



Boys & Girls Clubs
of Hamilton

A good place to be

PROGRAMS & SERVICES

FALL 2019 TO SUMMER 2020



HAMILTON EAST KIWANIS BOYS & GIRLS CLUB

- ✓ Aquatics
- ✓ Active Living
- ✓ EarlyON Child & Family Centres
- ✓ Early Learning & Child Care
- ✓ Adults & Seniors
- ✓ Learning and Fun
- ✓ Youth Programs
- ✓ Day Camps



Kiwaniis
CLUB OF HAMILTON EAST INC.

ANNIVERSARY **PLAY KIWANIS TV**

BINGO

IN CELEBRATION OF KIWANIS TV BINGO AND CABLE 14'S 50TH PROGRAMMING SEASON

\$5,000 SUPER BINGO EVERY WEEK!

MONDAYS AT 7PM ONLY ON CABLE 14
BINGO CARDS \$3 EACH
PROUDLY SUPPORTING BOYS & GIRLS CLUBS OF HAMILTON

MONTH	BINGO DATES	NO BINGO
SEPTEMBER	9, 16, 23, 30	LABOUR DAY 2 ND
OCTOBER	7, 21, 28	THANKSGIVING 14 TH
NOVEMBER	4, 11, 18, 25	
DECEMBER	2, 9, 16	WINTER BREAK 23 RD & 30 TH
JANUARY	6, 13, 20, 27	
FEBRUARY	3, 10, 17, 24	
MARCH	2, 9, 16, 23, 30	
APRIL	6, 13, 20, 27	
MAY	4, 11, 25	VICTORIA DAY 18 TH
JUNE	1, 8, 15, 22, 29	

ALL PROCEEDS SUPPORT LOCAL CHARITIES LICENCE M831131

FOR INFO CALL **905.730.7570**
www.kiwanishamilton.com

@KiwaniisEast

@KiwaniisClubEast



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As a leading provider of quality programs for children and youth, Boys & Girls Clubs offer transformative experiences that are affordable, accessible, and reliable with a focus on learning and skills development. We are proud of our history of leveling the playing field and providing opportunities for young people to discover, develop, and achieve their full potential by supporting their healthy physical, educational, and social development.

Our highly trained staff and volunteers are caring role models who use an individualized, strength-based approach and engage young people to play, learn, and develop essential life skills. We create caring environments that are safe and inclusive, fun and stimulating. We challenge developmentally-appropriate growth, and encourage healthy, respectful relationships.

Our Clubs are located in neighbourhoods where they need us most. We emphasize flexible programs based on local needs, the interests of children and youth, and the diversity, character, and identity of their communities.

Belonging to the Boys & Girls Club can be life changing. We inspire children and youth to achieve their dreams and grow up to be healthy and successful individuals.

#agoodplacetobe



**Boys & Girls Clubs
of Hamilton**

A good place to be

45 Ellis Avenue, Hamilton, Ontario L8H 4L8
Phone: 905-549-2814
Fax: 905-549-2313
kboysandgirlsclub.com



CONNECT WITH US!



@bgchamilton
@bgchteens
kboysandgirlsclub.com

FOR VOLUNTEER OR EMPLOYMENT OPPORTUNITIES WITH BOYS & GIRLS CLUBS OF HAMILTON, PLEASE VISIT OUR WEBSITE AT KBOYSANDGIRLSCLUB.COM

BOYS & GIRLS CLUB PROGRAMS AND SERVICES SUPPORTED BY:



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

**HAMILTON
COMMUNITY
FOUNDATION**



Hamilton



**United Way
Halton & Hamilton**

CORE VALUES

BELONGING

We welcome everyone in a safe, accepting environment based on belonging and positive relationships.

RESPECT

We ensure that everyone – children, youth, families, volunteers, staff – is heard, respected, valued and treated fairly.

ENCOURAGEMENT

We encourage and support every child and youth to play, learn and grow to achieve their dreams.

WORKING TOGETHER

We work together with young people, families, volunteers, our communities and government.

SPEAKING OUT

We speak out with children, youth and families so that we can make our world better.



OUR MISSION

To provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.



OUR VISION

All children and youth discover and achieve their dreams and grow up to be healthy, successful, and active participants in society.



KIWANIS BOYS & GIRLS CLUB

45 Ellis Avenue (corner of Campbell)
Hamilton, ON L8H 4L8

Tel: 905-549-2814 Fax: 905-549-2313

Founded by visionary members of the Kiwanis Club of Hamilton East and supported by the City of Hamilton, the Kiwanis Club, and the United Way.

Reception

Monday–Friday 8:30 a.m.–9:00 p.m.
Saturday 9:00 a.m.–4:00 p.m.

Program Hours

Monday–Friday	
3:00–5:00 p.m.	Children/Youth
6:00–8:00 p.m.	Children
8:00–10:00 p.m.	Youth
Saturday	
9:00 a.m.–12:00 noon	Children/Youth
1:00–4:00 p.m.	Children/Youth

BUG BUSTER CLINIC



The Bug Buster Clinic run by Public Health provides head lice services for children and their families. If children and/or their family members are found to have had lice by the Hamilton Public Health Nurse at the clinic, low cost medicated shampoo and combs are available. Other clinic services include screening (head checks), treatment demonstrations, information from a Public Health Nurse, and time to talk with other parents.

Thursday 3:30–5:30 p.m.

SANFORD BOYS & GIRLS CLUB

71 Sanford Avenue (corner of Wilson)
905-525-0038

Supported by Hamilton East Kiwanis Non-Profit Homes Inc., and the City of Hamilton. The Club provides various safe, educational, and fun instructional and drop-in programs. Activities include computer classes, cooking classes, a homework club, trips, creative crafts, a games area and much more. Ages 7-12.

MCQUESTEN BOYS & GIRLS CLUB

785 Britannia Avenue (east of Parkdale)
905-549-2814 x238

Supported by Kiwanis Club of Hamilton East and the City of Hamilton, the Club provides barrier-free, drop-in, recreational opportunities for young people in the evening with a focus on positive social interaction, inclusion, adventure, play, discovery, empowerment and appropriate role modeling by staff and volunteers.

PURNELL BOYS & GIRLS CLUB

77 Purnell Drive, Unit #118
905-549-2814 x238

Supported by CityHousing Hamilton and the City of Hamilton. These community-based programs are geared towards developing children's interests and providing new creative and educational opportunities. Ages 7-12.

ORIOLE BOYS & GIRLS CLUB

2 Oriole Crescent, Unit #6
905-549-2814 x238

Supported by CityHousing Hamilton and the City of Hamilton. These community-based programs are geared towards developing children's interests and providing new creative and educational opportunities. Ages 7-12.

SHERMAN BOYS AND GIRLS CLUB

705 Main St. E. (corner of St. Clair)
905 544-0050

Supported by City of Hamilton, charitable donations and volunteers, the Club is a community centre offering free and low cost programs to youth, adults and seniors. The centre is a safe and welcoming place for community members to meet and engage in a variety of social and recreational activities with a focus on promoting healthy active lifestyles.



SEE OUR WEBSITE FOR SUMMER HOURS.
KBOYSANDGIRLSCLUB.COM

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BOYS & GIRLS CLUBS MODEL FOR SUCCESS

Our Model for Success describes the common features and core programming areas offered by Boys and Girls Clubs across Canada, and the positive outcomes for children and youth that are achieved through them.

Every element is based on the values and activities of Boys and Girls Clubs and is grounded in the latest research in child and youth development.

