

Caledon Connections: July – August

Makerspace: This is an exciting opportunity that will allow people to explore 3D printing, computerized vinyl and design cutting and music recording. We will be doing this in conjunction with the Brampton Library and the use of their Makerspace. People will get the opportunity to make items with this exciting technology.

9 Rounds Boxing: 9 Round is a specialized fitness center located in Bolton, for people who want a unique, fun, and proven workout that guarantees results. 9Round offers a kickboxing themed fitness program that incorporates a functional, interval, cardiovascular, and circuit training regimens. The programs consist of a proprietary system of nine challenging workout stations developed by a World Champion Kickboxer. tra

Art Expressions: Why choose just one art field when you can try a bunch? This program is ideal for participants who enjoy experimenting with different types of art mediums!
Mediums offered: Watercolors – Cards, Acrylics – Pointillism, Charcoal – Shadow

Basketball: This program will allow individuals to practice and improve on their basketball skills. Each week individuals will work on drills, passes, and shooting. **Please remember to wear appropriate clothing, footwear, and to bring a water bottle.**

Book Club-Everything, Everything: This sessions book club will be based on *Nicola Yoon's Everything, Everything*. Individuals will have a chance to read aloud, listen to the audio book, and work on comprehension during the 8 weeks.

Café Social: This program is designed to have individuals meet together each week over a hot beverage and a snack and discuss a new topic (including music, current events, entertainment news etc.).

Cake Decorating: Come and join us for an exciting learning experience on building buttermilk skill our Fresh inspiration and modern cake design are presented in this class! Learn a variety of classic buttercream decorating techniques, including different piped flowers, which will give you extraordinary results for any application.

Caledon Trails: Each week individuals will travel to different hiking trail where they will get the opportunity to explore the outdoors. We will be visiting trails throughout Caledon, which will allow participants to explore trails close to their homes. Please remember to dress appropriately according to the weather and a bottle of water

Canvas Art: Join us weekly to fun while you work on unique canvas art pieces that will be taken home once finished.

Connector: Take part in creating the Caledon Connections newsletter- “The Connector”. Practice research and browsing the internet. Improve typing skills, and increase knowledge of Microsoft Publisher, and other computer skills. Research current events in the community and worldwide through multimedia applications. This will be a perfect opportunity to obtain your own library card.

Dance Groove: This mixed dance program emphasizes fun and fitness while learning proper dance techniques (hip hop, Latin, ballet, tap, etc.). Students will gain confidence in their abilities while enjoying the benefits of exercise to develop a healthy body and healthy mind.

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Environmental Issues:

Exploring Caledon's History: Each week we will be learning about and exploring different historical sites in Caledon. (Ex. The Alton Mill, The Gold Rush, Irish Settlers, Palgrave). **Some of these excursions will be outdoors so please remember to dress appropriately for the weather and bring a water bottle.**

Fishing: Fishing classes are a great way to learn how to fish and develop your fishing skills while enjoying the outdoors with others. We will visit various different fishing locations in the Brampton Caledon area (Please bring fishing rod and accessories).

Golf: Enjoy the sunshine and working on your golf skills at local driving ranges.

Harvest Picking: Join us while we visit various pick-your-own farms in Caledon and learn about growing and harvesting several different fruits and vegetables. Please wear appropriate clothing as we will be outdoors in the farm fields. All participants will bring home what was picked that day.

Intro to Cooking: Come and learn to cook and bake easy, delicious meals and snacks. Kitchen safety, food and nutrition, will also be discussed. Come prepared with your appetite or leftover containers. This program is run in conjunction with the Town of Caledon.

Kitchen Creations: This program will allow individuals to get a chance to bake, cook and create a variety of items with the focus being on how to eat healthy but have it still taste good. ***If you are at Connections for the day you may want to bring a smaller lunch.***

Khan Academy: Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace. Each week the group will complete different online learning activities on a variety of subjects such as math, science, history, art, literacy etc.

Ladies Club: A unique and fun opportunity to gather with other ladies and socialize. Every week we will be participating in various activities, sharing and learning about various life skills such as hygiene, hair styling, light make-up application, esthetics, fashion, health and fitness. Time to let out the inner Diva!

Ladies Fitness: This class is designed for ladies to have fun, and keep fit at the same time by engaging in a variety of fitness activities, which may include: Yoga, Zumba, Dancercise, Swimming, and Hiking. Please wear appropriate fitness attire, and bring a water bottle.

Metal Detecting: This program will allow individuals to explore the outdoors using metal detectors to see what treasures have been buried! Each individual will get the chance to use the metal detectors and dig up their findings. Please remember to dress appropriately for the weather and bring a water bottle

Multi-Sports & Fitness: Each week individuals will have the opportunity to be active and have fun. On alternating weeks, individuals will be able to participate in a sport designed to promote physical movement and build self-confidence so everyone can get in the game. On other weeks, participants

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will be able to be more active while using different equipment at various Fitness facilities. **Please wear appropriate fitness attire, and bring a water bottle.**

Muscle Pump: This challenging class uses a variety of equipment to improve strength, definition and bone density. Modifications are given for different intensity levels. Please make sure to bring appropriate clothes and indoor footwear.

Number Art: This art program allows for creative expression through stenciling number panels. This is the perfect kind of art to do outdoors and enjoy the summer weather.

Outdoor Art: Weather permitting people will get to try their artistic skills using the beauty of nature as their model.

Sewing: This program will allow individuals to learn the basics of sewing. Individuals will have the opportunity to create pieces of work throughout the program.

Skyzone Trampoline: Come out for some fun and fitness in a brand new trampoline facility. You will get to experience the ups and downs of the trampoline world. **There will be a small onetime fee of \$3.00 for a special pair of socks they use in the facility.** You will be able to keep the socks and bring them with you each time. **Please remember to bring appropriate gym wear and water bottles.**

Summer Snacks & Smoothies: This program will allow individuals to create and explore some healthy summer snack and drink options. We will be using the Canadian Food Guide to help us choose the recipes and shape ideas for our new creations!

Swimming: This is an open swim at a local community center. *Please bring a bathing suit, towel and a lock when you are attending this program.*

Taste Around the World: Come and join us as we learn about a different country each week. We will learn about the customs, traditions, and most importantly the cuisine! Participants will have the opportunity to taste dishes from each of the places we visit.

Tisho's Music Studio – Individuals will get the opportunity to try various instruments and get the opportunity to try some music lessons.

Ten Pin Bowling: Come learn basic bowling skills and play a friendly game of 10-pin bowling. Please make sure to bring socks.

Using iPad Apps: Individuals will get the opportunity to try some of the educational and recreational apps that are offered on this amazing tool.

Voice Lessons: If you like to sing then this program is for you. Work on training your vocal chords; learn new songs and how to perform using a microphone. Please come prepared each week with songs you would like to practice.

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World of Dance: This mixed dance program allows participants to use music and movement to develop flexibility, coordination, balance and self confidence in a group environment. Participants will learn a variety of dance styles (Latin, Hip Hop, Bollywood etc.)

Yoga: This is a group fitness class that is designed to lengthen and tone the muscles. You will also do different poses, which will help flexibility. Please bring your own yoga mat, appropriate gym attire and a water bottle to each class.

Zumba: A fusion of international music, mixed with dance – samba, reggae, or salsa to name a few- this class tones and sculpts without you even knowing it- fun and easy to do!