



## Multi-Sport Program Fall 2023

Dear Parent/Caregiver:

Welcome and thank-you for registering for one of the many HIGH FIVE quality assurance recreation and sports programs we provide for children and youth. Please take a few minutes to review the information below about program details, child program attire, and weather cancellation.

**BGC Kawarthas Multi-Sport Program** is 12 weeks in length. Within each 45 minute session, our trained staff will provide your child with an introduction to a variety of sports & activities to keep your child active and excited to come each week. Our goal is to build your child's confidence, competence & Physical Literacy. All of our programming follows the Physical Literacy Guide and Long Term Athlete Development Model for Active Start.

### Program Tips & Expectations:

- Participants should come dressed in comfortable active clothing (t-short, shorts, and athletic pants) & clean indoor running shoes.
- Participants should bring a labelled water bottle.

### Trillium Lakelands District School Board Expectations:

- Participants only access the approved spaces which are school lobby area, program space gymnasium and washrooms.
- **Failure to follow above expectations could result in permit cancellation!**

**\*\*Inclement Weather Notice:** If school buses are cancelled all sports programs are cancelled. Please listen to Bob FM, follow us on Twitter, Facebook or call the Club at 705-324-4493 for program cancellations. If inclement weather develops later in the day program cancellations will be announced by 5:30 pm that day.\*

\*In the event of **program cancellations** due to inclement weather, the BGCK will do it's best to schedule a make-up date for the program. This will be based on gym and staff availability. \*

***BGC Kawarthas would like to thank-you for participating in our Multi-Sport Program.***

If you have any questions about our multi-sport program please contact

BGC Kawarthas

107 Lindsay St. South, Lindsay Ontario K9V 2M5

(705) 324-4493 ext. 200

[www.bgckl.com](http://www.bgckl.com)

# Lindsay Multi-Sport Program Grades JK-SK



<b>Date:</b>	<b>Time:</b>	<b>Program: Multi-Sport</b>
September 26, 2023 Week 1	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Kicking, Running, Jumping, Stopping, Balance. <b>Sport:</b> Indoor Soccer
October 3, 2023 Week 2	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Kicking, Running, Jumping, Stopping, Balance. <b>Sport:</b> Indoor Soccer
October 10, 2023 Week 3	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Kicking, Running, Jumping, Stopping, Balance. <b>Sport:</b> Indoor Soccer
October 24, 2023 Week 4	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Kicking, Running, Jumping, Stopping, Balance. <b>Sport:</b> Indoor Soccer
November 7, 2023 Week 5	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Coordination, Running, Stopping, Balance <b>Sport:</b> Ball Hockey
November 14, 2023 Week 6	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Coordination, Running, Stopping, Balance <b>Sport:</b> Ball Hockey
November 21, 2023 Week 7	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Coordination, Running, Stopping, Balance <b>Sport:</b> Ball Hockey
November 28, 2023 Week 8	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Coordination, Running, Stopping, Balance <b>Sport:</b> Ball Hockey
December 5, 2023 Week 9	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Running, Jumping, Stopping, Catching, coordination, and balance. <b>Sport:</b> Basketball
December 12, 2023 Week 10	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Running, Jumping, Stopping, Catching, coordination, and balance. <b>Sport:</b> Basketball
December 19, 2023 Week 11	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Running, Jumping, Stopping, Catching, coordination, and balance. <b>Sport:</b> Basketball
January 9, 2024 Week 12	6:30 to 7:15 P.M.	<b>Movement Skill:</b> Running, Jumping, Stopping, Catching, coordination, and balance. <b>Sport:</b> Basketball

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