

# MIDDLE SCHOOL PROGRAMS

## MIDDLE SCHOOL SOCIAL

Grades 6-8  
Class Fee \$5/night

Middle School Socials are held every first and third Friday night of the month from 6:00 PM to 8:30 PM at the Hayden Centre.

Activities include open gym, ping-pong tables, music, and various sports tournaments. You must have a current Hayden membership and registration is required to attend.

### Dates of Socials:

October 6th	November 17th
October 20th	December 1st
November 3rd	December 15th

## HAYDEN HELPERS

FOR HAYDEN MEMBERS IN MIDDLE SCHOOL AND HIGH SCHOOL

Do you think you might like to work with children? Are you interested in assisting Hayden staff members with teaching classes in art, dance, gymnastics, physical education, or the pool? Then we have the program for you. Hayden is offering middle school members a chance to volunteer and work with us at the centre. There will be an application and interviewing process and a commitment of 5-7 weeks (one session) at least one day a week. If you're interested call or come by the centre to fill out an application.

### Session dates are as follows:

Session 1: Sept 11-Oct 30	Session 2: Nov 1 - Dec 23
Session 3: Jan 2 - Feb 17	Session 4: Feb 26 - Apr 14
Session 5: April 23 - May 26	

# ADDITIONAL MIDDLE SCHOOL CLASSES

## Physical Education - Page 13 & 14

Monday	Basketball	6:30-7:30 PM
Tuesday	Pre-Sport Conditioning	3:15-4:30 PM
Thursday	Track Events	4:45-5:30 PM
Saturday	Archery	10:15-11:00 AM

## Gymnastics - Page 12

Monday	Zumba	3:30-4:15 PM
Thursday	Gr 4 & Up	4:00-5:00 PM
Friday	Gr 4 & Up	4:45-5:45 PM

**Gymnastics Teams - Try Outs Required**

## Aquatics - Page 17 & 18

Teen Lap Swim  
Level Swim Classes  
Semi Private Swim Lessons  
Private Swim Lessons  
Pre-Season Conditioning  
Swim Team Clinic  
Swim Team  
Practice Squad  
Level 6 & Beyond

*Multiple days and times offered please see pages 17 & 18 for more information*

## Dance - Page 17 & 18

Tuesday	Hip Hop	5:45-6:45
Tuesday	Acrodance	6:00-7:00
Tuesday	Teen Jazz/Lyrical	7:00-8:30
Thursday	Teen Tap	4:00-5:00

**Acro Team - Try Outs Required**

**Jr Hip Hop Team - Try Outs Required**

**Sr Hip Hop Team - Try Outs Required**

## Skating - Page 20 & 21

Basic Badges  
*Multiple days and times offered please see pages 20 & 21 for more information*

## Cooking - Page 11

Thursday	Cooking International	4:00-5:15 PM
Session 1 Only		
Thursday	Holiday Cooking	4:00-5:15 PM
Session 2 Only		

## Pottery - Page 10

Monday	Pottery II	5:00-6:15 PM
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# ADULT PROGRAMS

## AQUAROBICS

**Class Fee \$93**

Mon. Wed. & Fri. 9:00-10:00 AM

This water workout is designed for the beginning to moderate participants. It includes a warm-up, aerobic and a cool-down period as well as overall strength training and flexibility exercises.

## HYDRO PUMP

**Class Fee \$93**

Mon, Wed, & Fri 10:00-11:00 AM

Work up a sweat with this high energy, fast paced water workout. This workout is designed for moderate to advanced participants who are looking for some high energy, cardiovascular exercise.

## SENIOR CITIZEN SWIMS

**Class Fee \$100**

Mon through Fri. 11:00 - 11:45 AM

Leisure & Lap Swimming

## ZUMBA

**Class Fee \$70**

Monday 3:30-4:15 PM

Zumba is a fun, easy to follow, calorie burning workout that will keep you coming back for more! Come see what all the excitement is about. Tracy Borletto (Hayden Gymnastics Instructor) will lead you through this exhilarating workout!