COMMON FEATURES

Respectful, inclusive, and engaging environments

Relationship-building and mentoring

Community and family engagement

CORE PROGRAMMING

Physical activity, health, and safety

Leadership, growth, and empowerment

Learning and career development

Families and communities

SHORT-TERM OUTCOMES

- ✓ Children and youth are emotionally and physically safe
- ✓ Children and youth feel welcomed, accepted, valued, and respected
- ✓ Children and youth enjoy exploring new opportunities
- ✓ Programs build relevant skills for children and youth
- ✓ Community, parents, children, and youth are engaged in Clubs and feel ownership of programs

MID-TERM OUTCOMES

- ✓ Children and youth are healthy, active, and safe
- ✓ Children and youth are connected to peers, parents, school, and community
- ✓ Children and youth have key academic, vocational, and recreational skills
- ✓ Children and youth have confidence in their aspirations

ADULT OUTCOMES

- ✓ Health and well-being
- ✓ Positive and caring relationships
- ✓ Educational attainment and ability to achieve dreams
- ✓ Self-sufficiency and independence
- ✓ Meaningful participation in community and civil society

FEE AND SESSION DATES

MEMBERSHIP FEES

Child (ages 13 and under)	\$5.00
Youth (ages 14–24)	\$10.00

Memberships are valid for one year from date of purchase.

OTHER FEES

Day Pass	\$4.00
Children's Swimming Lessons	\$18.00*
Adult Aquafit	\$45.00
Senior Swim Pass (ages 55 & over)	\$50.00

*Additional fees for Advanced Aquatics Courses

Fees and dates are subject to change. Please refer to our website for the most updated information.

WE FEED KIDS

We provide over 800 daily nutritional after school snacks and meals during the dinner hour to members at multiple program sites along with fun and engaging nutrition activities. Over 365,000 healthy meals and snacks are served every year at Boys & Girls Club programs in Hamilton.

MEALSHARE



Mealshare partners with local restaurants and places their

logo next to a few menu items. When a customer orders a 'Mealshare Item', restaurants contribute \$1.00 to Mealshare. Boys and Girls Clubs of Hamilton is grateful to be a partner charity with Mealshare, helping support our nutrition programs. For more information on which restaurants partner with Mealshare please visit mealshare.ca.



PLEASE REMEMBER

- Members must sign in upon arrival
- Membership cards are not transferable
- Children under the age of 7 must be directly supervised by an adult 16 years of age or older
- Smoking, vaping and cannabis use are not permitted on Club property within 20 meters of the building
- Courtesy is expected towards other members, staff, volunteers and neighbours
- Respect must be shown for the property and equipment of the Club, other members, and neighbours
- The Club reserves the right to cancel a membership
- Inappropriate language or behaviour will result in disciplinary action
- All refund requests must be received prior to the start of a program and will be subject to an administration fee

LOST ARTICLES

The Club cannot be responsible for lost, stolen, or damaged articles. All money and valuables should be left at home. Bring a lock and make use of our free lockers in each of the change rooms and do not leave your personal possessions unattended. Please inquire at the front desk for lost articles.

SESSION DATES FOR REGISTERED PROGRAMS

FALL SESSION (10 WEEKS)

Drop-off Registration	August 26–September 6, 2019
Programs Begin	September 23–28, 2019
No Programs	October 14, 2019 (Thanksgiving) October 31, 2019 (Halloween)

WINTER SESSION (10 WEEKS)

Drop-off Registration	December 2–December 13, 2019
Programs Begin	January 6–11, 2020
No Programs	February 17, 2020 (Family Day)

SPRING SESSION (10 WEEKS)

Drop-off Registration	March 2–March 13, 2020
Programs Begin	March 30–April 4, 2020
No Programs	April 10, 2020 (Good Friday) May 18, 2020 (Victoria Day)



FACILITY RENTALS



**Did you know that you could
HOST YOUR EVENT
OR CHILD'S PARTY AT THE
BOYS & GIRLS CLUB?**

**Spaces at the Club are available for
rent to families, teams, organizations,
schools, and the general public.**

The **SWIMMING POOL** has a capacity of up to 72 and is available with lifeguards and equipment for birthday parties, team parties, and other rentals. Children under the age of 10 must be directly supervised (within arm's reach) in the water by a guardian 13 years of age or older (maximum 2 children per guardian). Children ages 7-9 may take a swim test to determine if they may swim without direct supervision. See page 30 for additional pool admission requirements.

The **GYMNASIUM** is equipped for basketball, ball hockey (helmets are mandatory and must be provided by the renter), soccer, and many other activities.

The **GAMES ROOM** offers foosball, air hockey, video games, and a variety of other amusements.

For further rental details, please contact the Club's front desk receptionist at 905-549-2814 x221.

RENTAL RATES

Swimming Pool.....	\$80.00/hour*
Gymnasium.....	\$70.00/hour
Games Room.....	\$60.00/hour
Party Package	\$130.00/2 hours*
.....	\$180.00/3 hours*

Party package includes any combination of spaces with a limit of one hour in the pool.

*Additional fee for groups of more than twenty-five.



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**GET YOUR PUMPKIN AT THE
BOYS AND GIRLS CLUB!**

SPLASHING PUMPKINS

**SUNDAY
OCTOBER 20 | 1PM-
4PM**

**Kiwanis Boys
and Girls Club
45 Ellis Avenue, Hamilton**

**FREE FACE
PAINTING,
GAMES,
HAUNTED
ROOM AND
CRAFTS**





Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

UNPLUG2CONNECT

Friday, June 5, 2020

Boys and Girls Clubs believe that building relationships is an important life skill, and we strive to create a sense of community for all children and youth. At Clubs across the country, kids spend time away from smartphones and computers every single day—playing together, learning together, and being mentored by caring adults.

**Join us on
Friday, June 5th to
unplug to connect!**

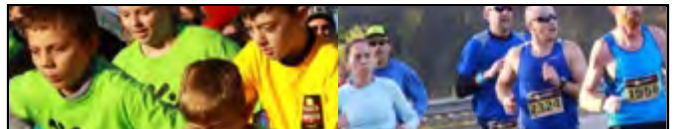
BREAKFAST WITH MRS. CLAUS

Sunday December 8 from 10 am to 12 pm.

Come and enjoy a pancake breakfast with Mrs. Claus and her Elves.

Face painting | Door Prizes | Raffle

Tickets will be available at the front desk beginning Friday November 15th.



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RUN FOR THE BOYS & GIRLS CLUB NOV. 2 & 3, 2019

The Hamilton Road2Hope Marathon is the **#1 FASTEST BOSTON MARATHON QUALIFIER ON CANADIAN SOIL**, and you can support the Hamilton East Kiwanis Boys and Girls Club when you participate. Our Goal: \$10,000. Whether it's the 1K kids' run/walk, or the 5K, 10K, half- or full-marathon, there's a race for you.

REGISTER ON OUR WEBSITE!

www.hamiltonmarathon.ca

Telling Tales Storytelling Workshops

Boys & Girls Clubs of Hamilton
and Telling Tales

Friday, November 8, 2019 & Friday, March 6, 2020

Join Telling Tales authors, **Ted Staunton** and **Richard Scrimger** for their **Story Team** storytelling workshop.

Check our website for details
www.tellingtales.org

Hamilton Youth Poets will guide kids grades 1 to 3 as they learn to create their own amplified, hip-hop poetic performances.



Boys & Girls Clubs
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11th Annual Telling Tales[®] Festival




Illustration: Irene Luxbacher

Telling Tales MAIN EVENT

Sunday, September 15th, 10am-4pm
Westfield Heritage Village, Rockton
Parking at Rockton Fair Grounds

FESTIVAL HEADLINERS

Sharon and Bram, The Fan Brothers, Jay Odjick,
The Almost Epic Squad Creators, Ashley Spires,
Eric Walters and Gumboot Kids

Celebrating Graphic Novels

Saturday, September 21st, 1-3pm
Hamilton Public Library, Central Library

Nature Tales Presented by  Dan Lawrie
International
Sculpture
Collection

**Sunday, September 22nd,
11am-4pm**
Royal Botanical Gardens, Burlington
Sign up for this event on Eventbrite

Over 50 of Canada's Leading Children's Authors, Illustrators, Storytellers and Musicians
Meet Literary Characters, Explore, Activities, Contests and More • **FREE ADMISSION**

tellingtales.org



TellingTalesOrg





WHAT IS AN EarlyON CHILD & FAMILY CENTRE?

EarlyON Child and Family Centres offer free programs for families, caregivers and their children, prenatal to age 6.

