



COMMUNITY PROGRAM OPPORTUNITIES: GRADES 9 TO 12



TABLE OF CONTENTS

CONTENTS

Introduction	1	Employment Opportunities	
		+ Professional Development	18
Health and Physical Education	2	+ Employment Ready Workshops	19
+ Dance	3	+ Team Building	19
+ Fitness and Health	5	+ Innovation, Creativity and Entrepreneurship (ICE) Workshops	20
+ Gymnastics	6	+ Volunteering	21
+ Rock Climbing	7	Outdoor Environmental Education	22
+ Skating Lessons	8	+ Outdoor Education	23
+ Recreational Skating	8	+ Custom Programs	24
+ Swimming Lessons	10	School Events	24
+ Recreational Swimming	10	Outdoor Park Programs	25
+ Snow Tubing	11	How to Book	26
+ Sports	12		
Leadership, Development and Play	14		
+ Specialist High Skills Majors (SHSM)	15		
+ Self-Esteem and Wellness Workshops	16		
+ First Aid Courses	17		

INTRODUCTION

INTRODUCTION

The City of Brampton offers a variety of experiential programming and hands-on workshops, many of which meet current Ministry of Education curriculum guidelines.

The information included in this package is a sampling of what the City of Brampton's Community Services Department offers. Programming is not limited to these options.

The City of Brampton is committed to providing community learning and development experiences to all individuals with various abilities. We strongly encourage and welcome the participation of individuals living with disabilities into all of our programs.

Most of our programs can be offered in combination and/or in conjunction with one another. This opportunity will provide instructors the option of scheduling full day programming at a Community Centre of their choosing.

City of Brampton recreation staff are highly trained and specialized instructors in their fields of expertise.

Our Staff:

- + are a minimum of Standard First Aid with CPR-C certified;
- + are subject to a Police Vulnerable Sector Check;
- + are trained in the High Five Principals of Healthy Child Development;
- + receive extensive on-site program specific training which includes course content, program planning, learning styles, behaviour management training, and risk management;
- + have additional qualifications for specific program areas.

Please review this guide for a list of the most popular programs that are available for youth in grades 9 – 12.

For booking information or other inquiries, please email community.programs@brampton.ca.

We look forward to working with you and hosting your students soon!

HEALTH AND PHYSICAL EDUCATION

DANCE

Dance programs are a great way to get moving, tap into inner creativity, and stay physically fit. The City of Brampton offers programs for all skill levels and interests. Classes can be booked individually or as a series.

A sampling of dance styles offered:

- + Acro
- + Ballet
- + Bhangra
- + Bollywood
- + Hip Hop
- + Intro to Dance
- + Jazz

GRADES: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: ONSITE OR AT A CITY OF BRAMPTON
COMMUNITY CENTRE CLOSE TO YOUR SCHOOL.**



FITNESS AND HEALTH

A wide range of fitness classes are available for all fitness levels and abilities. Plan to join us for a single class or watch your group progress through an entire course.

Fitness and Health Class Offerings Include:

- + Bootcamp - Outdoor or Indoor Options Available
- + Chair Fitness
- + Fitness Sampler
- + Stretch and Strength
- + Tabata
- + Yoga, Relaxation and Meditation
- + Zumba

GRADES: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

**LOCATION: SCHOOL OR AT A CITY OF BRAMPTON
COMMUNITY CENTRE CLOSE TO YOUR SCHOOL**

City of Brampton Recreation Centres are the perfect place to achieve your fitness goals! Bring your class to try a workout in our fully equipped weight rooms with equipment such as:

- + Cardio
(treadmills, ellipticals and bikes)
- + Free weights
- + Select machines



GYMNASTICS

Have your students develop and advance their gymnastics skills while improving their strength, balance, and coordination using the vault, bars, beam and floor.

Lessons are station based and appropriate to students age and level of development.

