



April 2016



Calendar of Activities

Need help getting to a KGA Month activity?

Pick up a free transit pass at Artillery Park Aquatic Centre, 382 Bagot Street. Quantity limited

Cheerleading

Kingston Elite All-Star Cheerleading

(7B-785 Sir John A MacDonald Boulevard)
Learn fundamentals of cheerleading, including stunts, jumps, motions and tumbling in a fun atmosphere! Cheerleading workshop - jump, dance, tumble and stunt! **RSVP required:**

kingstonelitecheer@yahoo.ca

- April 14, 5-5:45PM (Ages 4-8)
- April 14, 6-7:00PM (Ages 9+)

Events

Kingston Gets Active with Play Kits (382 Bagot Street)

Drop in to try our Play Kits and find ways to use them at home; fun for the whole family!

- April 9, 9:00AM-12:00PM (ages 0-12)

St. Lawrence College (100 Portsmouth Avenue)

Wonder if you're ready for college sports? Participate in a OCAA fitness workout alongside our varsity athletes. Appropriate fitness attire required.

- April 16, 12:00PM-3:00PM (16+)

Gymnastics

Kingston Gymnastics Club (320-1343 Midland Avenue) **RSVP required:** 613-384-1190 or

kingstongymnasticsclub@bellnet.ca

Join us for an hour of Open House fun and fitness while experiencing the sport of gymnastics in our well-equipped child-centered club.

- April 24, 11:00-12:00PM (12 months-12 years)

Experience our one of a kind Ninjastics program which focuses on gymnastics skills related to parkour movements

- April 24, 12:00PM-1:00PM (5-12 years)

Skating

INVISTA Centre (1350 Gardiners Road)

Ages 10 & under must wear a CSA approved helmet.

- April 17, 2:30-4:15PM

Swimming

Artillery Park Aquatic Centre (382 Bagot Street)

Children 9 & under must be accompanied by a caregiver 16+.

- April 7, 7:00-8:25PM
- April 22, 8:00-9:25PM

PSP Community Recreation

(Kingston Military Community Sports Centre, 11 Navy Way)

Children 2 & under must wear swim diaper. **ID mandatory** for Adults 18+.

Lap pool, small pools, diving board and hot tub open

- April 8, 15, 22 & 29, 6:00-8:00PM

KCHC Pathways to Education (263 Weller Avenue)

Come join us for an afternoon of road hockey at KCHC. Equipment is available onsite. Pizza and drinks will be provided. Weather permitting event!

- April 30, 12:00PM-3:00PM (10-17 years)

Play Groups

Ontario Early Years Centre (158 Patrick Street)

A facilitated physical activity program for adults with children 18 months to 6 years.

- April 4, 5, 11, 12, 18, 19, 25, 26, 9:30-11:30AM

The YMCA of Kingston (100 Wright Crescent)

Sunday Fun Days:

April 3, 10, 17, 24

All Day Swim

Family Zumba

Family Fit Stop

Family Pickleball

Adult Pickleball

Adult Volleyball

Drop-in Fitness for all ages!

Maximum 30 participants per class.

Qi Gong

- April 4, 11, 18, 25, 11:55AM-12:40PM

Beginner Tai Chi

- April 4, 11, 18, 25, 12:15PM-1:00PM

Yoga

- April 4, 11, 18, 25, 12:30PM-1:15PM

Muscle Mix

- April 4, 11, 18, 25, 6:00PM-6:45PM

Beginner Tai Chi

- April 5, 12, 19, 26, 9:00AM-9:45AM

Pilates

- April 5, 12, 19, 26, 6:40PM-7:25PM

Qi Gong

- April 5, 12, 19, 26, 11:30AM-12:15PM

Total Body Sculpt

- April 6, 13, 20, 27, 4:30PM-5:15PM

Foam Rolling

- April 6, 13, 20, 27, 11:30AM-12:15PM

Bollywood

- April 6, 13, 20, 27, 6:30PM-7:15PM

Yoga

- April 6, 13, 20, 27, 11:30AM-12:15PM

Aqua Zumba

- April 7, 14, 21, 28, 11:00AM-11:45AM

Bootcamp

- April 8, 15, 22, 29, 12:10PM-12:55PM

Yoga

- April 8, 15, 22, 29, 9:00AM-9:45AM & 7:00PM-7:45PM

Pickleball

- April 8, 15, 22, 29, 11:35AM-12:20PM

RIP (Muscle Conditioning)

- April 8, 15, 22, 29, 12:30PM-1:15PM

Fencing

Kingston Fencing Club (362 Division Street)

Fencing opportunities for all ages.

RSVP required: 613-547-5580

Fencing for boys

- April 4, 11 & 18, 6:00-8:00PM (Ages 11-15)

Fencing for girls

- April 6, 13 & 20, 6:00-8:00PM (Ages 10-16)

Fencing for boys & girls

- April 5, 12 & 19, 5:30-7:00PM (Ages 6-10)

Fencing for seniors

- April 5, 12 & 19, 1:00-3:00PM (Ages 50+)

Fencing for adults

- April 5, 12 & 19, 7:00-8:30PM (Ages 20+)

Fitness

Artillery Park Aquatic Centre (382 Bagot Street)

Zumba (Ages 10+): Latin rhythm dance workout routine! Come and join the party!

- April 28, 5:15-6:00PM

Weekend Warrior! (Ages 15+): Fun full body fitness class

- April 9, 23, 11:00-11:45AM

Queen's Athletics & Recreation (284 Earl Street)

Group Cycle (Ages 18+): Indoor cycle class is a cardio challenge with varying speeds and resistance levels, sprint drills and more! For beginner to advanced participants.

RSVP required: bambrick@queensu.ca

- April 10 & 17, 3:30-4:20PM

Conquer Training & Education (61 Yonge Street) **RSVP required:**

info@conquertraining.guru

Prenatal Power: Prepare your body for the birth of your baby with core & muscle conditioning followed by stretching & relaxing yoga (open to all prenatal women)

- April 4, 5:30-6:30PM

Kids Fun Fit: Children to enjoy fun relays, obstacle courses and team challenges geared towards improving their overall fitness. (Ages 6-10 years)

- April 5, 4:00-4:45PM

Adults Conquer Athletics: Join this fast-paced, high intensity workout for all adults to improve endurance, strength and athletic performance. (Ages 18+)

- April 6, 6:30-7:30PM

Tennis

Kingston Tennis Club (45 Napier Street)

Youth are invited to meet others and play mini and full-court games of tennis. All skill levels are welcome! Ages 5-16

Junior Open House

- April 30, 11:00AM-2:00PM, Rain date: May 1st

Patenaude Martial Arts (629 Division Street;
Lower Level)

Kung-Fu, MMA, Kickboxing, and Self-Defense
classes!

RSVP required: kingston@fangshendo.com or
613-547-4804

Kung-Fu Training for Kids: Ages 5-12 years, Max.
8 spots per class

• April 5, 7, 12, 14, 19, 21, 26, 28, 6:00PM-
7:00PM

Kung-Fu Training for teens & adults: Ages 13-50
years. Max. 8 spots per class

• April 5, 7, 12, 14, 19, 21, 26, 28, 7:15PM-
8:00PM

Kickboxing & MMA for teens & adults: Ages 13-50
years. Max. 8 spots per class

• April 5, 7, 12, 14, 19, 21, 26, 28, 7:45PM-
9:00PM

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