



Youth Recreation Programs

Register for a variety of multi-week programs that have been customized for youth! Various age categories are available.

Youth Art (12 – 18 yrs)

This program is designed to spark creativity and encourage participants to focus on creative exploration through various forms of art.

Dance – Everybody Dance Now (8 – 13 yrs)

Participants are encouraged to have fun while working up a sweat and learning backup dancer choreography from the latest music videos and live stage performances.

Dance – Jazz (8 – 13 yrs)

Dancers will learn rhythm and style through combinations and across the room movements.

Kids Fitness Games (8 – 13 yrs)

Bringing fun and fitness together! This class focuses on games and activities that integrate fitness challenges with play.

Kids Kick Boxing (8 – 13 years)

Participants will learn the fundamentals of kickboxing and have fun in an engaging environment.

Fitness for Teens – Girls (13 – 17 years)

This program is designed to encourage teens to enjoy being active and embrace discipline, teamwork and a positive attitude.

Register online at waterloo.ca/activewaterloo beginning **Aug 22**.