They include opportunities to:

- Participate in play-based learning activities in a fun, safe and family friendly environment
- Focus on child development and the early acquisition of literacy and numeracy skills
- Obtain information on pregnancy, parenting and child development
- Enhance your skills through parent education, workshops and resources
- Be informed about services in your community
- Discuss your concerns with professionals on your child's development, dental health, nutrition, speech and language, and vision.



For monthly site schedules please visit our website!

LOCATIONS

Kiwanis Boys & Girls Club

45 Ellis Avenue
905-549-2814 ext. 230

Prince of Wales School

77 Melrose Ave. N.
905 549-2814 ext. 228

Elizabeth Bagshaw

350 Albright Road
905-308-2954

Sanford

735 King Street East, 1A
905-525-5855

Hillcrest

40 Eastwood Street
905-545-5995

Adelaide Hoodless School

71 Maplewood Ave.
905 549-2814 ext. 228

Les services en français sont disponibles dans le Centre de la Petite Enfance. Veuillez contacter le Coin de la Famille (Centre de santé communautaire Hamilton/Niagara) pour plus d'information au (905) 528-0163 ext. 3228

For hours of operation and other program details please visit our website: www.kboysandgirlsclub.com

Programs are funded by the City of Hamilton, and the Social Planning and Research Council (CAPC).



SUPPORTED BY:



HOW DOES LEARNING HAPPEN?



BELONGING refers to a sense of connectedness to others, an individual's experience of being valued, forming a variety of relationships, and making contributions as a part of a group, a community, and the natural world.



WELL-BEING addresses the importance of physical and mental health and wellness. It incorporates capacities such as self-care, sense of self, and self-regulation skills.



ENGAGEMENT suggests a state of being involved and focused. When children are able to explore the world around them with their natural curiosity and exuberance, they are fully engaged. Through this type of play and inquiry, they develop skills such as problem solving, creative thinking, and innovating, which are essential for learning and success in school and beyond.



EXPRESSION or communication (to be heard, as well as to listen) may take many different forms. Through their bodies, words and use of materials, children develop capacities for increasingly complex communication. Opportunities to explore materials support creativity, problem solving, and mathematical behaviours. Language-rich environments support growing communication skills, which are foundational



Our Early Learning and Before & After School Centres offer programs and services organized around the four foundations which are important for children to grow and flourish - Belonging, Well-Being, Engagement, and Expression which are presented in *How Does Learning Happen?*, an Ontario Ministry of Education resource for those who work with young children and their families.

LICENSED FULL-DAY CENTRES

KIWANIS BOYS & GIRLS CLUB

45 Ellis Avenue
905-549-2814 ext. 233

This program is available to children on a full-time basis. Limited part-time care may be available.

- Infant Room – Ages birth to 18 months
- Toddler – Ages 18 months to 2½ years

QUEEN MARY SCHOOL

1292 Cannon Street East
905-549-3600

- Full-time care for children 2½ – 5 years
- Extended care for children from JK to age 12, before and after school
- Full-time care available to all ages on non-school days, including PA Days and summer/school breaks

BEFORE & AFTER SCHOOL CENTRES

These Centres offer programs for children from Junior Kindergarten to age 12. Full-time care MAY be available on PA Days, school breaks and during the summer. For more information, please call 905-549-3600.

PARKDALE SCHOOL

139 Parkdale Ave. North, L8H 5X3

PRINCE OF WALES SCHOOL

77 Melrose Ave., L8L 6X4

QUEEN MARY SCHOOL

1292 Cannon St., L8H 1V6

STRATHCONA SCHOOL

10 Lamoreaux St., L8R 1V1

VISCOUNT MONTGOMERY SCHOOL

1525 Lucerne Ave., L8K 1R3



Parents are encouraged to call the appropriate site phone number to **ARRANGE SITE VISITS, MEET STAFF AND LEARN MORE** about site services.



SUPPORTED BY:





DROP-IN PROGRAMS

All drop-in programs are free with a Boys & Girls Clubs of Hamilton membership. Children under the age of 7 must be accompanied and directly supervised by a guardian 16 years of age or older.

TECH CENTRE

The tech centre provides opportunities for children & youth to enhance digital literacy skills, access high speed internet, up-to-date technology, complete homework and research, and enjoy educational games & activities.

GAMES CENTRE

Children & youth can meet new friends through engaging games and activities including pool, foosball, air hockey, board games, ping-pong, and the latest video games.

ARTS & CRAFTS CENTRE

A creative atmosphere where participants can make crafts, learn new artistic techniques, and express themselves creatively.

JAM 101 BY AN INSTRUMENT FOR EVERY CHILD



A music education program in collaboration with Hamilton Music Collective introducing children to a wide variety of musical instruments to spark children's curiosity and interest.

DINNER CLUB

The Dinner Club is funded through President's Choice Children's Charity, CIMA and Mealshare. Our Dinner Club provides young people with resources to enhance and expand their access to food, food literacy, and the development of healthy habits and life skills. Through this program, our Clubs get the opportunity to feed more young people and their families, promote the importance of healthy habits, and educate Club staff and members. Please contact our club at 905-549-2814 x221 for more information.

COOL MOVES



Cool Moves is a program developed by Boys & Girls Clubs of Canada. Cool Moves

promotes healthy eating and active lifestyles among kids ages 7-13.



SUPPORTED BY:





KID FOOD NATION



Kid Food Nation is a national initiative that helps participants and their families develop food skills through hands-on experiences related to planning, preparing, and cooking. The program also features an online hub with resources for healthy eating and meal preparation, and a national recipe competition that encourages participants to put their food literacy skills into practice and submit original, healthy, and nutritious recipes. Ages 7-13.

CREATIVE ARTS STUDIO

A program for participants that will teach basic visual art concepts through multiple mediums in a fun and supportive environment that encourages self-expression through creativity. Ages 7-13.

BABYSITTING CERTIFICATION COURSE

Babysit with confidence. This course will cover safety, emergency procedures, changing, feeding and providing creative playtime. Course fee includes a manual and a certificate. *\$10.00 additional fee. Ages 11+.

KIDS THEATRE

Participants will build self-confidence and spark creativity through games and activities, script work, set and costume design, and opportunities to practice and perform. Ages 7-13.



BOYS COOKING

Boys learn the importance of independence and confidence while preparing healthy meals. Participants engage in fun, creative activities while learning kitchen safety and hygiene practices. Ages 7-13.

MUSIC PROGRAMS



A music education program is delivered in partnership with An Instrument for Every Child. Participants will build self-esteem, teamwork, and leadership while exploring their creative potential and choosing from a variety of instrumental, band, and voice classes. Ages 7-12.

MINI SCIENTISTS

Through play and hands-on activities, participants explore age appropriate science experiments. Participants will enjoy the fascinating world of science through fun challenges and experiments. Ages 7-13.

STEAM AHEAD

We are going full steam ahead on fun! Mixing visual, auditory, and hands-on activities to engage different learning styles, STEAM Ahead encourages participants to explore STEAM (science, technology, engineering, art and math) fundamentals. Ages 7-13.

COMIC CREATORS

Participants will exercise their literacy, art and storytelling skills while expressing themselves in the creation of visually engaging texts. Ages 7-13.



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Boys & Girls Clubs
of Canada





AT COKE CANADA,

WE BELIEVE IN CREATING A CULTURE WHERE DIVERSITY IS VALUED, EVERY EMPLOYEE IS A REPECTED MEMBER OF THE TEAM, AND OUR WORKFORCE IS A RELECTION OF OUR COMMUNITIES.

WE PROUDLY SUPPORT **BOYS & GIRLS CLUBS OF HAMILTON AND ALL OF THEIR EFFORT TO HELP CHILDREN AND YOUTH CELEBRATE THEIR DIFFERENCES, OVERCOME BARRIERS AND DEVELOP CONFIDENCE AND SKILLS FOR LIFE.**

ACTIVE LIVING PROGRAMS

SKATE THE DREAM

In collaboration with the City of Hamilton and supported by Canadian Tire Jumpstart and the Calgary Foundation, this introductory program includes a learn-to-skate component and provides an opportunity for children to learn basic hockey skills and play the game.

