



CRANSTON
RESIDENTS ASSOCIATION

Century Hall Summer Program Guide July 2017 - August 2017

Contact Us



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DON'T WANT TO MISS A THING?
CONNECT WITH US

FACEBOOK - [CenturyHallCranston](#)

TWITTER - [@CenturyHall](#) [@CranstonRA](#)

INSTAGRAM - [CranstonCenturyHall](#)

E-NEWSLETTER - www.cranston-connect.com

COMING FOR A VISIT? All residents aged 12+ must have their membership card to gain access to any of the Century Hall indoor or outdoor facilities.

DON'T HAVE A CARD? Century Hall must see a copy of your Certificate of Title and ID showing proof of residency, in order to receive your permanent membership cards. If you need a copy of your certificate of title, you can obtain one from any registry or at the front desk for \$20. If you have misplaced your card, a replacement card can be re-printed for \$10.

Registration Information

Program Fees

All of our programs are open for Cranston residents and non-residents. The cost is listed under each program description.

CR = Cranston Resident Rate

The Cranston Resident Rate applies to all Cranston Residents in good standing. Tenants may also receive the Resident Rate if the Landlord is in good standing and has transferred their membership privileges.

BR = Brookfield Resident Rate

The Brookfield Resident Rate applies to all residents who live in a community which has been developed by Brookfield Residential. Some examples of these communities are Auburn Bay, New Brighton, Mckenzie Town, Mckenzie Lake, Seton, Scenic Acres and Shawnessy. Please call, or come in to register so we can apply the BR discount.

NR = Non-Resident Rate

The Non-Resident Rate applies to all other registrants.

Where and How to Register

Online

www.cranston-connect.com/registration

If you are a Cranston resident or have previously registered in a program with us you are already in our system. Please do not create a new account. Instead click on "Log in," then click on "Forgot password?" Once you enter your email there a link will be sent to you to set up your password.

By Phone or In-Person

Our facility is open from 9:00am until 10:00pm everyday. Our Customer Service Representatives will be happy to help with your registration.

When to Register

Cranston Residents:

Tuesday, May 30, 2017

Brookfield Residents and Non-Residents:

Friday, June 2, 2017

Program Cancellation

The Cranston Residents Association (CRA) greatly values your business! For this reason, we have designed our cancellation policy to better suit the needs of our valued customers. No exceptions will be made to the policy outlined below, therefore please review it carefully.

You can view the full policy on our website at www.cranston-connect.com.

Cancellation Due to Low Enrollment

All classes are subject to cancellation if there is insufficient registration. Should a class be cancelled due to insufficient registration, you will be notified by phone one day prior to the commencement of the program. When a program is cancelled due to insufficient registration you have the following options:

1. Transfer participant to another program. Subject to space availability.
2. Receive an Account Credit on your registration account.
3. Receive a refund cheque for the full amount of the program registration.

Withdrawals

All withdrawal requests must be provided in writing to the Recreation Manager, by email to: programs@cranstonresidents.ca

A \$20 administration fee is charged per participant, per program, and the remaining balance refunded via cheque or provided as an Account Credit.

Once the program has started, a \$20 administration fee is charged per participant, per program, and a pro-rated balance refunded via cheque or as an Account Credit.

Transfers

All transfer requests must be provided in writing to the Recreation Manager, by email to: programs@cranstonresidents.ca

All transfers are subject to space availability.

Program fee differences may apply.

Medical Exceptions

A doctor's note must accompany withdrawal / transfer requests due to medical reasons.

A pro-rated refund will be issued in the form of a cheque or an Account Credit.

Photos / Videos

Photos and/or videos may be taken by the Cranston Residents Association staff during events and registered programs and may be used for future promotional materials. If you have any questions, please contact the Recreation Manager at programs@cranstonresidents.ca

Privacy Policy

If you wish to see the Cranston Residents Association Privacy Policy, please check www.cranston-connect.com or inquire at the front desk of Century Hall.

Cranston Store & Canteen

Century Hall is pleased to offer many useful and delicious items for purchase at our front desk.



SUNSCREEN
\$7.00



Itzakadoozie
\$2.00



Drumstick
\$2.00



Mini Melts
\$4.50



Ice Cream Sandwich
\$1.00



Lolly Rockets
\$.75



Freezies
\$.50



Pop
\$1.00



San Pellegrino
\$1.50



Bottled Water
\$.50



Chips
\$1.00



SWIM DIAPERS
\$2.00

Gift Certificates

Looking for the perfect gift idea? Purchase a Cranston Residents Association gift certificate, available in any denomination for any of our programs.



Drop-in to Century Hall

Access to Century Hall is complimentary for all residents. Cranston residents may bring up to five guests per household. Non-resident guests pay only a \$6.00 drop-in fee to access the Century Hall Facilities.

Residents must have their membership card in order to gain access to the facility.

All ages

Vivo Play Ambassadors

Have you ever built and designed your very own cardboard fortress? Check out the Vivo Play Ambassadors at Century Hall, with their extra-ordinary equipment, loose parts and captivating energy! In this free access, all ages, outdoor, play based pop up, you will be encouraged to show your exhilarating personality and make the impossible possible!

Every Wed 11am - 2pm
Every 2nd Thurs 5pm - 8pm (Starting July 13)

Free for everyone!

For more information check out www.vivo.ca/playedtoday

Calgary Skatepark

A FREE Calgary skateboarding program for all ages.

All participants must have a signed waiver, if under 18, the participant will need it signed by a parent / guardian before being able to participate in this program. Waivers are available on-site and on www.calgary.ca/skateparks. Helmets are mandatory when using the park. You are welcome to bring your skateboard, rollerblades, or scooters to the park. Rental skateboards and helmets are free to use on a first come, first serve basis.

