays	6-7:15pm	8	\$55	April 14 th 2011
10-12 yrs FULL	Tuesdays	7:15-8:30pm	8	\$55	April 12 th 2011

Adult Baking

Age Group	Day	Time	# of weeks	Price	Start Date
Adult Cancelled due to Low Reg.	Wednesdays	6:30-8:30pm	8	\$65	April 13 th 2011

Cake Decorating

Age Group	Day	Time	# of weeks	Price	Start Date
Adult	Tuesdays	6:30-8:30pm	4	\$30	April 12 th 2011

Yoga

Age Group	Day	Time	# of weeks	Price	Start Date
Adult Thursdays class has new start date	Mondays	8:30 – 9:30pm	8	\$43	May 2 nd 2011
	Thursdays FULL	7-8pm	10	\$54	April 28 st 2011
	Fridays	10-11am	10	\$54	April 8 th 2011
Senior	Thursdays	1:15-2:15pm	10	\$46	April 7 th 2011

Pottery

Age Group	Day	Time	# of weeks	Price	Start Date
Gr. 4-6 FULL	Thursdays	6-7:30pm	4	\$40	May 5 th 2011
Parent/Child Easter Pottery (Age 4+) FULL	Thursdays	6-7:30	2	\$25	April 7 th 2011

Intro to Drawing

Age Group	Day	Time	# of weeks	Price	Start Date
8-12 yrs	Wednesdays	6:30-7:30pm	8	\$36	April 6 th 2011
Adult Cancelled due to Low Reg	Wednesdays	7:30-9pm	8	\$45	April 6 th 2011

Dance Classes

Class Title	Age Group	Day	Time	# of weeks	Price	Start Date
Intro to Dance FULL	3-5 yrs	Saturdays	11-11:45am	10	\$28	April 9 th 2011
Ballet	3-5 yrs FULL	Fridays	6-6:45	10	\$28	April 8 th 2011
	5-7 yrs	Wednesdays	6-6:45pm	10	\$38	April 13 th 2011
	5-7 yrs	Saturdays	12-1pm	10	\$38	April 9 th 2011

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Hip Hop Dance	8-10 yrs	Wednesdays	7-8pm	10	\$38	April 13 th 2011
	11-13 yrs	Fridays	7-8pm	10	\$38	April 8 th 2011

Tango

Age Group	Day	Time	# of weeks	Price	Start Date
Adult	Thursdays	8-9pm	8	\$40/single \$80/couple	May 12 th 2011

Fitness Classes

Class Title	Day	Time	# of weeks	Price	Start Date
Dance Fit FULL	Thursdays	6-7pm	9	\$37	April 28 th 2011
All in One Fitness FULL	Tuesdays	6-7pm	9	\$37	April 26 th 2011
Zumba	Mondays FULL	7:30 – 8:30pm	8	\$43	May 2 nd 2011
	Tuesdays FULL	7-8pm	9	\$46	April 26 th 2011
	Saturdays FULL	10-11am	9	\$46	April 30 th 2011
Core Cross Training FULL	Saturdays	9-10am	9	\$37	April 30 th 2011
Fitness Cardio/Fat Burning Intervals	Wednesdays	10-11am	8	\$34	May 4 th 2011
Older Adult Fitness	Tuesdays	12:30-1:30pm	8	\$23	May 3 rd 2011

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

Age Group	Day	Time	# of weeks	Price	Start Date
14 years and up Cancelled due to low reg.	Saturdays	1:30-3pm	8	\$75	April 9 th 2011

Intro to Quilting

Age Group	Day	Time	# of weeks	Price	Start Date
Adult Cancelled Due to Low Reg	Tuesdays	7-9pm	8	\$80	April 5 th 2011

Acrylic/Oil Painting

Age Group	Day	Time	# of weeks	Price	Start Date
8-14 yrs	Sundays	6-7pm	8	\$25	April 10 th 2011
Adult	Sundays	7-8:30pm	8	\$50	April 10 th 2011

Specialty Programs

Crafts w/ Susan Warringer (Age 7-10) Saturdays from 10:30-12:30pm 8 weeks @ \$50 Starting April 9 th 2011 CANCELLED	Food for Health with Anne Pryde Sundays from 5-6:30pm 4 weeks @ \$50 May 15, 29, June 5 th and 12 th	Drumming and Percussion Sundays from 6:30-8pm 6 weeks @ \$42 April 10, 17 May 1, 8, 15, 29	Intro to Music – 3 – 5 yrs Mondays from 6 – 6:45pm \$40.00 for 6 Weeks Intro to Singing – Gr 6 – 9 Mondays from 7 – 8pm \$60.00 for 6 Weeks
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NEW PROGRAMS ADDED !