Location: Eastwood Arena (111 Burlington St. E.)

Learn-to-Skate Program

Through drills and games, children will learn the basics of skating. As skating skills are developed, hockey skills will be introduced. Ages 5–12.

3-on-3 Ice Hockey

This is a beginner hockey program that builds from our Learn-to-Skate program and continues to develop skating and hockey skills. This program has a stronger focus on hockey drills and playing hockey. Ages 6–12.

FLAG FOOTBALL

Through drills, scrimmages, and games, children will learn everything they need to know about football. This is in preparation for the intensity of high school football. Ages 10–13.

GYMNASTICS

An introduction to the fundamentals of gymnastics with an emphasis on floor work. Assessments will take place at the beginning of each session to determine level. Ages 7–13.

FUNKEY KIDS



Focusing on developing children's fundamental movement skills, Funkey Kids works on the long-term, physical, cognitive, and social development of children. Funkey Kids strives to develop confidence and a positive self-image in a fun and challenging environment. Using our specialized equipment and positive reinforcement, Funkey Kids helps kids develop good habits in the areas of physical literacy and healthy living. Children leave Funkey Kids feeling happy, confident and energized!
Ages 2–5.

INDOOR SOCCER

Indoor soccer played on a hard court surface using a smaller ball than outdoors. Playing indoor soccer provides players with an opportunity to improve their soccer skills and also to develop a greater sense of teamwork, leadership and respect while playing a different style of soccer. Ages 7–13.

CROWN POINT SOCCER LEAGUE

Develop soccer skills through a one-hour practice followed immediately by one hour of real game experience on the same night each week. Ask us about coaching and other volunteer opportunities! Registration for Summer 2020 will begin in Spring 2020. Ages 4–12.



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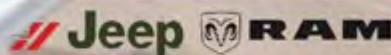


Cogeco is proud to support the Hamilton East Kiwanis Boys & Girls Club.



#DRIVEDEWILDT

DEWILDT



proud sponsors of



**Boys & Girls Clubs
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PICTURED: One of our Chrysler Pacifica's at Montgomery Park, Hamilton, July 2019.

BALL HOCKEY

Through interactive drills and game play, children will learn the skills and fundamentals of hockey as well as teamwork and fair play. Ages 7–13.

BASKETBALL LEAGUE

This recreational basketball program allows boys and girls to have the opportunity to learn the game of basketball in a positive environment with an emphasis on skill development. Ages 7-14.

MULTI SPORT

Children get an opportunity to experience a different sport each week and learn fundamental skills that will allow them to participate with confidence. Ages 7–13.

RUNNING CLUB

Participants will build their strength and endurance through running and fitness activities, building their skills to participate in a local race. Ages 7–13.



DANCE CLUB

Develop body awareness, co-ordination, flexibility and strength. Participants will experience a variety of steps and techniques while working towards combinations and routines. Offering a variety of classes, including ballet, jazz, lyrical, tap and hip hop. Ages 3–13.

TENNIS

Children learn the fundamental skills and strategies of tennis with opportunities to improve through games and tournaments. No tennis experience necessary! Ages 7–13.

BASEBALL ROOKIE LEAGUE

Supported by the Jays Care Foundation, newcomers to baseball and those who already love the game will have the opportunity to develop their skills and learn game strategy with opportunities to progress to a summer league. All this development comes from coaches trained by Jays Care to provide the best opportunity for children to grow their game in our Rookie League. Ages 7–13.

SKATEBOARDING

Introduction to skateboarding skills, including ground-tricks, ramps, etc. Learn the fundamentals of skateboarding: pushing, standing, balancing; and try small ramps. Ages 7-13.



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Boys & Girls Clubs
of Canada



Hamilton



PROUD SUPPORTER OF THE
BOYS AND GIRLS CLUBS
OF HAMILTON



REAL TALK
ABOUT ALL OF YOUR
REAL ESTATE NEEDS

Al Cosentino
Sales Representative/Team Leader
Direct: **905-570-9997**
al@alcosentino.com

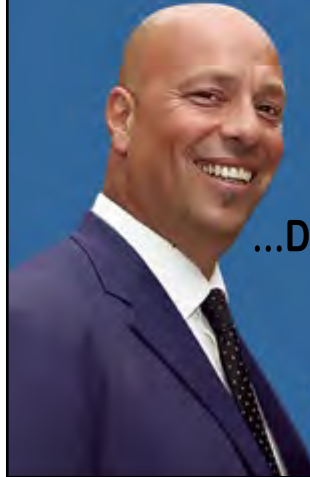
"BIG OR SMALL, WE SELL THEM ALL!"



Not intended to solicit persons or properties currently under contractual agreement.

**DOWNTOWN WARD 2
COUNCILLOR JASON FARR**

Phone: 905.546.2711
E-Mail: jason.farr@hamilton.ca
Twitter: @JasonFarrHamOnt
FB: Councillor Jason Farr



...Dedicated to the Core



Proud to serve on the
Board of the
**Boys & Girls Club
of Hamilton.**

Hassan Chaudhary
Associate | Business Law Group
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GENDER INCLUSIVE PROGRAMS

BOYZONE

Type of Program: Drop In

BoyZone programs provide a fun, inclusive, safe space for participants who self-identify as male at the time of program. BoyZone programs offer a wide variety of activities that facilitate conversations around gender centered issues and provide opportunities to build confidence, self-esteem, and self-advocacy within the participants. Programming includes creative, physical, and wellness based activities. Ages 7-13.

GIRLZONE

Type of Program: Drop In

GirlZone programs provide a fun, inclusive, and safe space for participants who self-identify as female at the time of program. GirlZone offers a wide variety of activities that facilitate conversations around gender centered issues and provide opportunities to build confidence, self-esteem, and self-advocacy within the participants. Programming includes creative, physical, and wellness based activities. Ages 7-13.

GIRLSFIT

Type of Program: Registered/Drop In

GirlsFit programs get participants who self-identify as female at the time of program involved in physical wellness in a safe, inclusive, fun environment. GirlsFit programs sport-based fitness, personal wellness, and nutritional education programming. This program also gives participants the opportunity to explore different aspects of physical activity such as dance, gymnastics, stretches, yoga, endurance, etc. Discussions around healthy eating and fueling your body properly also occur during the program. Ages 7-13.



GIRLS SPORT

Girls' Sport introduces participants who self-identify as female at the time of program to the fundamental skills and rules of a different sport each week building upon their athletic development. McMaster Women's Athletes support the programs by bringing various teams and athletes to mentor and model for the participants. Ages 7-13.

GIRLS LEADERSHIP

Girls Leadership programs provide participants with a safe environment where they can develop and grow their leadership and team building skills. A large part of Girls Leadership programs is connection to the community. The participants in these programs will look to connect with their communities by organizing activities and events. Ages 12-16.

FAB (FIT ACTIVE BEAUTIFUL)



FAB 5KM Youth Girls Challenge is an innovative 12 week running program that challenges girls in grades 6, 7 and 8 to train for

and complete a 5km run. The program is free of charge and takes participants through a 12 week journey of goal setting, hard work, self discovery, and finally, goal realization as they complete their 5 km run. Grades 6-8.



