

All Township of Scugog youth programs are for ages **12-18 years** and are **FREE**. Township of Scugog staff may ask for proof of age upon sign up or arrival at the program.

## Drop-In Yoga

Get your body moving with drop-in yoga! Join one of Ashlea Jones Athletes in Training instructors for an hour of introductory yoga. Each class will build on flexibility, strength, posture and breathing while learning new poses and focusing on self-care and positive body image.

DATES	TIME	LOCATION
July 9	4:00-5:00 p.m.	Scugog Community Recreation Centre – Studio
July 23	4:00-5:00 p.m.	Scugog Community Recreation Centre – Studio



## Drop-In Basketball\*

Join other youth in Scugog to shoot some hoops! This supervised drop-in program allows for skill practice and game play. This is a Jumpstart funded program. **Thursdays from July 4-August 1.**

AGES	TIME	LOCATION
12-14 years	4:00-5:00 p.m.	Scugog Community Recreation Centre – Floor Pad 1
15-18 years	5:00-6:00 p.m.	Scugog Community Recreation Centre – Floor Pad 1

## DIY Clothing Design

Get creative at this fun drop-in workshop. Participants can bring in their old clothing and create some new pieces using video tutorials and guidance from our youth recreation leader. We provide the materials for construction and decorating, you bring your old or used clothing!

DATES	TIME	LOCATION
July 16 & 30	2:00-4:00 p.m.	Scugog Community Recreation Centre – The Lookout

## Photography Program

Make the Lookout Drop-In Centre your own! Get out your camera and creativity to take pictures around Scugog of you and your friends and send your photography into our Instagram direct message @RecScugog or tag #summerinscugog. Photos will be chosen to be displayed in The Lookout on an on-going basis. Let's get snapping!



# YOUTH PROGRAMS CONTINUED



## Get Cookin' **\*Registration Required\***

Join us for some culinary creations! Meet new friends, get hands on experience in the kitchen and have a good time. Please note that products containing nuts, gluten, and dairy may be used.

DATE	TIME	LOCATION
July 24 & August 2	1:00-2:00 p.m.	Scugog Community Recreation Centre - Kitchen

## TRIPS

### Cobourg Beach **\*Registration Required\***

Youth ages 12-18 can sign up for a trip to Cobourg Beach. Supervised by the Recreation Programmer and staff, youth will enjoy outdoor volley ball, swimming, and hanging out in the sun. Participants must register for this program at [www.scugog.ca/registration](http://www.scugog.ca/registration) or at the Scugog Arena as there are limited spots available.

DATE	DEPARTURE	RETURN
July 10	9:30 a.m. from the Scugog Arena	3:30 p.m. at the Scugog Arena

### Driving Range **\*Registration Required\***

Youth ages 12-18 can sign up for a trip to a local driving range. Supervised by the Recreation Programmer and staff, youth will enjoy the chance practice their skills at the driving range. Participants must register for this program at [www.scugog.ca/registration](http://www.scugog.ca/registration) or at the Scugog Arena as there are limited spots available.

DATE	DEPARTURE	RETURN
July 25	10:00 a.m. from the Scugog Arena	1:00 p.m. at the Scugog Arena

## The Lookout Youth Drop-In Centre

The Lookout is a free, supervised, drop-in youth centre located on the second floor of the Scugog Community Recreation Centre beside the Skate Park. The Lookout is a place to chill with friends, game or watch a movie. It is free to drop in and includes: PS4, Xbox, Nintendo Switch, free wifi, Netflix, foosball, air hockey, board games, computers, a lounge area and more. The Lookout summer hours are **1:00-6:00 p.m. Tuesday-Friday for the month of July.**

## Other Opportunities

Volunteering and Leadership Programs: See the Spring Summer 2019 Leisure Guide

Aquatic Leadership Programs: See the Spring Summer 2019 Leisure Guide

Township Ambassador Program (TAP): Email [djaglall@scugog.ca](mailto:djaglall@scugog.ca)

Teen Advisory Committee (TAG): 905-985-7686 – Scugog Library

## Contact Us!

[recreation@scugog.ca](mailto:recreation@scugog.ca)

[www.scugog.ca](http://www.scugog.ca)

905-985-8698