August 5 - 17, 2017
Mon - Fri 11am - 7pm
Sat-Sun 10am - 6pm

Free for everyone!

For more information call 3-1-1 or visit www.calgary.ca/skateparks

Open Gym

Choose your favourite sport, bring the entire family, or simply meet up with friends during this free for all time in the gym. Equipment will be provided. Children and youth under 12 years of age must be accompanied by an adult.

The gym schedule is updated seasonally and posted on our website: www.cranston-connect.com

CR: Free

BR & NR: \$6 or free with CR



Drop-in to Century Hall



Book Truck and Story Time (0-5 years)

Hosted in partnership with Calgary Public Library, you are invited to come spend some time with other caregivers in a 30 minute story time. You can also use this opportunity to sign out and exchange books from the library in their Book Truck!

Every second Thursday: July 6, 20, August 3, 17 & 31

Book Truck 10am - 12pm

Story Time 10:30am- 11:30am

Free for everyone!

Drop-in Outdoor Ball Hockey

Wednesday night is Drop-in Outdoor Ball Hockey night with Coach Eric. Everyone 6-12 years old is welcome. Work on some skills, try being the goalie, and just have a great time being active and enjoying this great sport. No experience is required, but please bring your own stick.

Wed 5:30pm - 7:30pm

CR, BR & NR: \$12/person

Teen Sport Time

Shoot some hoops, kick around a soccer ball, play a game of badminton; the gym is all yours during this time if you are between the ages of 12-17! Grab your friends and join us at Century Hall for an active Friday night.

Teen Sport Time is unavailable the third Friday of every month due to Family Movie Nights.

Every Fri 7pm - 9:45pm

CR: Free

BR & NR: \$6 or free with CR (2 non-CR guests per teen)

Adult Gym Time

Designed specifically to give adults a little time to themselves. All participants must be at least 16 years of age.

Badminton 8:30-9:45PM Mon and Thurs

Basketball 8:30-9:45PM Tues

Ball Hockey 8:30-9:45PM Wed and Sun

CR: Free

BR & NR: \$6 or free with CR

Drop-in Pickleball

Century Hall is thrilled to be able to offer a drop-in Pickleball time. Pickleball is a combination of badminton, tennis and table tennis. Want to find out what all the hype is about? Now is your chance. Open to players of all levels!

Indoor - Wed 9am - 12pm, Sat 8pm-9:45pm

Outdoor - Tues 9am - 12pm, Sat 10am - 12pm

CR: \$2

BR & NR: \$5

Children & Youth

Adult

Multi-Visit Passes

Program Pass

Drop-in Pass

Adult 10-Time Punch Pass

The Adult 10 -time punch pass allows you the flexibility to be able to drop in to a program that works with your ever changing schedule.

This pass is available to residents and non-residents for \$150.00. Classes available for drop-in are indicated by the Punch Pass Friendly (PPF) symbol beside the designated class in the program guide.

When attending a drop in class, you must check in and present your 10-time pass to a Customer Service Representative prior to the commencement of the class, at which time you will be given a drop-in slip for your chosen class. This slip must be presented to the instructor before being permitted to participate.

Classes listed in the program guide as PPF, may be cancelled due to low enrollment up to the day before the scheduled class start date. To check the status of a class please feel free to contact Century Hall at 403.781.6614 ext.0

JUST WANT TO TRY A SINGLE CLASS? You can drop into any of our PPF classes by paying a single drop-in fee of \$15.00. Please arrive early to ensure you can check-in prior to the posted class start time.



These policies may be modified at any time and without notice.

Important Things to Know

- Drop-ins will only be permitted to a class if the class does not fill with registered participants.
- Passes are non-refundable and irreplaceable. Treat them like cash. If you lose your pass, we are unable to issue you a new one.
- Drop-in passes are not to be used to attend an entire session of a single program
- Drop-in users are encouraged to arrive 15-20 minutes prior to class time to ensure they have time to check in. You cannot check into a class more than 30 minutes before the scheduled start time.
- Drop-in access is on a first come, first served basis. Spots will not be held.
- Children's registered programs are not available for drop-in users.

Facility Drop-In Pass

For your convenience Facility Drop In Passes are available at Customer Service. Five-time - \$27.50 or 10-time - \$50. This does not include drop-in to registered programs.

One-time drop in is available at a rate of \$6

\$2/\$5 drop-in pass

These cards offer savings and convenience for those who regularly attend our Adult Card Social and Drop-In Pickleball. Priced at \$18 for the \$2 and \$45 for the \$5 10 time pass, its the equivalent of buying 9 and getting one free! Not to mention no more searching for change before heading to Century Hall.

Century Hall Rentals

	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 dinner	\$80.00	\$92.00	\$104.00
Heritage Hall A 1037 sq. feet	34 ft. by 30.5 ft.	50 dinner	\$50.00	\$57.50	\$65.00
Heritage Hall B 850 sq. feet	34 ft. by 25 ft.	40 dinner	\$40.00	\$46.00	\$52.00
Heritage Hall C 765 sq. feet	34 ft. by 22.5 ft.	35 dinner	\$40.00	\$46.00	\$52.00
Heritage Hall A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 dinner	\$60.00	\$69.00	\$78.00
Heritage Hall B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 dinner	\$50.00	\$63.25	\$71.50
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 dinner	\$45.00	\$51.75	\$58.50
Legacy 369 sq. feet	18 ft. by 20.5 ft.	15 dinner	\$25.00	\$28.75	\$58.50
Seasons 180 sq. feet	12 ft. by 15 ft.	10 seated	\$20.00	\$23.00	\$26.00
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 dinner	\$45.00	\$51.75	\$58.50
Gym 5159 sq. feet	57 ft. by 90.5 ft.	200	Party Package Only	Party Package Only	Party Package Only

Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount
Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 10pm and 1:00am.
After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
SOCAN and Re:Sound fees apply for bookings with music and/or dancing.