Youth Zumba - April 20 – June 22, 2011 - 2:30 – 3:30pm - 10 Weeks - Cost \$34.00

Junior Introduction to Acting 10 – 12 yrs - 4 weeks – Saturdays - May 14, 28, June 11, June 25- 10 – 11:30am -

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

Prospect Road Community Centre - Spring Programming 2011

\$40.00

Introduction to Acting for Teens (Age 13 – 18)-4 Weeks – Saturdays May 14, 28, June 11, 25 - 1:00 – 3:00pm -\$54.00


Introduction to Acting for Adults - 4 Weeks- Sundays May 15, 29, June 12, 26- 1:00 – 3:00pm - \$ 54.00

Drop-In Programs

<p><u>Walking Club</u> 10 laps around the perimeter of our gymnasium = 1KM! <u>Days and Times:</u> Tuesday's – 8:30-10:30am Thursday's – 8:30-10:30am Sunday's – 8:00-10:00am <u>Cost:</u> \$2.00 per visit *Be sure to join us for complimentary tea or coffee after your walk! *Parents may bring their children however we ask that they remain in strollers.</p>	<p><u>Seniors Cards Drop In</u> Join your friends for a weekly social where we will provide you with what you need to facilitate your own card games. <u>Fridays from 11am-1pm</u> <u>Cost:</u> \$1 per day Coffee and Tea will be provided.</p>	<p><u>Youth Sport Drop In</u> BJHS students are invited to join us for Youth Sport Drop In 3 days a week for FREE! Monday/Wednesday/Friday 2:30-3:30pm <u>Please note:</u> This program will only run until the end of June. Youth are then invited to register for our many different summer activities for their age group!</p>	<p><u>Attention Students!</u> PRCC is happy to provide you with 1 ½ hours of FREE study space! <u>Every Sunday</u> <u>Jr. High Students:</u> 6-7:30pm <u>High School/University Students:</u> 7:30-9pm</p>
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PLEASE NOTE: REFUNDS WILL NOT BE GIVEN FOR PROGRAMS