GRADES: 9 TO 12
AVAILABILITY: ENTIRE SCHOOL YEAR
LOCATION: KEN GILES RECREATION CENTRE



NINJA PARKOUR AND ROCK WALL

The Ninja Warrior Obstacle Course challenges balance, agility, and endurance while moving rapidly through bungee rings, floating bridges, balance logs, sea of swings, box jumps and more. Participants from will run, jump, climb, and roll, challenging themselves to develop skills in a safe and supervised environment.

Students will learn the fundamentals of rock climbing, including basic foot work, different hand holds, proper balance, reading climbs and much more.

Prerequisite:
Must be minimum 30lbs, maximum 310lbs in weight.

GRADES: 1 TO 9
AVAILABILITY: ENTIRE SCHOOL YEAR
LOCATION: KEN GILES RECREATION CENTRE



SKATING LESSONS

Participants enjoy being active while learning how to skate with our certified instructors. Lessons are 50-minutes in duration and will include both an instruction period and a free skate portion. Students will be split into groups according to their skating ability each week to accommodate different rates of progression. Skates and helmets are mandatory for all participants, volunteers, and teachers during skating lessons.

RECREATIONAL SKATING

Recreational skate times can be reserved as part of daily physical activity or for fun. Participants are encouraged to come out with their skates and helmets. Helmets are strongly recommended for all participants.

GRADES: 9 TO 12

AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: AT ANY CITY OF BRAMPTON COMMUNITY CENTRES WITH AN ICE RINK.



EQUIPMENT RENTAL AVAILABLE

Skate and helmet inventories are available at select locations free of charge. Please inquire about the details when booking your next visit.

RENT THE ICE TO ENJOY A FUN-FILLED

skating experience at an arena near your school. Arenas can be booked for school hockey or figure skating teams' weekly practices or any games and tournaments.

City of Brampton staff are not present during rental periods.



POOL RENTALS

Rent a City of Brampton pool near your school for swim team practices, swim meets, team building and so much more!

SWIMMING LESSONS

Lessons are delivered in a group setting. This format is popular to make lessons affordable for those students who may be unable to participate in City of Brampton swim programs. Specialized programs are available to suit individual needs or requirements.

RECREATIONAL SWIMMING

Schools can book recreational swim times to cover a portion of daily physical activity, programming or for fun.