\$500.00 damage deposit cheque and proof of insurance is required for all rentals.




100 cup Coffee Urn Rental
\$20.00



Projector Rental
\$50.00



Chair Cover Rentals
\$2.00/ea



Screen Rental
\$25.00

revised May 2017 - prices subject to change

Special Events

Cranston's Parade of Garage Sales

Saturday, June 3, 2017 - 9AM - 3PM

Spring is the perfect time of year to clean up the house and yard and clear out those items that you don't use any more and a garage sale is the perfect way to do that. You can sign up for our Parade of Garage Sales. For a minimal fee we will include your home in a community map so you can get your sale the best exposure possible.

Garage Sale Registration: \$15 per household (Open to Cranston Residents Only)

Printed Maps will be available beginning June 1 at Century Hall.

Online map can be accessed at www.cranston-connect.com

Cranston Celebrates Dads

Saturday, June 17, 2017 - 12PM - 2PM

Calling all Dads! Let someone else do the grilling for you and come join us for an afternoon of family fun. Go station to station enjoying summer games and sports, including soccer, basketball, a variety of picnic games and so much more! Hot dogs, and burgers will be cooked to perfection just for you!

This event is free, but space is limited. Please RSVP on the event page of www.cranston-connect.com.



Canada's 150th

Saturday, July 1, 2017 - 1PM - 3PM

It's a milestone birthday for Canada this year! We are inviting all of Cranston to come and celebrate with us. A Canada Day celebration with Cranston style! In Cranston we will be celebrating all things "C" – Cranston, Calgary, Canada, Community, Connection with all things "C" – Cookies, Cake & iceCream. Come on out and spend the afternoon with your neighbours in the park; play some tennis, ball hockey, or get soaked at the splash park. P.S... Bring your water guns for an epic Cranston water fight! We can't wait to "C" you there!

This event is free, but for planning purposes RSVP is requested. Please respond at www.cranston-connect.com

Stampede Breakfast



Cranston's Annual Stampede Breakfast

Saturday, July 8, 2017 - 9AM - 12PM

Calling all Cowboys and Cowgirls! Cranston is once again hosting its Annual Stampede Breakfast! Join us as we celebrate Calgary's Stampede with Cranston flair. Line dancers, face painters, petting zoo, activities for kids and grown ups, and of course pancakes, butter, syrup and our raved about sausages! Don't miss out on Cranston's biggest event of the year!



Sponsorship Opportunities

Are you looking for a way to give back to your community while promoting your business? The Cranston Residents Association is always looking to develop new sponsor partnerships to help improve the quality of life for residents and promote community spirit by offering amenities, facilities and programs in a financially responsible manner.

For more information about sponsorship see under the News & Events tab at www.cranston-connect.com or email the Recreation Manager at programs@cranstonresidents.ca

Special Events

Family Movie Night

The 3rd Friday of the month at 7PM

Upcoming dates: June 16 & July 21

Family movie nights occur the 3rd Friday of every month. For the cost of only \$5 you can get admission, juice, and popcorn for the entire family. Additional concession items are available for purchase. Come join us for an easy family night out!

To see what the feature film is check www.cranston-connect.com



Riverstone Date Night

Saturday, July 22, 2017 - 5PM - 9PM

Grab someone special and join us in Cranston's Riverstone for a fun kid-free time. Enjoy a drink and some snacks, while visiting with your neighbours in the beautiful park at the end of Cranbrook Drive. This event is sure to be a highlight of your summer! More details to come as they are finalized!

This event is free, but space is limited. Please RSVP on the event page of www.cranston-connect.com.

Ice Cream Sundae Social

August 18, 2017

It's the middle of summer. Who wants to be sitting inside for a movie night? Grab the kids and come on down to Century Hall for an after dinner treat! Multiple Ice Cream flavors and SO MANY toppings! This is the perfect way to spend a warm summer evening.

\$5 per family



Summer Camp

Join us at Century Hall for a summer filled with adventure! With a new adventure each week, your child is sure to have a blast. Explore the vast wonders of our Universe, create an experiment, even go on a journey into the fantastic fictitious worlds created by your favourite authors! Our camps will be filled with fun for kids of all ages.

Full day camps will run from 9:00AM – 4:00PM daily, in a safe, fun and friendly environment for children to learn new skills, explore their creativity, and develop confidence and to make everlasting friendships with children in their community! Cooperative games, sports, outdoor activities, crafts and special events are designed specifically to each camp and will be sure to create lasting memories for your child.

Full Day

6-8 & 9-12 year olds will love our full day camps

Pre/Post Care

We know parents lead busy lives. Our goal is to help make this summer as easy on you as possible. We offer before and after care for your campers, at a minimal charge.

Pre Care: 7:30AM - 9:00AM \$15/child/week
 Post Care: 4:00PM - 5:30PM \$15/child/week

Half Day

Our half day camps are the perfect way to introduce your pre-schoolers to the wonderful world of summer camp. Choose either the 9:00AM to Noon morning camp or the 1:00PM to 4:00PM afternoon camp. These shorter camps are designed to allow the little ones to get out and experience new things and make new friends with activities geared towards their age group with themes matching the full day camps.