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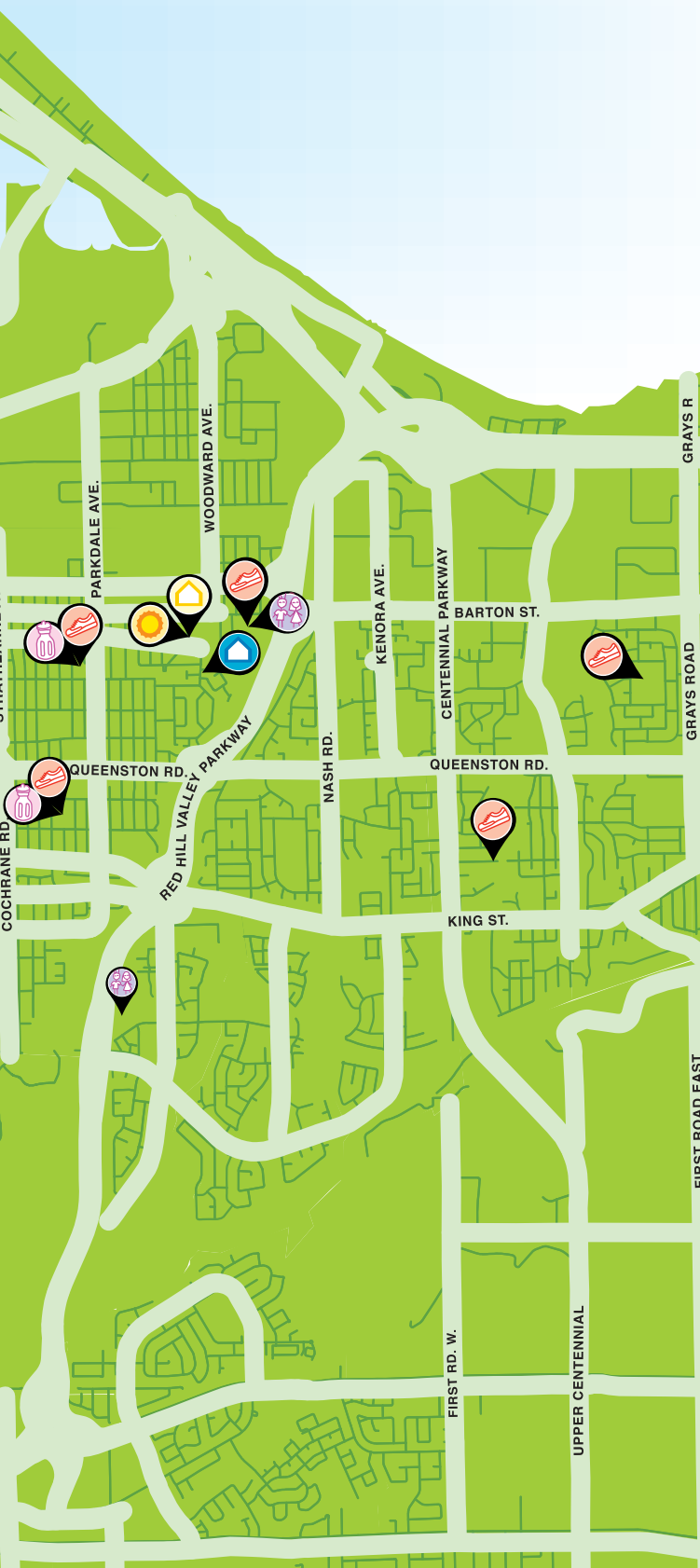




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St. Kateri Tekakwitha School • 22 Queensbury Dr.
 C.B. Stirling School • 340 Queen Victoria Dr.
 Holy Name of Jesus School • 181 Belmont Ave.
 Green Acres School • 45 Randall Ave.
 Prince of Wales School • 77 Melrose Ave. N.
 Queen Mary School • 1292 Cannon St. E.
 St. Ann School • 15 St. Ann St.
 W.H. Ballard School • 108 Dunsmore Rd.
 Viscount Montgomery School • 1525 Lucerne Ave.
 Strathcona School • 10 Lamoreaux St.
 Hillcrest School • 40 Eastwood St.
 St. Agnes School • 80 Colcrest St.
 Parkdale School • 139 Parkdale Ave N
 Memorial School • 1175 Main St. E
 Dr. Davey School • 99 Ferguson Ave N



Skate the Dream

111 Burlington St. E.



Kiwanis Boys & Girls Club

45 Ellis Ave.



Sanford Boys & Girls Club

71 Sanford Ave.



McQuesten Boys & Girls Club

785 Britannia Ave.



Purnell Boys & Girls Club

77 Purnell Dr.



Oriole Boys & Girls Club

2 Oriole Cres.



EarlyON Child & Family Centres

45 Ellis Ave.
 350 Albright Rd.
 40 Eastwood St.
 735 King St. E.
 77 Melrose Ave. N.
 71 Maplewood Ave.



Early Learning & Child Care Centres

45 Ellis Ave.
 1292 Cannon St. E.
 139 Parkdale Ave. N.
 1525 Lucerne Ave.
 77 Melrose Ave. N.
 10 Lamoreaux St.



Adult & Seniors Programs

47 Ottawa St. S.
 705 Main St. E.
 785 Britannia Ave.
 450 Hughson St. N.



Centre Mall Youth Space

1275 Barton St. E



The SPACE Youth Centre

24 Main St. W



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Are you looking for a registered after-school program for your child or youth? Our Let's Get Moving programs are offered Monday to Friday throughout the school year at fifteen school locations, with a focus on active living, healthy nutrition, and personal health and well-being.

GRADES 1-6

Monday to Friday
Two hours after the bell each instructional day.

Locations:

C.B. Stirling School
340 Queen Victoria Drive

Green Acres School
45 Randall Avenue

Hillcrest School
40 Eastwood St.

Holy Name of Jesus School
181 Belmont Avenue

Parkdale School
139 Parkdale Avenue North

Prince of Wales School
77 Melrose Avenue North

Queen Mary School
1292 Cannon Street East

St. Agnes School
80 Colcrest Street

St. Ann School
15 St. Ann Street

St. Kateri Tekakwitha School
22 Queensbury Drive

Strathcona School
10 Lamoreaux Street

W.H. Ballard School
108 Dunsmore Road

Viscount Montgomery School
1525 Lucerne Avenue

GRADES 6-8

Monday to Friday
Three hours after the bell each instructional day.

Locations:

Dr. Davey School
99 Ferguson Ave North

Memorial School
1175 Main St E



For more information
please contact us at
frontdesk@kboysandgirlsclub.com
or 905 549-2814 x221

Program runs from
September 3, 2019 to June 25, 2020.

SUPPORTED BY:



Thank you to the Hamilton East Kiwanis Boys and Girls for all your work to make Hamilton a better community.



Monique Taylor

MPP Hamilton Mountain

905-388-9734

mtaylor-co@ndp.on.ca

Andrea Horwath

MPP Hamilton Centre

905-544-9644

ahorwath-co@ndp.on.ca

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MPP Hamilton East – Stoney Creek

905-545-0114

pmiller-co@ndp.on.ca

Sandy Shaw

MPP Hamilton West-Ancaster-Dundas

sshaw-co@ndp.on.ca



EARLY ADVENTURE CAMPS

Our Early Adventure Camp is a fun-filled indoor camp where young campers will play, discover and learn in a safe and supervised setting. Children will begin to learn basic movement skills such as throwing, hopping, running and kicking a ball. Activities include arts and crafts, songs and music, trips, theme days, and swimming. Ages 4-5.

CHILDREN'S CAMPS

Our day camps provide children with opportunities to learn about the world around them, experience new things, build lasting friendships, gain confidence and skills for life and much more! Our camp staff team strives to ensure that campers are having a great experience and making memories that will last a lifetime! Ages 6-12.

YOUTH CAMPS

A great opportunity for youth ages 13-15 to build communication, team building and leadership skills through training activities, outings, volunteer opportunities (in the Club and in the community), and supportive role models which will help prepare youth for their first job and other challenges. Youth earn their community service hours as part of the program. Ages 13-15.

COUNSELLOR IN TRAINING PROGRAM

A volunteer opportunity for youth focused on understanding the roles of a counsellor, program planning skills and personal development. Successful applicants will be paired with a counsellor at one of our day camps and receive support from our staff in setting goals and monitoring their development. Ages 16-18.

DAILY CAMP INFORMATION

PA DAY CAMP

Drop-off Registration	Ongoing
Program Running	September 20, 2019 November 8, 2019 November 29, 2019 January 24, 2020 March 6, 2020 June 5, 2020

MARCH BREAK CAMP

Drop-off Registration	January 6-17, 2020
Program Running	March 16-20, 2020

SUMMER DAY CAMP

Drop-off Registration	March 16-27, 2020
Program Running	June 29-September 4, 2020
No Program	July 1 (Canada Day) August 3, 2020 (Civic Holiday)

Camp Times: 9:00 a.m.-4:00 p.m.

