



Multi-Sport Program 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 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

Lindsay Multi-Sport Program

Grades SK

Date:	Time:	Program: Multi-Sport
February 4, 2025 Week 1	6:30 to 7:15 P.M.	Movement Skill: Kicking, Running, Jumping, Stopping, Balance. Sport: Indoor Soccer
February 11, 2025 Week 2	6:30 to 7:15 P.M.	Movement Skill: Kicking, Running, Jumping, Stopping, Balance. Sport: Indoor Soccer
February 18, 2025 Week 3	6:30 to 7:15 P.M.	Movement Skill: Kicking, Running, Jumping, Stopping, Balance. Sport: Indoor Soccer
February 25, 2025 Week 4	6:30 to 7:15 P.M.	Movement Skill: Kicking, Running, Jumping, Stopping, Balance. Sport: Indoor Soccer
March 4, 2025 Week 5	6:30 to 7:15 P.M.	Movement Skill: Coordination, Running, Stopping, Balance Sport: Ball Hockey
March 18, 2025 Week 6	6:30 to 7:15 P.M.	Movement Skill: Coordination, Running, Stopping, Balance Sport: Ball Hockey
March 25, 2025 Week 7	6:30 to 7:15 P.M.	Movement Skill: Coordination, Running, Stopping, Balance Sport: Ball Hockey
April 1, 2025 Week 8	6:30 to 7:15 P.M.	Movement Skill: Coordination, Running, Stopping, Balance Sport: Ball Hockey
April 8, 2025 Week 9	6:30 to 7:15 P.M.	Movement Skill: Running, Jumping, Stopping, Catching, coordination, and balance. Sport: Basketball
April 15, 2025 Week 10	6:30 to 7:15 P.M.	Movement Skill: Running, Jumping, Stopping, Catching, coordination, and balance. Sport: Basketball
April 22, 2025 Week 11	6:30 to 7:15 P.M.	Movement Skill: Running, Jumping, Stopping, Catching, coordination, and balance. Sport: Basketball
April 29, 2025 Week 12	6:30 to 7:15 P.M.	Movement Skill: Running, Jumping, Stopping, Catching, coordination, and balance. Sport: Basketball (Parent & Child Activity/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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