GRADES: 9 TO 12

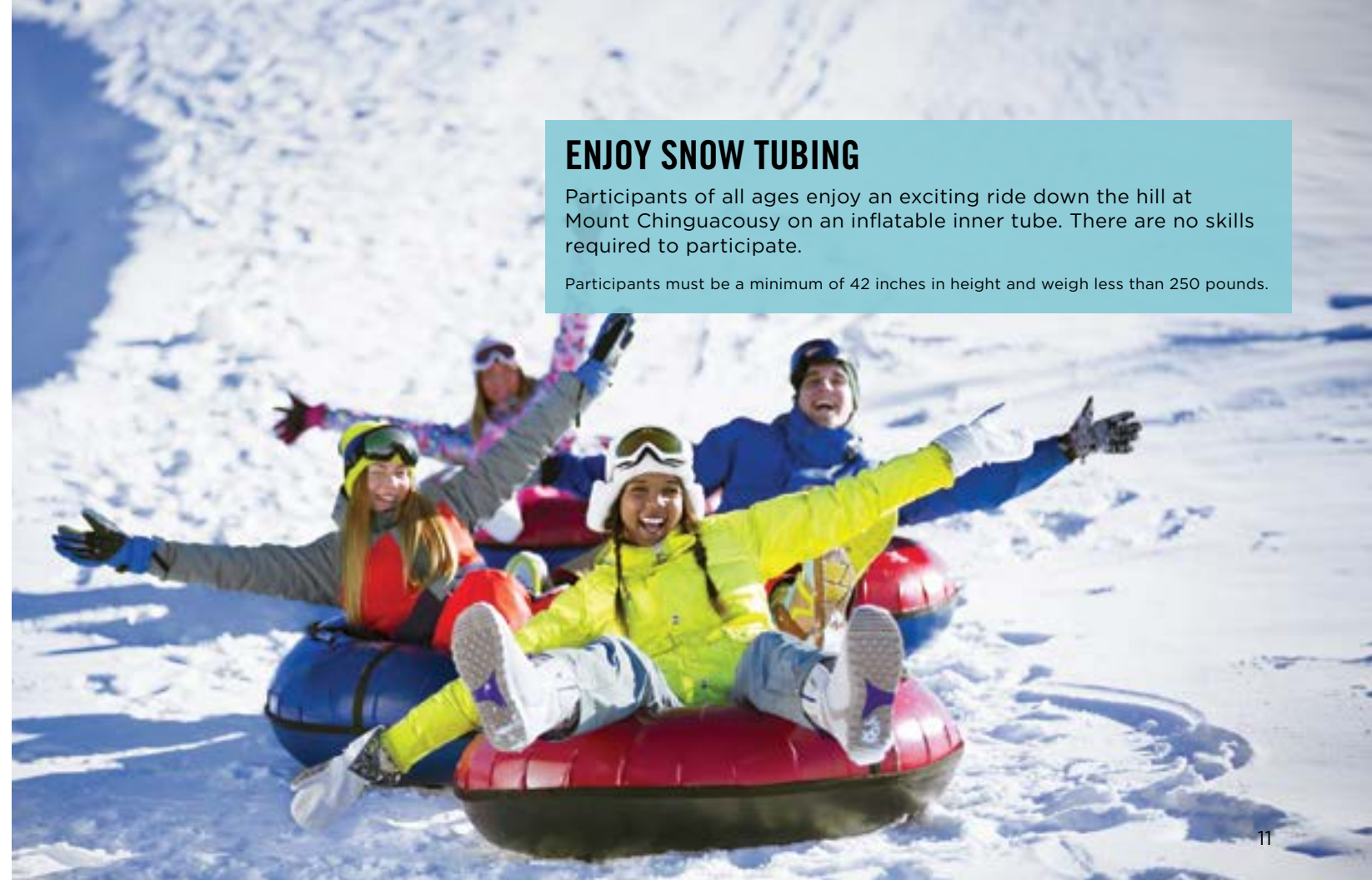
AVAILABILITY: ENTIRE SCHOOL YEAR

LOCATION: AT ANY CITY OF BRAMPTON COMMUNITY CENTRES WITH A SWIMMING POOL.

ENJOY SNOW TUBING

Participants of all ages enjoy an exciting ride down the hill at Mount Chinguacousy on an inflatable inner tube. There are no skills required to participate.

Participants must be a minimum of 42 inches in height and weigh less than 250 pounds.



SPORTS

Sports program are a great opportunity for students to work as a team while developing basic fundamental skills through physical literacy. Skills and Drills programs are offered in various sports. Programs are run as an instructional lesson followed by a scrimmage. These classes can be booked as stand alone classes or can be conducted in a series of a single sport or multi sports.

A sampling of sports offered:

- + Archery
- + Basketball
- + Badminton
- + Beach Volleyball
- + Canoeing
- + Cricket
- + Curling
- + Field / Floor Hockey
- + Fishing
- + Kayaking
- + Lacrosse
- + Pickleball
- + Racquetball
- + Stand Up Paddle boarding
- + Soccer
- + Squash
- + Tennis (year round)
- + Track and Field
- + Ultimate Frisbee
- + Volleyball
- + Handball*
- + Disc Golf*



PEEL VILLAGE GOLF COURSE

Bring out your group for a round of nine holes on the course.

GRADES: 9-12
AVAILABILITY: ENTIRE SCHOOL YEAR*
LOCATION: SELECT PROGRAMS OFFERED AT SCHOOL, ALL PROGRAMS OFFERED AT A CITY OF BRAMPTON COMMUNITY CENTRE CLOSE TO YOUR SCHOOL WITH THE AVAILABLE AMENITIES

*Select activities are available seasonally.