Extended Care: 8:00 a.m.-5:30 p.m.

Please contact your local Club for site specific information.



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YOUTH & EDUCATION – MIDDLE SCHOOL

ABACUS: ADVANCING POST-SECONDARY ACCESS



ABACUS is funded through the Hamilton Community Foundation, in partnership

with HWDSB and HWCDSB schools. ABACUS focuses on improving the academic, community and environmental factors that most directly affect a student's likelihood of continuing his or her education. The goal of the program is to improve high-school graduation rates and access to post-secondary education, including trades and apprenticeship opportunities, by focusing on the middle-school years: Grades 6, 7, 8 and transition to 9. Students in ABACUS will participate in activities under the four pillars of the program which are: Academic Upskilling, Mentorship, Goal Setting and Incentives. Grades 6-8.

GIANT TIGER, GIANT STEPS

Giant Tiger Giant Steps offers opportunities for young people to complete homework in a supportive environment, and also offers them the chance to learn about opportunities for further education or career guidance. Through Giant Steps, youth build knowledge and skills not only in academics, but also in communication and leadership. Grades 6-8.

TWEEN COOKING

Tweens will have the opportunity to explore a variety of hands-on skills through our cooking program. They will learn how to prepare a shopping list, create menus, cook healthy meals and snacks and explore their interests in the kitchen. Grades 6-8.



TAKE IT EASY



Take It EASY (Empowerment and Self-Esteem for Youth) is a program that addresses the complex issues facing young people. The program aims to foster self-esteem and confidence in teens and pre-teens so they can make better decisions when dealing with the challenges they face. The program tackles the sensitive topics of self-esteem, gender and body image, sexuality, and violence. Grades 6-8.

DIGITALLY LIT

The Digital Literacy + Coding Pilot is a collaborative project testing a scalable model for delivering digital literacy to youth. This pilot is co-delivered and funded through Brookfield Institute for Innovation and Entrepreneurship at Ryerson University. This program focuses on building digital literacy, coding and skills associated with Science, Technology, Engineering and Math. Grades 7-10.

TWEEN DROP-IN PROGRAMS

Fun engaging spaces and programs specially programmed for middle school aged youth! Tween Club programming varies from sports, arts, board games, playing cards, cooking, etc.! Grade 6-8



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RBC RAISE THE GRADE



Raising the Grade is a program for high school students to support them in successfully graduating and continuing to post-secondary. They have the opportunity to explore interests, receive homework support, connect with mentors and tutors, interact with peers and plan for their future. The program aims to provide young people with the skills, tools, and opportunities that will equip them to excel academically and secure their future success as productive, independent, and contributing members of society. Grades 9-12.

LEADUP



The objective of the Lead UP project is to provide youth with opportunities to engage in service and volunteering initiatives that will address community needs and allow youth to develop life and employment skills as well as self-confidence and leadership abilities. Grades 8-12.

CAREER LAUNCH

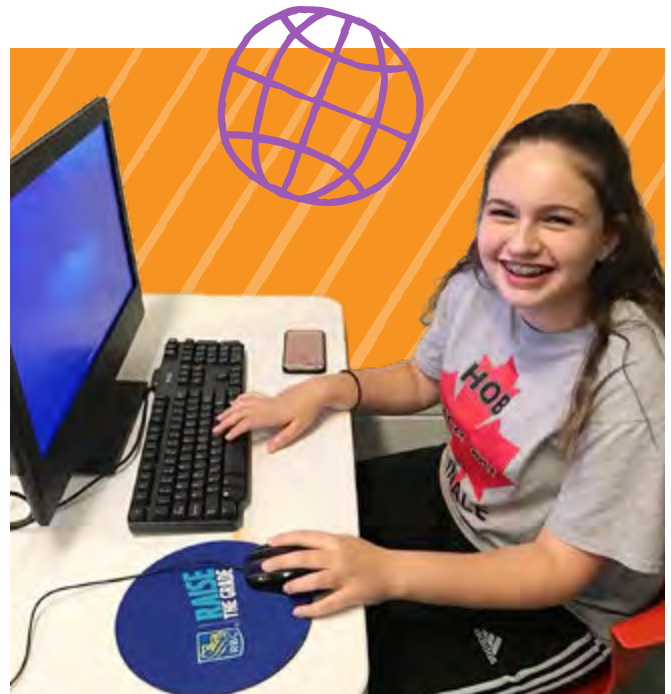
CareerLaunch is a pre-employment program that gives youth an opportunity to develop vital pre-employment skills, access job hunting resources, discover how to align their interests with a future career, and explore a range of career options. Grades 9-12.

COMMUNITY YOUTH CONNECTIONS

The Community Connections Program for youth provides services to newcomers to encourage social, cultural and professional interactions to help them in their settlement journey to Canada. This is a registered program for Permanent Residents and Government Assisted Refugees. Ages 15-24



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YOUTH & EDUCATION – HIGH SCHOOL+

We know that when we engage youth, we make a big impact on their lives. As an organization, we are committed to creating spaces and opportunities that support youth to reach their potential.

BEST BUY GRADE 10 SCHOLARSHIPS



In partnership with Boys & Girls Clubs of Canada and Best Buy Canada, we are pleased to offer scholarships to eligible members in grade ten to support their successful completion of high school and enrollment in post-secondary education.

POST-SECONDARY EDUCATIONAL SCHOLARSHIPS

Are you looking to continue your education after high school? Don't let the growing costs of tuition stand in your way: ask how we can help. We support, foster, and encourage life-long learning by offering a variety of educational scholarships to youth members. Thousands of dollars are awarded to Club youth every year to continue their education in colleges, universities, and apprenticeship programs. For more information or eligibility criteria contact the Club. See a club staff member for more info or assistance.

FLEX YOUR HEAD



Flex Your Head was developed to help youth think about, talk about, and understand issues of mental health and wellness within a safe, fun, and welcoming environment. In an active, peer-based format, youth are given the knowledge, skills, and strategies to cope with stress and distress and promote positive mental health and wellness. For youth aged 13+

UPS ROAD CODE



This state-of-the-art, interactive program is supported by the UPS Foundation and uses a combination of classroom instruction and virtual driving simulators to teach teens the safe driving code used by all UPS drivers. This program is offered once a month and is designed to prepare 13–18 year olds for road safety.

MIDNIGHT BASKETBALL

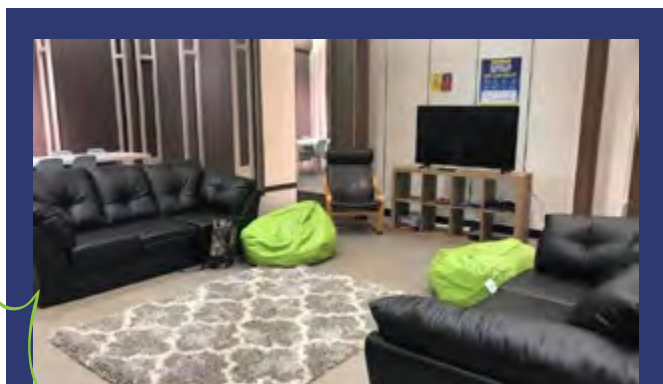
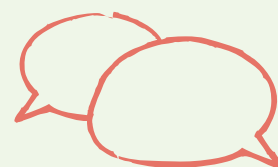
Pick-up basketball for youth Friday nights from 10:00pm to 12:00am during registered programming periods. Ages 14-24.

GIRLS ONLY YOUTH DROP-IN GYM

Each week, our gym space will be available for youth who self identify as female to take part in physical activity. They will have the ability to play sports they enjoy as well as have the opportunity to gain and develop their current skills with the help of staff. Ages 14-24.

OTHER EVENTS AND PROGRAMS

happen through the year on a seasonal basis!



CHECK OUT OUR NEW CENTRE MALL YOUTH SPACE

located in between Boston Pizza & PetSmart.