Special Programs, Events and Summer 2011

<p>Tot Time – Terence Bay Elementary</p> <p>This program is for children age 3-5 years old – must be fully potty trained and will run for 10 weeks starting March 30th</p> <p><u>Tuesday or Wednesday</u></p> <p><u>Fee: \$60</u></p> <p>Participants must register at PRCC</p>	<p>Family Movie Night</p> <p>Friday April 15th 2011</p> <p>Movie Starting at 7pm</p> <p>\$3 – Adult / \$2 – Children/Youth</p> <p>Popcorn provided</p> <p>Movie : The Great Easter Egg Hunt</p>																								
<p>Before & After School Program @ PRCC</p> <p>This program is for children attending Prospect Road Elementary School, grades primary – five.</p> <p>1 Child - \$265/month</p> <p>2 Children - \$517/month</p> <p>3 Children - \$755/month</p> <p><u>Drop off – 7 am</u></p> <p><u>Pickup – 5:30 pm</u></p> <p>Still spaces available!!</p> <p>Afternoon snack provided</p> <p>**Registration for September 2011 Starts May 1st !!</p>	<p>In-service Day Camps @ PRCC</p> <p><u>Full Day Camps – 7:30am-5:30pm</u></p> <p><u>Fee: \$27 per day</u></p> <p>March 14th, April 1st, May 13th, June 29th</p> <p><u>Half Day Camps – 11am-5:30pm</u></p> <p><u>Fee: \$17.50 per day</u></p> <p>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>1st Annual Easter Egg Hunt</p> <p>Join us Sunday April 17th for an outdoor property wide Easter egg hunt, cupcake decorating and egg decorating!</p> <p>Time: 11-1pm</p> <p>\$4.00 per child</p> <p>**Egg Hunt will be weather permitting**</p> 	<p>Bike Week Event</p> <p>Join us Sunday May 29th to celebrate Bike Week with our first PRCC Bike Parade.</p> <p>Bring your bicycle fully decorated and possibly win a prize in your age category.</p> <p>Parade Starts at 12pm</p> <p>BBQ to follow</p> <p>** Bike Parade is weather permitting**</p>																								
<p>Room Rentals Available!</p> <p>PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!</p> <table><tr><th>Room</th><th>½ Room</th><th>Full Room</th></tr><tr><td>Meeting Room</td><td>\$7.00</td><td>\$10.00</td></tr><tr><td>Kitchen</td><td>N/A</td><td>\$35.00</td></tr><tr><td>Multi Purpose</td><td>\$15.00</td><td>\$20.00</td></tr><tr><td>Multi (1.5 hours)</td><td>\$25.00</td><td>\$30.00</td></tr><tr><td>Gym</td><td>\$17.00</td><td>\$34.00</td></tr><tr><td>Gym (1.5 Hours)</td><td>\$25.00</td><td>\$50.00</td></tr><tr><td>Art Room</td><td>N/A</td><td>\$10.00</td></tr></table> <p>Wedding and Special Event Packages also available!</p> <p>Email Delisca for further details :</p> <p>delisca@prospectcommunities.com</p>	Room	½ Room	Full Room	Meeting Room	\$7.00	\$10.00	Kitchen	N/A	\$35.00	Multi Purpose	\$15.00	\$20.00	Multi (1.5 hours)	\$25.00	\$30.00	Gym	\$17.00	\$34.00	Gym (1.5 Hours)	\$25.00	\$50.00	Art Room	N/A	\$10.00	<p>Regular Hours / Contact Information</p> <p>Monday-Friday – 8:30am-10pm</p> <p>Saturday/Sunday – 8am-9pm</p> <p><u>Front Desk – 852-2711</u></p> <p><u>General Manager</u></p> <p>Delisca Cook</p> <p>852-5491</p> <p>delisca@prospectcommunities.com</p> <p><u>Administrative Assistant</u></p> <p>Melanie Joudrey</p> <p>852-2711</p> <p>admin@prospectcommunities.com</p> <p>PRCC will be closed for the following Holidays:</p> <p>April 22nd, 24th, May 23rd, July 1st and August 1st</p> <p>*Please note: Easter Monday, April 25th – We will be open 9-10pm for Fitness Centre, Night Programs and Gymnasium Rentals.</p>
Room	½ Room	Full Room																							
Meeting Room	\$7.00	\$10.00																							
Kitchen	N/A	\$35.00																							
Multi Purpose	\$15.00	\$20.00																							
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Gym	\$17.00	\$34.00																							
Gym (1.5 Hours)	\$25.00	\$50.00																							
Art Room	N/A	\$10.00																							

Special Programs, Events and Summer 2011

Summer Day Camps 2011

These day camps will be open to children in grade Primary-Five (2010/2011 school year) from both Prospect Road Elementary and Atlantic Memorial Terence Bay School, Monday to Friday, 8:30am-4:30pm,
July 4th – August 26th

Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Lunch and 2 snacks (peanut free)
- Water Bottle
- Sun Screen
- Bathing Suit/Towel (for sprinkler)
- Hat
- Change of clothes
- Sneakers

Cost:

\$100 per week

\$10 for 7:30-8:30am (Early Drop off)

\$10 for 4:30-5:30pm (Late Pick up)

Each week will have a different theme which will be available online at a later date.

My Pals and Me – Preschool Summer Day Camp 2011

These morning camps will be open to all children age 3-5, Monday to Friday, 9am-12pm,
July 4th – August 26th

Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Snack (peanut free)
- Water bottle
- Sun Screen
- Hat
- Change of Clothes
- Sneakers

Cost:

\$40.00 per week

Each week will have a different theme which will be available online at a later date.

Speciality Summer Camps 2011

Each speciality camp will run from 1pm-4:30pm, Monday to Friday on the designated week.

Price may vary according to type of camp being offered.

Each child will need one snack, water bottle and comfortable clothing and footwear.

Week 1 - July 4th-8th – Basketball Camp – Age 8-11 - \$45.00

Week 2 - July 11th-15th – Dance Camp – Age 6-9 - \$45.00

Week 3 - July 18th- 22nd – Basketball Camp – Age 12-14 - \$45.00

Week 4 - July 25th – 29th – All Over Sports Camp – Age 8-11 - \$ 45.00

Week 5 - August 2nd – 5th – Cooking Camp – Age 8-11 - \$ 60.00 (This camp will run from 1-3pm)

Week 6 - August 8th-12th - Arts and Crafts Camp – Age 9-14 - \$60.00

Week 7 - August 15th-19th – Dance Camp – Age 10-13 - \$45.00

Week 8 - August 22nd -26th – All Over Sports Camp – Age 12-14 - \$45.00

Full camp descriptions will be available online at a later date.