Please note

Pre and post care is not available for those attending our half day camps. Children must be FULLY potty trained to attend camps!

Camp Rates & Registration Schedule

	Early Bird before May 31, 2017	Regular Rate June 1, 2017 and on
Full Day (6-8 & 9-12 yrs)	CR: \$170 BR: \$180 NR: \$190	CR: \$190 BR: \$200 NR: \$210
Half Day (3-5 yrs)	CR: \$90 BR: \$100 NR: \$110	CR: \$105 BR: \$115 NR: \$125

Prices listed are per week

Please ensure that your child arrives with a water bottle, two peanut free snacks, and lunch. They will also need appropriate indoor/outdoor clothing, sunscreen, hat, bathing suits & towels (for Splash Park visits), and any medication they may require. Please do not send any electronics to camp with your child. Cranston Residents Association is not responsible for any lost or stolen items.

Summer Camp Themes

Week 1 - Games, Games, Games

July 4-7, 2017

There are so many games out there to play and enjoy. This week we will play board games, life-sized board games, field games, group games, quiet games, loud games, and maybe even invent some games of our own.
No camp on July 3rd due to the Canada Day Holiday. Pricing will be adjusted accordingly.

Week 2 - Around the World

July 10-14, 2017

Pack your bags! We're going to circle the globe! Kids will have their passports stamped as they visit all 5 continents this week. There are so many places and cultures to discover in this amazing world of ours.

Week 3 - Fabulous Fiction - Bringing Books to Life

July 17 - 21, 2017

There are so many wonderful fictional places and characters for our kids to discover. This week we will travel to other worlds and dimensions as we dive into some classics and current books. Hogwarts, Whoville and Wonderland are only some of the possibilities.

Week 4 - Sensational Science 1 - Mix-it, Grow-it

July 24 - 28, 2017

At week one of our Science camps we will be focusing on all sorts of scientific mixtures. See what happens when you add two ingredients together. Observe the science of nature and learn how plants grow. It's all about chemistry & biology. Don't worry there's still tons of time for games and activities too!

Week 5 - Sea, Space, Sky

July 31 - August 4, 2017

Our Universe is massive and amazing. The Sea, Space, Sky camp will have us exploring the desert, the arctic, outer space, under the sea, mountain tops and so much more.

Week 6 - Holidays

August 8 - 11, 2017

All of our favourite times of the year in one week. Easter, Christmas, Valentine's day. Can you say party every day?
No camp on August 7th due to the Civic Holiday. Pricing will be adjusted accordingly.

Week 7 - Super Heroes & Spy Training

August 14 - 18, 2017

This week we will be featuring a split theme. The 1/2 day camp will explore the world of super heroes both real and imaginary. The older full day camps will explore the world of spies and crime solving! Finding clues and rescuing those in need is a theme all ages will enjoy.

Week 8 - Sensational Science 2 - Build-it, Make-it

August 21 - 25, 2017

Week two of our Science Camps will have a more physics theme. What's the best and easiest way to get something from here to there? Can you make a boat that will float when filled with something heavy? So much science, so little time.

Week 9 - Sport Fan-tastic!

August 28 - September 1, 2017

This week, we will be doing a new sport everyday including basketball, tennis, and soccer! Participants will be introduced to basic skills in a variety of sports and physical games in a safe and cooperative environment that encourages teamwork, fair-play, and cooperation.

Summer Camps

Tennis Camp

Instructor: Rikki Solomon

Drills and fun games are used to keep the kids engaged and having fun! Many of the skills taught will help your child improve on the key skills that are required for most sports (hand-eye coordination, balance, cooperation) No previous tennis experience is required and a minimal number of racquets are available if your child doesn't have their own.

Week 1	5-8 yrs	July 10-14, 2017	9AM - 12PM	5 Classes
	9-12 yrs	July 10-14, 2017	1PM - 4PM	5 Classes
Week 2	5-8 yrs	July 17-21, 2017	9AM - 12PM	5 Classes
	9-12 yrs	July 17-21, 2017	1PM - 4PM	5 Classes
Per week	CR: \$180 BR: \$190 NR: \$200			

Prince Basketball Camp

Instructor: Will Prince

Prince basketball camps are geared to develop a love for the game of basketball and to learn the fundamentals of the sport. Whether you are a beginner or experienced, this camp is designed to improve your ball handling, shooting, passing, rebounding, one on one and team player skills. Each Participant will receive their own t-shirt and basketball.

Week 1	6-8 yrs	August 8-11, 2017	9AM - 12PM	4 Classes
Week 2	9-12 yrs	August 14-17, 2017	1PM - 4PM	4 Classes
Per week	CR: \$140 BR: \$150 NR: \$160			

Do you want to be a camp volunteer?

Our leaders and volunteers are part of what make Day Camps such a fun and memorable experience for campers. If you are looking to gain some valuable, hands on experience or just want to spend your days making a positive impact on the community, volunteering for camps is a great place to start.

You can apply to be a camp volunteer by downloading the application off our website, www.cranston-connect.com under the "Join Our Team" tab.

Camp volunteers must be at least 13yrs old to participate in the volunteer program.

Tennis & Basketball

Volunteer

Educational Programs

Adult

Toastmasters

Would you like to inspire and motivate your team? Would you like to build your confidence and find your voice? Would you like to be a better leader and communicator?

Then Challenge yourself with Toastmaster's proven training program.

The Toastmasters Membership gives you the powerful leadership and communication tools and skills to take charge in the following:

- Guide successful teams.
Improve your ability to run your own business, be a better sales person, negotiator or project leader.
- Enhance your ability to inspire.
Be the change leader for tomorrow, in schools, clubs, the community, corporations or in politics.
- Sharpen your presentation skills.
Become a better speaker, communicator, writer, and leader.
- Give and get constructive feedback.
Practice in a friendly and supportive educational environment while learning how to give effective feedback.