The SPACE is a youth-led drop-in centre committed to sharing power and centering experience for youth ages 13-24 with programs for BIPOC youth, LGBTQ2SIA+ youth, and more!

Through mentorship and teamwork, we work together to encourage empowerment and development. If you are a youth who has ideas or would like a place to be yourself, come and be part of what we're building!

Ages 13-24
Wednesday-Friday
3:00-9:00 p.m.

24 Main Street West
(corner of Main and MacNab)
905-524-2222

 [@thespaceyouth](https://twitter.com/thespaceyouth)
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KALEIDOSCOPE

Come join our LGBTQ2S+ youth circle, a safe(r) and positive space. Participate in casual conversation, check-in with peers, and have some snacks. 13-24

STEEL EXPRESS

An urban dance styles hub in which a variety of different hosts share and teach their respective artforms. 13-24

DROP-IN

Pop by the space to cool down, warm up, chill out, build community and learn how to celebrate each other's differences. Games and snacks available if that's your thing, and friendly folks here to connect with. 13-24

HOMEWORK CLUB

The school day continues with help from peer tutors, volunteers and staff. Our resource room has computers, calculators, and other supplies. 13-24

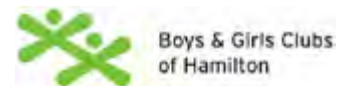
LET'S BE SOCIAL

Monthly games and activities run by SHYFT members to strengthen our community at the SPACE. 13-24

SHYFT

The SHYFT Team meets each week to direct our programming, partnerships, and values. The team is part of a youth leadership development program, where they are mentored to strengthen their abilities to support and effect change. 13-24.

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SWIM ADMISSION STANDARDS

0-6 years	Must be directly supervised (within arm's reach) of someone 13+ years at all times (2:1 ratio)
7-9 years	May swim alone if they pass the swim test. If swim test incomplete, must be directly supervised (within arm's reach) of someone 13+ years at all times (2:1 ratio)
10+ years	May swim alone
13+ years	May supervise other swimmers
Deep End Swimmers	All swimmers must pass the swim test to enter the deep end, regardless of floatation devices or supervision. Swimmers of any age may be asked to complete the swim test at the discretion of the lifeguards.

SWIM TEST

To pass the swim test, individuals must comfortably perform a recognizable stroke on their front for two widths of the pool (15 metres) without stopping or putting their feet on the bottom of the pool.

Upon successful completion of the Swim Test, children ages 7-12 will have the information updated on their Boys and Girls Club account. When returning to the Club to swim, they may let the lifeguard staff know that they require a green wristband so that they may swim on their own. Even after passing the Swim Test, children may be asked at any time to complete a Swim Test under the discretion of the Aquatics Staff.



DROP-IN SWIMS

SWIM	DAY	TIME
Aquafit	Monday, Tuesday and Thursday	10:00–11:00 a.m.
Family Splash	Wednesday	10:00–11:00 a.m. (Ages 0–6)
Lane	Monday to Thursday	11:00 a.m.–12:00 noon
Open	Monday to Thursday	7:00–7:45 p.m. (all ages)
	Friday	6:00–7:45 p.m. (all ages)
	Saturday	2:00–2:45 p.m. (all ages)

Swim schedule is in effect September through June. Check our website for our holiday and summer schedules and any revisions that may take place.

POOL INFORMATION

- Children under the age of 10 must be directly supervised (within arm's reach) in the water by a guardian 13 years of age or older (maximum 2 children per guardian).
- Swimmers age 7 to 9 may swim alone if they have passed a swim test.
- Swim tests will be conducted at the beginning of a swim for anyone interested in deep end swimming. Successful swimmers will receive a green bracelet to wear throughout the duration of the swim. The swim test consists of swimming 2 widths of the pool without stopping and face in the water without mask or goggles.
- Our pool's maximum capacity is 72 patrons. In order to ensure everyone's safety, measures will be taken to ensure capacity is not exceeded. If you have any questions, please feel free to talk to one of our Aquatic Staff.
- Lockers are available to use in change rooms and members are encouraged to bring a lock. On-deck cubbies are also available.
- Proper swim attire must be worn while in the pool; no street clothes are to be worn in the pool and street shoes are not allowed on deck.
- Showers head to toe with soap and water are mandatory before entering or re-entering the pool.
- Children who are not toilet trained must wear a swim diaper.



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SWIM PROGRAM STRUCTURE

PRESCHOOL	CHILDREN	NOT SURE	YOUTH	ADULT & SENIOR
(3 months-5 years of age)	(5 years of age and older)	WHAT LEVEL TO SIGN UP FOR? LEVEL TESTS ARE AVAILABLE DURING ANY OF OUR OPEN SWIMS	(13 years of age and older)	(18 years of age and older)
Parent & Tot 1 ↓ Parent & Tot 2 ↓ Parent & Tot 3	Swimmer 1 ↓ Swimmer 2 ↓ Swimmer 3 ↓ Swimmer 4 ↓ Swimmer 5 ↓ Swimmer 6		Bronze Star ↓ Bronze Medallion ↓ Bronze Cross ↓ Standard First Aid and CPR-C ↓ National Lifeguard Certification	Learn to Swim OTHER OPTIONS Aquafit
3-5 years of age Preschool A ↓ Preschool B ↓ Preschool C ↓ Preschool D ↓ Preschool E	↓ Swimmer 6 ↓ Rookie Patrol ↓ Ranger Patrol ↓ Star Patrol OTHER OPTIONS Stroke Improvement Swim Team Private Swim Lessons		OTHER OPTIONS Aquatic Volunteers Jr. Lifeguard Club Swim Team Youth Learn to Swim Youth Stroke Improvement Distinction Waterpolo Private Swim Lessons	

SWIM PROGRAM INFORMATION

- We offer Lifesaving Society learn to swim and advanced leadership programs.
- Classes range between 30–45 minutes in duration and run once a week for 8–10 weeks.
- Classes are offered during the evening Monday-Friday and during the day on Saturday. Class schedules and registration forms will be available prior to the beginning of each session.
- Times and dates of classes may vary between sessions. The Boys & Girls Club reserves the right to cancel/combine/change class days and/or times.
- Registrations and requests to switch lesson days or times will be accommodated, when possible, prior to the 3rd lesson of each session. No changes will be made after the 3rd class.
- There will be no make-up classes due to cancellations for maintenance, weather or other reasons.
- Children not toilet trained must wear a water-proof diaper underneath their swim suit. No regular diapers are allowed in the pool.
- Participants with long hair are encouraged to tie their hair back during swimming classes.
- Pool viewing area is available for families watching swim lessons.



PARENT AND TOT

Parents spend quality time with their child while having fun learning and socializing with others. Through structured in-water interaction between parent and child, our Parent & Tot Program stresses the importance of play in developing water-positive attitudes and skills. We provide Water Smart® tips on keeping children safe in any aquatic setting. 30 minutes/week.

PRESCHOOL PROGRAMS

The Preschool Program gives children a head start on learning to swim. Preschool levels develop an appreciation and healthy respect for the water before these kids get in too deep. In five Preschool levels, we work to ensure 3 to 5 year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Water Smart® education in each level. 30 minutes/week.

CHILDREN'S PROGRAMS

The Swimmer Program makes sure children learn how to swim before they get in too deep. Swimmer progressions accommodate 5 to 12 year olds including absolute beginners as well as swimmers who want to build on the basics.

We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Water Smart® education in all 6 levels. Levels 1–2: 30 minutes/week. Levels 3–6: 45 minutes/week.

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NOW THAT'S CREATIVE

Images. Words. A compelling offer. A powerful call to action. The creative elements should look **great + be smart**. Our in-house design services will deliver a unique design to get you the most effective results.

RESEARCH + PLANNING

Let's explore the ways we can work together to develop a **strategic campaign** or a **more comprehensive marketing plan** designed to deliver measurable results.

FULL ON WEB

Your website is a powerful tool, but it's just one part of the online marketing equation. **Website + mobile deployment + social media + search marketing** can give a small, local company a big online presence.

