

Rec Sports Winter 2025

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 Rec Sports Programs are 12 weeks in length. Within each 60-minute session, our trained staff will provide your child with an active warm-up, skill development activities (related to the specific sport they are coaching), and game play. Sports will be 6 weeks of Basketball & 6 weeks of Dodgeball. All of our programming follows the Physical Literacy Guide and Long Term Athlete Development Model for Fundamentals.

Program Tips & Expectations:

- Participants should come dressed in comfortable active clothing (t-shirt, 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 Facebook, Twitter 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 Rec Sports Programs.

If you have any questions about our recreational sports programs please contact

BGC Kawarthas
107 Lindsay St. South, Lindsay Ontario K9V 2M5
(705) 324-4493 & Press 0
www.bgckl.com

Lindsay Rec Sports Program Grade 1



| Date: | Time: | Program: Basketball/Dodgeball |
|-----------------------------|-------------------|---|
| February 3, 2025 Week 1 | 6:30 to 7:30 P.M. | Focus: Footwork and Gameplay |
| February 10, 2025 Week 2 | 6:30 to 7:30 P.M. | Focus: Ball Handling and Gameplay |
| February 24, 2025 Week 3 | 6:30 to 7:30 P.M. | Focus: Passing & Catching and Gameplay |
| March 3, 2025 Week 4 | 6:30 to 7:30 P.M. | Focus: Shooting and Gameplay |
| March 17, 2025 Week 5 | 6:30 to 7:30 P.M. | Focus: Defense and Gameplay |
| March 24, 2025 Week 6 | 6:30 to 7:30 P.M. | Focus: Week 1-5 Review & Gameplay |
| March 31, 2025 Week 7 | 6:30 to 7:30 P.M. | Focus: Dodgeball |
| April 7, 2025 Week 8 | 6:30 to 7:30 P.M. | Focus: Dodgeball |
| April 14, 2025 Week 9 | 6:30 to 7:30 P.M. | Focus: Dodgeball |
| April 28, 2025 Week 10 | 6:30 to 7:30 P.M. | Focus: Dodgeball |
| May 5, 2025 Week 11 | 6:30 to 7:30 P.M. | Focus: Dodgeball |
| May 12, 2025 Week 12 | 6:30 to 7:30 P.M. | Parent vs Child Game Night |

****Inclement Weather Notice:** If school buses are cancelled all evening 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 **

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