

REGISTER NOW!

Soccer Skills and Drills Development:

This program will allow each individual to develop their interest and skills towards soccer on indoor field turf. Development will focus on skills, drills, fair game play and the overall interaction with other children in a sport environment. Basic concepts of rules will be introduced and modified to encourage skill development and consistency. Various techniques and fitness drills will be incorporated to develop speed, coordination, balance and strength while developing their interest in the sport.

Wednesdays 5:00pm - 6:30pm

Ages 6 to 8 yrs Course Code: 504681

Ages 9 to 11 yrs Course Code: 504682

Ages 12 to 14 yrs Course Code: 504683

Thursdays 5:00pm - 6:30pm

Ages 6 to 8 yrs Course Code: 504684

Ages 9 to 11 yrs Course Code: 504685

Ages 12 to 14 yrs Course Code: 504686

Starting Wednesday Sept 22nd or Thursday Sept 23rd

12 Weeks/\$102.96

Semi Private Soccer Development :

This program is designed to further develop player's skills in the sport of soccer. Classes will focus on skill repetition at a higher intensity to develop player fundamentals to perform with confidence in a small group setting. Previous playing experience is required. Participant to instructor ratio is 1:6.

Ages 8 to 14 yrs Starts Sept 20th 12 Weeks/ \$197.16

Monday 5:00pm-6:00pm Code: 510051

Monday 5:00pm-6:00pm Code: 510053

Drop-In Programs

Basketball Drop-In

Monday to Friday 11:00am - 1:00pm \$5.00 per visit per person

Tuesday, Wednesday & Thursday 10:00pm – 12:00am

\$6.00 per visit per person

Soccer Drop-In

Monday to Friday 11:00am - 1:00pm \$5.00 per visit per Person

Thursday & Friday 3:00pm—5:00pm

Youth Basketball Drop-In

Tuesday, Wednesday & Thursday 4:00pm - 6:00pm

\$2.00—10-14 yrs

\$4.00—15-17 yrs



How to Register

Online

Connect2Rec www.mississauga.ca

By Phone

Touch Tone Registration 905-615-4000

or Fax 905-615-4101

Drop Box

Located at the Hershey Sports Complex Guest Services.

Complete registration form including method of payment,

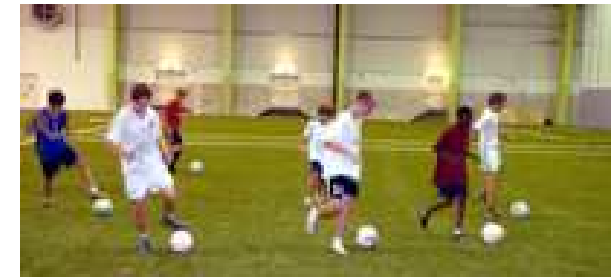
American Express, MasterCard or Visa.

In Person

Central Library Customer Service Centre

301 Burnhamthorpe Rd. West, 905-615-4100

For more information call Erin at 905-615-3200 x3517



FALL 2010

community programs



Adult Co-Ed Dodgeball League:

This co-ed league is designed for all levels of participants looking for a fun alternative to traditional sports. The last week of the league will be reserved for playoffs, championship and consolation finals. Those wishing to play as a team are asked to indicate so when contacted by league administrators. Registration deadline will be one week prior to the course start date so that teams may be formed.

Ages 18 yrs + Starts Sept 19th 12 Weeks/\$81.24
Sundays 6:30pm or 7:30pm Code: 504122



You may register as an individual or team through Guest Services at Hershey Sports Complex. Registration deadline is one week prior to start date so that teams can be formed by the league administrator.

Basketball Women's Beginner League:

This league is designed for recreational basketball players who are looking for a fun team environment. Each team will play a 40 minute game each week. The final week will be used for Championship or Consolation finals. Please register as an individual. Those wishing to play as a team are required to indicate so when contacted by league administrator. Proper indoor footwear is required. Registration deadline will be one week prior to the start date so that teams and playing times can be arranged by league administrator. Basketball beginners welcome.

Ages 18 yrs + Starts Sept 20th 12 Weeks/\$102.96
Mondays 7:00pm or 9:00pm Code: 510165



community programs

Football Skills and Drills Development:

This program will teach your child the basics of football without the contact aspect. Your child will learn skills and positioning on the field followed by a controlled touch football game. This program will also build teamwork and leadership in the sport. Various techniques and fitness drills will be incorporated to develop, speed, coordination, balance and strength while developing their interest in football.

Starts Sept 23rd 5:00pm - 6:30pm 12 Weeks/\$102.96

Ages 6 to 8 yrs Course Code: 504208

Ages 9 to 11 yrs Course Code: 504209

Ages 12 to 14 yrs Course Code: 504210

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Multi Sport Development:

The Goal of this program is to introduce the fundamentals of basketball, floor hockey, soccer and tennis while keeping young children active. Development will focus on skills, drills, fair game play and the overall interaction with other children in a sport environment. Basic concepts of rules will be Introduced and modified to encourage skill development and consistency. Various techniques and fitness drills will be incorporated to develop speed, coordination, balance and strength while developing their interest in the sport.

Starts Sept 24th 5:00pm - 6:30pm 12 Weeks/\$102.96

Ages 4 to 5 yrs Course Code: 504578

Ages 6 to 8 yrs Course Code: 504579

Ages 9 to 11 yrs Course Code: 504580

NEW @ HERSHEY

Mini Soccer Indoor:

Children will participate in a variety of soccer activities and drills that promote coordination, development of gross motor skills and cooperation. Children will be introduced to the concepts of passing, dribbling, shooting, team play and rules. This is an independent of parent program.

Ages 4 to 5 yrs Starts Sept 21st 12 Weeks/\$69.84

Tuesdays 1:30pm to 2:30pm Code: 510118

Field Hockey:

An introduction to field hockey. Passing, running, conditioning, drills and game play will be incorporated into the program.

Starts Sept 20th 5:00pm - 6:00pm 12 Weeks/\$69.84

Ages 9 to 11 yrs Course Code: 510077

Ages 12 to 14 yrs Course Code: 510079

Rugby:

Learn the rules and basics of this fast paced game. Learn how to carry, pass, kick, ground and score! Each week will include instruction, drills and game play in a fun non-contact environment.

Starts Sept 22nd 5:00pm - 6:00pm 12 Weeks/\$69.84

Ages 9 to 11 yrs Course Code: 510070

Ages 12 to 14 yrs Course Code: 510074

Sport Specific Conditioning:

Want to improve your game play, work on skills required to give you a competitive edge in your sport such as speed quickness, agility, balance and coordination. Programs can be tailored to focus on your sport of choice, contact the community centre for more information. Some activities may occur outdoors.

Starts Sept 20th 5:30pm - 6:30pm 12 Weeks/\$100.08

Ages 7 to 9 yrs Course Code: 510426

Ages 10 to 14 yrs Course Code: 510428