IT'S IN THE MAIL

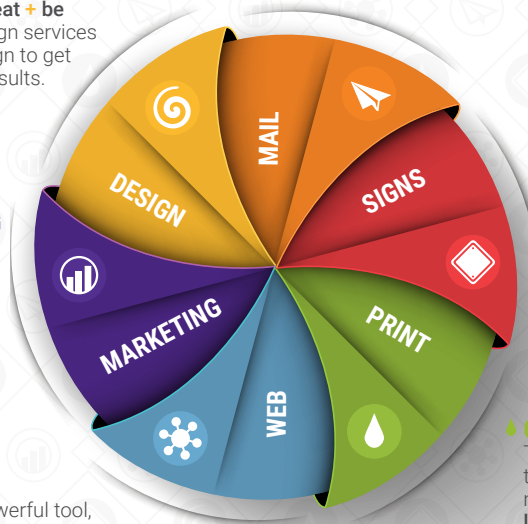
It all starts by designing and printing to meet **postal requirements + reduce mailing costs**. Further savings can be found in **quality + targeted mailing lists** that speak to the right audience.

LOUD + CLEAR

When you need to sell a product, teach a concept or attract attention, pump up the volume with **signs + banners + displays**.

GREAT ON PAPER

Today's advanced printing techniques and specialty papers make it easy to achieve **true-to-life colours + touchable textures + compelling "must-open" formats**.



www.allegrahamilton.com



We are proud to extend a special thank you to the Boys and Girls Clubs of Hamilton for their continued commitment to our community and its children.

Proud to support those that support our community.



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CHILDREN CONT'D

The **Canadian Swim Patrol program** is the on-ramp to lifeguarding. Ability is the only prerequisite. The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star (swimmer 7, 8, 9) – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards. 45 minutes/week.

Stroke Improvement focuses on movement skills, such as stroke technique and endurance, which is found in the swimmer program. This is an excellent option for children that need to repeat a level. 45 minutes/week.

Swim Team provides a fun and friendly atmosphere for participants to take swimming to another level and achieve personal bests. Training consists of 1 practice session per week of stroke refinement, endurance and speed training, starts and flip turns, as well as team building activities. Pre-requisite: Swimmer 3 or higher.

YOUTH PROGRAMS

Youth Learn to Swim is for youth who have had no swimming experience or may have a fear of the water. Through setting personal goals, staff will assist in improving swimming ability and help participants feel comfortable in the water. 45 minutes/week.

Junior Lifeguard Club offers serious fun for kids 8 years and up who can swim at least 25m and tread water for 2 minutes. The Jr. Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than "lessons." The Jr. Lifeguard Club is for quick learners and those between levels or programs who thrive in an energetic learning environment. 1 hour/week.

Bronze Star* is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills as individuals and with partners. 1 hour/week.

Bronze Medallion* teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. 3 hours/week.

Bronze Cross* is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. 3 hours/week.

Distinction Award* develops advanced water rescue skills and knowledge, and an understanding of the principles of fitness training by challenging lifesavers both physically and mentally. 2 hours/week.

YOUTH CONT'D

National Lifeguard Certification* develops a good understanding of lifeguard principles, good judgement, and a mature and responsible attitude towards the lifeguard's role. The program is designed for lifesavers who wish to obtain a responsible job and leadership experience. 100% attendance and participation is required. 40 hour course. Candidates must be at least 16 years old with Bronze Cross, Standard First Aid, and CPR level C.

Standard First Aid with CPR-C & AED training provides training covering all aspects of first aid and CPR. It is designed for those who require a more in-depth understanding of first aid including: medical/legal aspects of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C certification and Automated External Defibrillation (AED). Recognized by Ontario's Workplace Safety & Insurance Board.

Youth Stroke Improvement is for youth who can swim 100m comfortably and would like to work on stroke technique. Set personal goals to improve swim strokes such as front and back crawl, breaststroke, and even learn butterfly! 45 minutes/week.

*Additional fees may be required for material and examination fees.

ADULT AND SENIOR PROGRAMS

Adult and Senior Aquafit is designed for non-swimmers and swimmers alike. This is a challenging full body workout with little to no impact on joints. Participants will work on stretching and flexibility, cardio, strength and core exercises in each class. 45-60 minutes/class.





Culture for Kids in the Arts thanks
Boys and Girls Clubs of Hamilton
for a lasting creative partnership.
Let's keep building together!



ckarts.ca/twenty

Coming together as a community

Thank you to the
Boys & Girls Clubs of
Hamilton for providing a
safe and supportive
environment for children
and youth in our City.



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EISENBERGER

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ADULT DAY PROGRAM

Delta United Church
47 Ottawa Street South (entrance on Maple Ave.)
Monday–Friday 8:30 a.m.–2:30 p.m.
(closed all statutory holidays)

The Adult Day Program is an integrated program for older adults living in the community supported by the Ministry of Health and Long Term Care. The program is designed to improve quality of life and well being, to help participants discover, build and reaffirm their skills and independence through social, recreational and therapeutic activities in a safe and supportive environment.

Services Offered

- Nutritionally balanced lunch and snacks provided daily
- Arts and crafts programs
- Social gatherings
- Recreational activities such as cards, table games, dice games, sing-a-longs and discussion groups
- Guest speakers, entertainers and special events
- Health and wellness programs
- Memory and recall activities to stimulate and challenge the mind such as Montessori-based activities for participants with Alzheimer's and Dementia
- Horticultural therapy
- Exercise programs designed to enhance each individual's abilities and overall well-being
- Physical activities such as bocce ball, ladder ball, bowling, and shuffleboard
- Assistance with activities of daily living
- Compassionate, knowledgeable and supportive staff

For more information , please contact us at 905-549-2815, fax 905-549-6269 or connie@kboysandgirlsclub.com



SUPPORTED BY:



ACTIVE LIVING

705 Main St. E
905-544-0050

We offer a variety of adult and senior recreation programs that allow participants barrier free access to quality engaging programming while they have an opportunity to socialize and connect to their community. Members participate in fitness classes, card games, dancing, Tai Chi, carpet bowling and others. For more info please check out our seasonal activity brochures. Check out our website for more information about specific programs.

MCQUESTEN SENIORS

785 Britannia Ave.
905-544-0050

A space for social and recreational programs for seniors age 55+ located at the McQuesten Club. Activities include: bingo, euchre, fitness and strength training and social outings. Check our website for more information.

COMMUNITY CONNECTIONS

705 Main St. E.
905-544-0050

The Community Connections Program provides services to newcomers to encourage social, cultural and professional interactions to help them in their settlement journey to Canada. This is a registered program for Permanent Residents and Government Assisted Refugees.

GONE DIGITAL

Offered at CityHousing locations
905-544-0050

A basic computer literacy program for older adults in partnership with CityHousing. This program will teach adults and seniors the basics of computers, tablets and other digital tools with a focus on developing life skills, multi-media fluency and digital citizenship.





PHYSICAL FITNESS & SPORTS

MUSIC ARTS
THEATRE
DANCE

INDIGENOUS INITIATIVES & PROGRAMS

HOMEWORK HELP

AFTER SCHOOL PROGRAMS

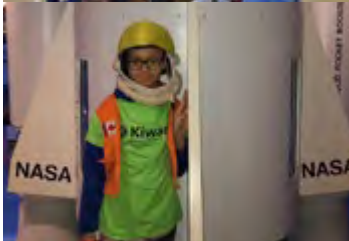
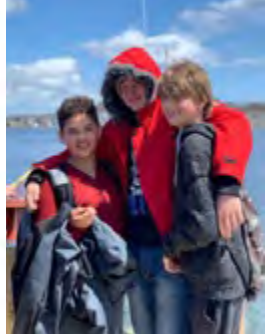
TRANSPORTATION

STEM EDUCATION

FINANCIAL EDUCATION

DIGITAL LITERACY

YOUTH EXCHANGES





DR. JEAN CLINTON

Award Winning Psychiatrist
Former member of
Boys and Girls Clubs of Hamilton

WHEN SHE SAID
SHE WANTED
TO BE A
PSYCHIATRIST,
WE
LISTENED.

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