

# -FALL PROGRAMS 2022-

Christopher Champlain  
Resource Centre  
8-125 Champlain Blvd.

Main Location  
200 Christopher Dr.  
519-624-3855

Southwood  
Resource Centre  
1-241 Southwood Dr.

Register: [info@kinbridge.ca](mailto:info@kinbridge.ca) | 519-624-3855

## CHILDREN + ADULT PROGRAMMING

### Kinbridge - Main Location

200 Christopher Drive

Program	Age	Cost	Dates	Time
Family Cooking	4-10 + Parent	\$35	Oct 15-Nov 26	2:00-3:00PM
Kids Can Cook	7-12	\$35	Oct 3-Nov 21	6:00-7:00PM
Newcomer Health & Wellness Workshop	Adult	FREE	Oct 18-Dec 6	10:30-12:00PM
Newcomer Young Mothers	Adult	FREE	Oct 20-Dec 8	10:30-12:00PM
Pickleball	Adult	\$2	Oct 15-Nov 26	2:00-4:00PM
Soccer	3-6 + Parent	\$35	Oct 15-Nov 26	9:00-9:45AM
Soccer	7-12	\$35	Oct 15-Nov 26	10:00-11:00AM
Youth Drop-In	12-18	FREE	Wednesdays	6:00-8:00PM

### Kinbridge - Christopher Champlain Resource Centre

8-125 Champlain Blvd

Program	Age	Cost	Dates	Time
Adventure Club	6-11	FREE	Oct 4-Nov 22	5:30-6:30PM
Drop-In Cooking + Crafts	6-11	FREE	Oct 6-Nov 24	5:30-6:30PM
Newcomer Homework Club	15-29	FREE	Sept 26-Nov 6	4:30-6:00PM
STEAM (Drop-In)	4-7	FREE	Oct 7-Nov 25	4:00-4:45PM
STEAM (Drop-In)	8-11	FREE	Oct 7-Nov 25	5:00-6:00PM

### Kinbridge - Southwood Resource Centre

1-241 Southwood Drive

Program	Age	Cost	Dates	Time
Adventure Club	6-11	FREE	Oct 4-Nov 22	4:00-5:00PM
Drop-In Cooking + Crafts	6-11	FREE	Oct 6-Nov 24	4:00-5:00PM
STEAM (Drop-In)	4-7	FREE	Oct 5-Nov 12	5:15-6:00PM
STEAM (Drop-In)	8-11	FREE	Oct 5-Nov 12	6:00-7:00PM
Youth Drop-In	12-18	FREE	Mondays	4:00-5:30PM



Kinbridge Community Association Recreation Programs follow the High Five quality standards for children's programs. HIGH FIVE is Canada's only comprehensive quality standard for children's programs and holds true to the five principles of healthy child development that research indicates are essential for providing a positive experience for kids. For more information visit [HIGHFIVE.org](http://HIGHFIVE.org)



Cost sharing is available:  
Contact 519-624-3855 or [info@kinbridge.ca](mailto:info@kinbridge.ca)

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## Kinbridge Drop In Sports Nights - FREE

**Mondays**  
6:30pm-8:00pm  
Central Public School  
Sept 19-Dec 12  
Ages 7-12

**Tuesdays**  
6:30pm-8:00pm  
St. Andrews  
Public School  
Sept 20- Apr 25  
Ages 12-16

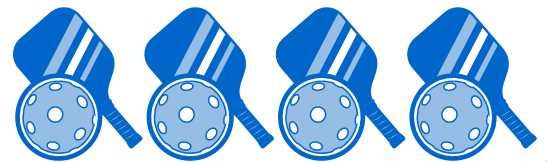
**Fridays**  
6:30pm-8:00pm  
Moffat Creek  
Public School  
Sept 23-May 31  
Ages 12-16

**Fridays**  
6:30pm-8:00pm  
Tait Public School  
Sept 23-May 31  
Ages 12-16

### SPORTS ADULT 18+

Program/Age/Cost    Dates/Location

Drop In Pickleball    Saturdays  
Adults 18+            Oct 15-Nov 26  
2.00/Person/Hour    2:00-4:00pm  
Main Site



## Volunteer Opportunities

Are you retired and looking to give back?  
Are you a student seeking volunteer hours?  
Are you looking for a way to give back to the community?

Volunteer with Kinbridge! If interested...  
Email: [roseb@kinbridge.ca](mailto:roseb@kinbridge.ca)

## Tutoring

Kinbridge is currently working with Carizon Family and Community Services to find volunteers for tutoring support across Waterloo Region.

If interested in applying, please visit [carizon.ca/volunteer](https://carizon.ca/volunteer) to start your application process.



Are you interested in developing leadership and employment skills?

[lead] is a certificate program for youth ages 12-16 that teaches leadership skills and a fun and exciting way! Interested in joining this fall?

Contact: [info@kinbridge.ca](mailto:info@kinbridge.ca)



The best way to play™

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Find us on social media here >>>



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## Newcomer Programming-Growing Together

Workshops for Newcomer Seniors	Workshops for Newcomer Youth
<b>Newcomer Senior Health &amp; Wellness Workshop</b>  No Cost Oct 18-Dec 6 10:30-12:00PM @ 200 Christopher Drive	<b>Newcomer Youth Study Club</b>  Age: 15-29 No Cost Sept 26-Nov 6 4:30-6PM @ Christopher Champlain Location In-person sessions
<b>Newcomer Young Mothers Education + Employment Workshop</b>  No Cost Oct 20-Dec 8 10:30-12:00PM @ 200 Christopher Drive	<b>Newcomer Skating Lessons</b>  Age: 15-29 No Cost Sept 15-Nov 3 4-5PM @ Galt Arena 98 Shade St



Learn about our programming for newcomer youth and seniors. Visit [www.kinbridge.ca](http://www.kinbridge.ca)

## Peer Programs

### Cooking + Walking Program

Age: 25-55  
No Cost  
Sept 27- Dec 8

#### Cooking

Tuesdays 12:30-2:30PM  
@ 241 Southwood Dr.

#### Walking

Thursdays 12:30-2:30PM  
@ 241 Southwood Dr.

Learn more about our Peer Programming including Healthy Eating & Healthy Moving, Visit [www.kinbridge.ca](http://www.kinbridge.ca)

Suggestions welcomed!

Don't see what you're looking for? Have an idea for an activity or program? Let us know! Email us at: [info@kinbridge.ca](mailto:info@kinbridge.ca)

After School Programs - Spaces available!  
Email [info@kinbridge.ca](mailto:info@kinbridge.ca) for details



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