Thursdays April 6 - September 28, 2017 7:30PM - 9:30PM 6 months of classes

Registration: \$93 + \$30 one time enrollment fee for new Toastmasters members
\$93 for existing Toastmasters members

Registration fee includes membership to the Toastmasters Club

Ongoing registration is available for the Toastmasters Program

Due to the nature of the Toastmasters club, this program is not subject to our cancellation policy.

Child

Kids Code Force

Instructor: [Christina Workman](#)

Learn the basics of computer programming while creating your own games and other projects. We will use a child-friendly drag and drop interface and projects will be shared online. Computers will be provided.

July	Wednesday	July 7 - 28, 2017	5:30PM-6:30PM	4 Classes
August	Wednesday	August 2 - 30, 2017	5:30PM-6:30PM	5 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70	5 Classes	CR: \$65 BR: \$75 NR: \$85	

Children's Programs

Sportball: Parent & Me (2-3 yrs)

Instructor: Sportball Ltd.

Parents and caregivers can have a direct hand in a preschooler's development through our range of Multi-Sport programs. Parent & Me programs teach children important introductory physical skills and help them develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment.

No class on August 7.

Monday

July 10 - August 28, 2017

9:15AM-10:00AM

7 Classes

7 Classes

CR: \$110

BR: \$120

NR: \$130

Sportball: Soccer (2-3 yrs) - Parented

Instructor: Sportball Ltd.

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

No class on August 7.

Cost includes a ball and jersey for the participant.

Monday

July 10 - August 28, 2017

5:15PM-6:00PM

7 Classes

7 Classes

CR: \$135

BR: \$145

NR: \$155

Parented

Children's Programs

Six & Under

Sportball: Multi-Sport (3-5 yrs)

Instructor: Sportball Ltd.

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

No class on August 7.

	Monday	July 10 - August 28, 2017	10:00AM-11:00AM	7 Classes
7 Classes				CR: \$110 BR: \$120 NR: \$130

Sportball: Soccer (3-5 yrs)

Instructor: Sportball Ltd.

Kickstart your day! Sportball Indoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Soccer cleats and shin guards are optional.

For safety reasons, parents are required to remain near the field during classes.

No class on August 7.

Cost includes a ball and jersey for the participant.

	Monday	July 10 - August 28, 2017	6:00PM-7:00PM	7 Classes
7 Classes				CR: \$135 BR: \$145 NR: \$155

Young Rembrandts: Preschool (3-5yrs)

Instructor: Young Rembrandts

Young students are so eager to learn, and a joy to teach. Young Rembrandts provides a nurturing and strong learning environment that expands Preschoolers' image vocabulary as they draw familiar images such as fish, teddy bears, rainbows and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization.

	July	Wednesday	July 5 - 26, 2017	5:00PM-5:45PM	4 Classes
	August	Wednesday	August 2 -23, 2017	5:00PM-5:45PM	4 Classes
4 Classes					CR: \$55 BR: \$65 NR: \$75

Children's Programs

Taekwondo (5-6 yrs)

Instructor: Master Serge Tene - Energy Martial Arts Studio

This program is designed to help kids learn how to set up and achieve their goals. It focuses on physical coordination and learning processes through a loving and fun atmosphere. Combining great values such as respect, discipline, and honesty help to empower each child and guide them to discovering and exceeding their potential. Our unique traditional martial arts program is based on development and maintenance of the child's inner energy through fun physical activities, meditation, Yoga and Tai-Chi. All of this combined with our mix martial arts self-defence will significantly help your kids to be bullying PROOF.

No class on August 5

Saturday July 10 - August 26, 2017 9:15AM-10:00AM 6 Classes

6 Classes CR: \$105
BR: \$115
NR: \$125

Ongoing registration is available.

A uniform must be purchased at a rate of \$60. There will be additional costs for belt promotion tests.

Karate (5-6 yrs)

Instructor: James Albakian

Taught by a Black Belt Sensei, this karate program is perfect for those students looking to develop the fundamental skills of this martial art. All levels of ability are welcome. Students will learn basic karate techniques and self-defence through interactive games and activities. Please note that our program does not provide a belt certification as it is intended for recreational purposes only.

July August Tuesday Tuesday July 4 - 25, 2017 August 1-29, 2017 6:00PM-7:00PM 6:00PM-7:00PM 4 Classes 5 Classes

4 Classes CR: \$50
BR: \$60
NR: \$70 5 Classes CR: \$65
BR: \$75
NR: \$85

Hip Hop Hooray (4-6yrs)

Instructor: Puddle of Mud Productions

Children in this class will learn the coolest moves, while building confidence. Due to its freestyle and improvisational nature, Hip Hop dance is great for teaching children, at a young age, that it's okay to be different.

July August Tuesday Tuesday July 4 - 25, 2017 August 1-29, 2017 5:30PM-6:15PM 5:30PM-6:15PM 4 Classes 5 Classes

4 Classes CR: \$50
BR: \$60
NR: \$70 5 Classes CR: \$65
BR: \$75
NR: \$85

Six & Under

Children's Programs

Six - Eight

Sportball: Soccer (6-8 yrs)

Instructor: Sportball Ltd.

Kickstart your day! Sportball Indoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Soccer cleats and shin guards are optional.

For safety reasons, parents are required to remain near the field during classes.

No class on August 7.

Cost includes a ball and jersey for the participant.