LEADERSHIP, DEVELOPMENT AND PLAY

SPECIALIST HIGH SKILLS MAJORS (SHSM)

The City of Brampton offers certification programs and ICE (Innovation, Creativity and Entrepreneurship) workshops with the help of our talented and dedicated staff. The following certifications are offered to align with SHSM goals.

- Cardiopulmonary Resuscitation (CPR C) with Automated External Defibrillation (AED) Certification
- Standard First Aid with CPR C and AED Certification
- Advanced Training in a Technique:
 - Paddling (Canoe, Kayak, or Stand-up Paddleboard), Ski or Snowboard, Curling, Skating, Gymnastics, Archery
- Lifesaving Society Bronze Medallion and Bronze Cross
- HIGH FIVE®: Principles of Healthy Child Development (PHCD)
- HIGH FIVE®: QUEST 2
- Innovation, Creativity and Entrepreneurship (ICE)

Students will receive a certificate of completion when they take SHSM certification with the City of Brampton to build their portfolios.

Please check online at **www.brampton.ca/SHSM** or email community.programs@brampton.ca for more information.



SELF-ESTEEM AND WELLNESS WORKSHOPS

Customized workshops are designed for various age groups. This is an opportunity to provide guidance for teens on body image, self-esteem, bullying and other priority topics requested by teachers.

GRADES: 9 TO 12
AVAILABILITY: ENTIRE SCHOOL YEAR
LOCATION: ONSITE OR AT A CITY OF BRAMPTON COMMUNITY CENTRE CLOSE TO YOUR SCHOOL.



FIRST AID COURSES

Students have the opportunity to meet Active Living Safety requirements through a variety of leadership courses, including:

- + Emergency First Aid with CPR B (8 hour course)
- + Standard First Aid with CPR C (16 hour course)
- + Airway Management (4 hour course)

To learn more about aquatic leadership progression, visit www.brampton.ca/aquatic-certs

Bronze Medallion, Bronze Cross, National Lifeguard, and Swim, Lifesaving and Emergency First Aid Instructor courses are also available to help your students on their way to future employment opportunities.

*Certifications can be provided.

GRADES: 9 TO 12
AVAILABILITY: ENTIRE SCHOOL YEAR
LOCATION: ONSITE OR AT A CITY OF BRAMPTON COMMUNITY CENTRE CLOSE TO YOUR SCHOOL.

PROFESSIONAL DEVELOPMENT

The City of Brampton actively recruits part-time and seasonal staff for the following areas:

- + Aquatics
- + Camps
- + Customer Service Representatives
- + Dance
- + Fitness
- + General Programs
- + Gymnastics
- + Inclusion and Integration Programs
- + Ninja Parkour Rock Wall
- + Operations
- + Science, Technology, Engineering and Math
- + Skating
- + Ski and Snowboarding
- + Snack Bar Attendants
- + Sports

Applications are completed online through our website www.brampton.ca/rec-jobs and are reviewed when positions become available, typically on a quarterly basis.

Some positions require additional qualifications that are indicated on the specific job description online.



GRADES: 9 TO 12
AVAILABILITY:
ENTIRE SCHOOL YEAR
LOCATION: ONSITE OR AT A CITY
OF BRAMPTON COMMUNITY CENTRE
CLOSE TO YOUR SCHOOL.

EMPLOYMENT READY WORKSHOPS

The City of Brampton is always hiring students for part-time job opportunities in aquatics, camps, sports, customer service, and many additional areas of Recreation. Join us in preparing students for opportunities in Recreation, and beyond with Employment Ready workshops on topics such as:

- + Resumes and interview preparation
- + Customer service
- + Program management
- + Bullying, diversity, and much more

TEAM BUILDING

Half or full day opportunities are available for groups interested in team building exercises and activities. Programs can be delivered in a variety of formats that help participants with communication, build peer relationships, develop critical and creative thinking, enhance interpersonal skills and showcase the strengths of each team member.

