



NEW AC PROGRAMS



RECHARGE WITH RECREATION

Ages 4-12

Tuesdays

Thursdays



Basketball
3:30pm - 4:30pm



Jr. Ninja
3:30pm - 4:30pm



Creative Expression
4:30pm - 5:30pm



Game Zone
4:30pm - 5:30pm

Choose one or two days:

Members 1 day - \$105 2 days - \$210 | Non-members 1 day - \$120 2 days - \$240

TEEN THRIVE

(for individuals with disabilities 13-20)

Mondays

Wednesday

Fridays



Basketball
3:30pm - 4:30pm



Hockey
3:30pm - 4:30pm



Soccer
3:30pm - 4:30pm



Creative Expression
4:30pm - 5:30pm



Nutrition
4:30pm - 5:30pm



Game Zone
4:30pm - 5:30pm

NEW PROGRAMS EVERY SESSION

Choose one, two, or three days:

Members 1 day - \$105 2 days - \$210 3 days - \$315 | Non-members 1 day - \$120 2 days - \$240 3 days - \$360

Recharge after a long day of school with the Abilities Centre after-school recreation program. Each day, participants will spend one hour on the courts developing their physical literacy skills through sport and activity followed by an hour of social recreation activities including art, music and games.

REGISTER TODAY

October 2 - November 10

6 week sessions