Monday	July 10 - August 28, 2017	7:00PM-8:00PM	7 Classes
7 Classes	CR: \$135 BR: \$145 NR: \$155		

Inline Ball Hockey (6-8 yrs)

Instructor: Coach Eric Welde

Want to work on your ice hockey skills over the summer? Join Coach Eric (who also teaches our learn to skate programs) as we combine two of Cranston's favourite programs. Ball Hockey & Skating. Learn some new skills in a fun, relaxed and non competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends and make new ones. Get active and enjoy a great sport! Some inline experience is recommended.

A Hockey helmet (NOT bike helmet), inline skates, and water bottle are required. Coach Eric also recommends hockey gloves and shin pads. Please bring your own stick if you've got one! Goalie equipment is provided so all kids wanting to try goalie will get the opportunity.

No class on August 7 & 14.

Monday	July 10 - August 28, 2017	5:00PM-6:30PM	6 Classes
6 Classes	CR: \$80 BR: \$90 NR: \$100		

Children's Programs

Indoor Ball Hockey (6-7 yrs)

Instructor: Coach Eric Welde

Come join head instructor Eric (who also teaches our learn to skate programs) as we play the Canadian classic, hockey! Learn some new skills in a fun, relaxed and non competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends and make new ones. Get active and enjoy a great sport! No experience required but please bring your own stick! Goalie equipment is provided so all kids wanting to try goalie will get the opportunity.

July	Thursday	July 6 - 27, 2017	5:00PM-6:00PM	4 Classes
August	Thursday	August 3 - 31, 2017	5:00PM-6:00PM	5 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70	5 Classes	CR: \$60 BR: \$70 NR: \$80	

Beginner Tennis (6-8 yrs) July

Instructor: Ben Hernandez

Combined movement training such as running, jumping, catching and hand eye coordination are skills that will be a focus of this program. Children will also take part in hand-eye coordination games, foot work exercises, and fun skill building activities.

Children are required to bring their own racquet and wear comfortable clothing, along with running shoes. A minimal number of racquets are available if your child does not have their own.

July	Tuesday	July 4 - 25, 2017	5:00PM-6:00PM	4 Classes
4 Classes	CR: \$55 BR: \$65 NR: \$75			

Beginner Tennis (6-8 yrs) August

Instructor: Mackenzie Quigley

Using the progressive tennis program or 'kids tennis' with scaled down court sizes, smaller racquets and low compression tennis balls, your child will learn the basics of the game as well as improve their fitness and coordination. Drills and fun games are used to keep the kids engaged and having fun! Many of the skills taught will help your child improve on the key skills that are required for most sports (hand-eye coordination, balance, cooperation) No previous tennis experience is required and a minimal number of racquets are available if your child doesn't have their own.

August	Tuesday	August 1 - 29, 2017	5:00PM-6:00PM	5 Classes
5 Classes	CR: \$70 BR: \$80 NR: \$90			

Children's Programs

Seven - Ten

So You Think You Can Dance (7-10yrs)

Instructor: Puddle of Mud Productions

This class has something for everyone! We will try out many of the styles of dance that you see on the popular television show and learn some awesome choreography. A great introduction or extension into the world of dance! No experience necessary.

July August	Tuesday Tuesday	July 4 - 25, 2017 August 1-29, 2017	6:15PM-7:15PM 6:15PM-7:15PM	4 Classes 5 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70	5 Classes	CR: \$65 BR: \$75 NR: \$85	

Karate (7-9 yrs)

Instructor: James Albakian

Taught by a Black Belt Sensei, this karate program is perfect for those students looking to develop the fundamental skills of this martial art. All levels of ability are welcome. Students will learn basic karate techniques and self-defence through interactive games and activities. Please note that our program does not provide a belt certification as it is intended for recreational purposes only.

July August	Tuesday Tuesday	July 4 - 25, 2017 August 1-29, 2017	7:00PM-8:00PM 7:00PM-8:00PM	4 Classes 5 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70	5 Classes	CR: \$65 BR: \$75 NR: \$85	

Children's Programs

Indoor Ball Hockey (8-9 yrs)

Instructor: Coach Eric Welde

Come join head instructor Eric (who also teaches our learn to skate programs) as we play the Canadian classic, hockey! Learn some new skills in a fun, relaxed and non competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends and make new ones. Get active and enjoy a great sport! No experience required but please bring your own stick! Goalie equipment is provided so all kids wanting to try goalie will get the opportunity.

July	Thursday	July 6 - 27, 2017	6:00PM-7:00PM	4 Classes
August	Thursday	August 3 - 31, 2017	6:00PM-7:00PM	5 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70	5 Classes	CR: \$60 BR: \$70 NR: \$80	

Taekwondo (7 yrs & up)

Instructor: Master Serge Tene - Energy Martial Arts Studio

Come to our all open and family Taekwondo class and enjoy the flavour of this special program. Youth and adults create and empower their self-esteem, leadership and confidence through the practice of Taekwondo. Our unique Traditional martial arts program is based on discipline, respect, development and maintenance of your inner energy through fun physical activities.

Families who attend together will see their family relationship empowered to the greatest level possible by learning how to work together as a family, kick as a family, and set and achieve goals as a family. In fact, we do believe a family who kicks together, sticks together.

Contact us to find out how your family can begin its taekwondo story.

No class on August 5

	Saturday	July 10 - August 26, 2017	10:00AM-11:00AM	6 Classes
6 Classes	CR: \$105 BR: \$115 NR: \$125			

Ongoing registration is available.

A uniform must be purchased at a rate of \$60. There will be additional costs for belt promotion tests.