Bookings are available for a single class, a whole grade, or the entire school.

SPECIALIST HIGH SKILLS MAJOR (SHSM)

INNOVATION, CREATIVITY AND ENTREPRENEURSHIP (ICE) WORKSHOPS

The City of Brampton offers ICE training in a variety of sectors such as Health and Wellness and Non-Profit. Students will experience authentic ICE-training through the three gears: empathy and need-finding, ideation and prototyping and strategy and testing. Students will be able to participate in engaging and interactive training, facilitated by qualified City of Brampton staff.

To book a SHSM-ICE training, email community.programs@brampton.ca



VOLUNTEERING

There are many ways youth can get involved in the community and offer their time and talents in various fun and interesting areas. Students have the opportunity to gain valuable experience learning how to assist in the planning and implementation of recreation programs, participate in training and develop their skills, form relationships and network with various individuals in their field of interest, and set the groundwork for potential career opportunities.

Opportunities include:

- | | |
|------------------------|--------------------------|
| + Aquatics | + Inclusion Programs |
| + Arts, Crafts & Music | + Preschool/Childcare |
| + Barn Assistant | + Science and Technology |
| + Camps | + Seniors Programs |
| + Dance | + Skating |
| + Facility Maintenance | + Special Events |
| + Gymnastics | + Sports |

To apply to volunteer visit our website at www.brampton.ca/volunteers or contact us at volunteers@brampton.ca.

Minimum age to volunteer is 14 years.

OUTDOOR ENVIRONMENTAL EDUCATION

OUTDOOR EDUCATION

Bring the classroom outdoors with hands-on interactive activities and age-appropriate sessions with curriculum based programs aligned with the Ministry of Education's Curriculum for Biology and Environmental Science.

GRADES: 9 TO 12

AVAILABILITY: MAY TO JUNE AND SEPTEMBER TO OCTOBER (AS WEATHER AND CONDITIONS PERMIT).

LOCATION: ELDORADO PARK OR PROFESSOR'S LAKE



SCHOOL EVENTS

City of Brampton Recreation staff are available to attend events to provide information to community members about programs available in their neighbourhood at no extra cost.

Some events we have attended in the past:

- + Open houses
- + School carnivals and BBQs
- + Sporting events
- + Information evenings
- + Parent council meetings
- + Community nights
- + Parent and teacher nights

Other special events may also be applicable. Please connect with us to explore opportunities in further detail.

Staff are also available to attend events to provide programming for an additional cost. Please inquire if you would like to know more.



OUTDOOR PARK PROGRAMS

Chinguacousy Park: Our staff can customize a school visit that fits the needs of your students. Package options can include: barnyard visits, mini golf, tours, and sports.

Professor's Lake Recreation Centre: Play beach volleyball or go kayaking around the lake. Canoes, kayaks, paddleboats, corcl boats, and stand-up paddleboards are available for individual rental or group classes.*

*Limited quantity of boats available and additional fees may apply.

Eldorado Park: Surrounded by natural forest on the banks of the Credit River, Eldorado Park is the perfect place to spend a summer day. Bring your lunch and enjoy the natural scenic surroundings at one of our picnic areas. The perfect place to enjoy an end of year picnic.

GRADES: 9 TO 12
AVAILABILITY: SPRING AND SUMMER (AS WEATHER AND CONDITIONS PERMIT).

HOW TO BOOK

Inquiries and booking requests may be directed to community.programs@brampton.ca.

Please include your name, school/community group, participant age group, and program(s) of interest in your email.

Tailored programs can be developed based on instructor needs and in order to align with current Ministry of Education curriculum guidelines.

Visit www.brampton.ca/recreation to find the closest Recreation Centre to your school.





brampton.ca/recreation