Children's Programs

Inline Ball Hockey (9-12 yrs)

Instructor: Coach Eric Welde

Want to work on your ice hockey skills over the summer? Join Coach Eric (who also teaches our learn to skate programs) as we combine two of Cranston's favourite programs. Ball Hockey & Skating. Learn some new skills in a fun, relaxed and non competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends and make new ones. Get active and enjoy a great sport! Some inline experience is recommended.

A Hockey helmet (NOT bike helmet), inline skates, and water bottle are required. Coach Eric also recommends hockey gloves and shin pads. Please bring your own stick if you've got one! Goalie equipment is provided so all kids wanting to try goalie will get the opportunity.

No class on August 7 & 14.

Monday	July 10 - August 28, 2017	6:30PM-8:00PM	6 Classes
6 Classes	CR: \$80 BR: \$90 NR: \$100		

Young Rembrandts: Elementary (Gr. 1-6)

Instructor: Young Rembrandts

The elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can – and should – learn to draw. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

July	Wednesday	July 5 - 26, 2017	6:00PM-7:00PM	4 Classes
August	Wednesday	August 2 -23, 2017	6:00PM-7:00PM	4 Classes
4 Classes	CR: \$55 BR: \$65 NR: \$75			

Young Rembrandts: Cartooning (Gr. 1-6)

Instructor: Young Rembrandts

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

July	Wednesday	July 5 - 26, 2017	7:00PM-8:00PM	4 Classes
August	Wednesday	August 2 -23, 2017	7:00PM-8:00PM	4 Classes
4 Classes	CR: \$55 BR: \$65 NR: \$75			

Children's Programs

Beginner Tennis (6-8 yrs) July

Instructor: Ben Hernandez

Combined movement training such as running, jumping, catching and hand eye coordination are skills that will be a focus of this program. Children will also take part in hand-eye coordination games, foot work exercises, and fun skill building activities.

Children are required to bring their own racquet and wear comfortable clothing, along with running shoes. A minimal number of racquets are available if your child does not have their own.

July	Tuesday	July 4 - 25, 2017	5:00PM-6:00PM	4 Classes
4 Classes	CR: \$55 BR: \$65 NR: \$75			

Beginner Tennis (6-8 yrs) August

Instructor: Mackenzie Quigley

Using the progressive tennis program or 'kids tennis' with scaled down court sizes, smaller racquets and low compression tennis balls, your child will learn the basics of the game as well as improve their fitness and coordination. Drills and fun games are used to keep the kids engaged and having fun! Many of the skills taught will help your child improve on the key skills that are required for most sports (hand-eye coordination, balance, cooperation) No previous tennis experience is required and a minimal number of racquets are available if your child doesn't have their own.

August	Tuesday	August 1 - 29, 2017	5:00PM-6:00PM	5 Classes
5 Classes	CR: \$70 BR: \$80 NR: \$90			

Intermediate Tennis (6-12 yrs)

Instructor: Ben Hernandez

Students will continue to develop static and dynamic progressions for forehand and backhand strokes while maintaining court positions. Body movements, swing pattern, and balance will also be a focus of this program. Recommended for participants with some previous tennis background.

July	Thursday	July 6 - 27, 2017	5:00PM-6:00PM	4 Classes
August	Thursday	August 3 - 31, 2017	5:00PM-6:00PM	5 Classes
4 Classes	CR: \$55 BR: \$65 NR: \$75	5 Classes	CR: \$70 BR: \$80 NR: \$90	

Children's Programs

Ten - Fourteen

Indoor Ball Hockey (10-14 yrs)

Instructor: Coach Eric Welde

Come join head instructor Eric (who also teaches our learn to skate programs) as we play the Canadian classic, hockey! Learn some new skills in a fun, relaxed and non competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends and make new ones. Get active and enjoy a great sport! No experience required but please bring your own stick! Goalie equipment is provided so all kids wanting to try goalie will get the opportunity.

July August	Thursday Thursday	July 6 - 27, 2017 August 3 - 31, 2017	7:00PM-8:00PM 7:00PM-8:00PM	4 Classes 5 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70	5 Classes	CR: \$60 BR: \$70 NR: \$80	

Strong Girls (10-13 yrs)

Instructor: Caitlin Scott - One Rep Fitness

Strong Girls Fitness is designed for pre teen girls to help develop a positive body image and confidence through a great workout with new friends. All movements are functional to everyday life and only use body weighted exercises. While enjoying and learning about the importance of staying active this class will also show the importance of building a strong self esteem.

July	Tuesday	July 4 - 25, 2017	6:00PM-7:00PM	4 Classes
4 Classes	CR: \$50 BR: \$60 NR: \$70			

Yoga for Tweens (10-14 yrs)

Instructor: Laura-Ann Vanderlinde - Yogatopia

We will focus on basic asanas while deepening the practice by focusing on correct and safe body alignment. The use of props make this practice open to new or experienced yoga students. Take the time to connect the body, breath and mind.

August	Tuesday	August 8 - 29, 2017	12:00PM-12:45PM	4 Classes
4 Classes	CR: \$58 BR: \$68 NR: \$78			

Adult Programs

Taekwondo (7 yrs to Adult & Families)

Instructor: Master Serge Tene - Energy Martial Arts Studio

Come to our all open and family Taekwondo class and enjoy the flavour of this special program. Youth and adults create and empower their self-esteem, leadership and confidence through the practice of Taekwondo. Our unique Traditional martial arts program is based on discipline, respect, development and maintenance of your inner energy through fun physical activities.

Families who attend together will see their family relationship empowered to the greatest level possible by learning how to work together as a family, kick as a family, and set and achieve goals as a family. In fact, we do believe a family who kicks together, sticks together.

Contact us to find out how your family can begin its taekwondo story.

No class on August 5

Saturday July 10 - August 26, 2017 10:00AM-11:00AM 6 Classes

6 Classes CR: \$105
BR: \$115
NR: \$125

Ongoing registration is available.

A uniform must be purchased at a rate of \$60. There will be additional costs for belt promotion tests.

Beginner Tennis Adult

Instructor: Ben Hernandez

Students will become familiarized with the basic movements used in the sport of tennis, while learning static and dynamic progressions for forehand and backhand strokes, as well as court position. Furthermore; students will be taught the skills necessary to hit the forehand, specifically the correct body movements, swing patterns and balance.

July August Thursday Thursday July 6 - 27, 2017 August 3 - 31, 2017 6:00PM-7:00PM 6:00PM-7:00PM 4 Classes 5 Classes

4 Classes CR: \$55
BR: \$65
NR: \$75 5 Classes CR: \$70
BR: \$80
NR: \$90

Intermediate Tennis Adult

Instructor: Ben Hernandez

Students will continue to develop static and dynamic progressions for forehand and backhand strokes while maintaining court positions. Body movements, swing pattern, and balance will also be a focus of this program. Recommended for participants with some previous tennis background.

July August Thursday Thursday July 6 - 27, 2017 August 3 - 31, 2017 7:00PM-8:00PM 7:00PM-8:00PM 4 Classes 5 Classes

4 Classes CR: \$55
BR: \$65
NR: \$75 5 Classes CR: \$70
BR: \$80
NR: \$90

Martial Arts

Tennis

Adult Programs

Gentle Yoga

This class provides a gentle introduction to the basic principles and practices of yoga. Through the use of basic postures and breathing techniques and the addition of props as needed this class is perfect for maintain good health and fitness.

August	Tuesday	August 8 - 29, 2017	1:00PM-2:00PM	4 Classes
4 Classes	CR: \$58 BR: \$68 NR: \$78			

Restorative Yoga

Restorative yoga is intended to take the mindfulness that is found in all disciplines of yoga to the next level. Take time to slow down, connect the mind and body. The use of props- a blanket, chairs, a bolster, an eye bag, a strap and blocks, help to make the practice comfortable to everyone. This class will help to center your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer.

August	Tuesday	August 8 - 29, 2017	5:00PM-6:00PM	4 Classes
4 Classes	CR: \$58 BR: \$68 NR: \$78			

Discover Yoga

Iyengar Style Yoga teaches students to become aware of their body and mind; using sequencing of postures (asanas) and breath to balance the body. Props such as blocks, bolsters and straps make the practice accessible to all body types, focusing on the breath and safe alignment of the body.

August	Tuesday	August 8 - 29, 2017	6:00PM-7:00PM	4 Classes
4 Classes	CR: \$58 BR: \$68 NR: \$78			

Level 1/2 Yoga

Iyengar Style Yoga teaches students to become aware of their body and mind; using sequencing of postures (asanas) and breath to balance the body. Props such as blocks, bolsters and straps make the practice accessible to all body types, focusing on the breath and safe alignment of the body.

August	Tuesday	August 8 - 29, 2017	7:00PM-8:00PM	4 Classes
4 Classes	CR: \$58 BR: \$68 NR: \$78			

Instructor: Laura-Ann Vanderlinde - Yogatopia

Adult Programs

Zumba

Instructor: Sparkle Fitness - July, Lindsay Brandon - August



Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance movements. This creates a dynamic and effective fitness class designed for all fitness levels. This program will use high energy movements to stretch and tone hips, abs, and arms.

July	Thursday	July 6 - 27, 2017	6:15PM-7:15PM	4 Classes
August	Thursday	August 3 - 31, 2017	6:30PM - 7:15PM	5 Classes
4 Classes	CR: \$45 BR: \$55 NR: \$65	5 Classes	CR: \$60 BR: \$70 NR: \$80	

Kickboxing Level 1 & 2

Instructor: Lindsay Brandon

This class incorporates all the best elements of Kickboxing into an amazing full body workout! This class will help strengthen and tone your body, build your cardio and leave you feeling great at the end of each class. Learn different punches (jab, cross, hook, uppercut) and kicks (roundhouse, snap, push). Learn to perform kicks and punches in different combinations. This class is suitable for all levels. Please note that hand wraps will need to be purchased from the Instructor for \$10 at the first class.

August	Thursday	August 3 - 31, 2017	7:30PM-8:30PM	5 Classes
5 Classes	CR: \$65 BR: \$75 NR: \$85			

Cardio, Strength & Core

Instructor: Helen Cheung



A class that works on cardio movements to challenge the heart and lungs. Tone and strengthen muscles using weights, resistance bands or body bars and tighten your core through a series of abdominals and core exercises. Cool down and help your body recover with a set of guided stretches.

Monday	July 10 - 31, 2017	6:00PM-7:00PM	4 Classes
4 Classes	CR: \$58 BR: \$68 NR: \$78		

Cranston Residents Association

As a property owner in the community of Cranston you are automatically a member of the Cranston Residents Association (CRA). The CRA is a not-for-profit organization which manages assets owned by the Association for the benefit of Cranston residents. The CRA annual fees support maintenance of the Century Hall facility and seven acre outdoor park, programmed CRA events, activities, and the Cranston Connect website. The CRA also owns and maintains several decorative corners, the Art Park, the Windmill site and Cranston entry features. Benefits of membership include access to the Century Hall facility and outdoor park, and resident rates for CRA programs and events.

For more information on future CRA programs and events, please visit our website:

www.cranston-connect.com



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