



**Registration begins for
Summer Programs
Wednesday, June 22 at 9am.
Register by phone or simply stop by!**
Registrations will not be taken via voicemail

Fitness Centre Information

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15- 18)	\$40.00	\$94.00	\$154.00 \$28/mth	\$222.00 \$23/mth	\$33.00	\$50.00
Adult 19+	\$50.00	\$121.00	\$202.00 \$38/mth	\$298.00 \$28/mth	\$40.00	\$63.00
Senior 55+	\$40.00	\$94.00	\$154.00 \$28/mth	\$222.00 \$23/mth	\$33.00	\$50.00
Partners (2 adults, same address)	\$80.00	\$197.00	\$326.00 \$63/mth	\$472.00 \$48/mth		
Family (2 adults/ 3 youth)		\$328.00	\$429.00 \$80/mth	\$552.00 \$53/mth		

Birthday Party Package Options

Type of Party	Details - 2 hours total	Cost
Sports	1 hour play, 1 hour party	\$105.00
Dance	1 hour dance, 1 hour party	\$105.00
Bounce Castle	Basic castle	\$175.00
Bounce Castle	Slide castle	\$200.00
Bounce Castle	2 castles - Basic + Slide	\$350.00

Contact us for full party details

SUMMER DAY CAMPS AT THE PRCC!

**New themes, exciting program plans, trained staff,
and more...**

Week 1 – Summer Fiesta

Week 2 – Animal Planet

Week 3 – Fit & Fun

Week 4 – Wacky Science

Week 9 - Summer Send off

Week 5 – Sweet Eats & Cool Treats

Week 6 – Sun & Sand

Week 7 – Around the World

Week 8 – Random Theme Week

See inside for full theme and summer day camp details!

Basketball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Men's (19yrs+)	Thursday	7-8:25pm	9	\$54	July 7	

Floor Hockey

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Men's (19yrs+)	Thursday	8:30-9:55pm	9	\$54	July 7	

Line Dancing

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Thursday	10am-12pm	8	\$50	July 7	

Fitness Classes - 4 NEW classes! Visit our website for program descriptions

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Cardio Energizer *NEW*	Monday	7-7:30pm	6	\$28	July 4	July 11, Aug 1
Core Fitness *NEW*	Monday	7:30-8pm	6	\$28	July 4	July 11, Aug 1
Barre Fitness	Tuesday	6-6:45pm	7	\$45	July 12	
Summer Warrior *NEW*	Wednesday	5:30-6:15pm	8	\$40	July 6	
Pound Fitness *NEW*	Wednesday	6:15-7pm	8	\$50	July 6	

Yoga

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Revive & Roll	Monday	8-8:45pm	6	\$39	July 4	July 11, Aug 1
Yoga Flow	Thursday	6-7pm	7	\$45	July 14	

Chebucto Community Health Team

FREE PROGRAM - Weight Management & Physical Activity 2 week program

Learn the role that physical activity plays in losing weight and keeping it off

Date & Time: Tuesdays - June 21 & 28 - 6:30-8:30pm

To register call 902-460-4560

FREE PROGRAM - Food for One or Two 2 week program

Get quick, easy resources and recipes for feeding one or two people at home. There will be no cooking in this program.

Date & Time: Thursdays - July 21 & 28

To register call 902-460-4560



COUNCILLOR STEPHEN ADAMS
DISTRICT 11
Spryfield - Sambro Loop - Prospect Road

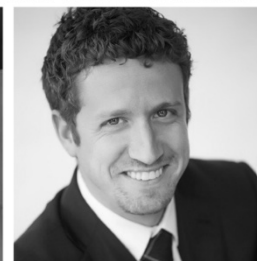
PO Box 1749, Halifax, NS B3J 3A5
Home: 902.477.0627
stephen.adams@halifax.ca
www.halifax.ca

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www.iainrankin.ca



info@iainrankin.ca
902-404-7036
f IainRankinMLA
t @IainTRankin

Specialty Programs and Events

Senior Lunch & Learn

This unique program which includes light exercise, a nutritional lunch and computer/gadget help, all while having fun and socializing!

11am-12pm – Physical Activity (varies from week-to-week)

12pm – Lunch

12:30-2pm – Technology help – bring your gadgets!

Summer Lunch & Learn Dates:

July 14 & August 11

Suggested donation of \$5 or pay what you can for the day!

Friday Feast - Community Meal

Join us for our monthly Community Meal! Let us make you a nutritious, home-made meal – Enjoy it with neighbours, friends or family. Gluten-free, vegetarian and take-out options are always available.

A suggested donation of \$7 per person or pay what you can.

Summer Feast Dates:

July 8 & August 5

Senior Washer Toss Social

Come out and play indoor washer toss! This social event includes a light snack and lots of laughter. Spectators are always welcome.

1-3pm - \$3 per participant

Summer Washer Toss Dates:

July 21 & August 18

Senior Pickleball Drop-in

Pickleball, a racket sport played indoors on a badminton-size court, is designed much like tennis but is played at a slower pace with a few differences.

Play at your own pace – make your own teams!

All equipment is provided.

Thursdays – 10am-12pm

\$3.00 per participant

Seniors Garden Party

Join us for a social gathering on Wednesday, July 27 at 11am !

\$6.00 per participant

BBQ, Tea, Coffee, Dessert, Music and more.

This will be a rain or shine event

"YOUR NEIGHBOURHOOD REAL ESTATE AGENT"



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430.2944

www.SoldonCindy.ca

FREE Breastfeeding Support

This program, offered in partnership with Laura MacDougall from Helping Hands Doula, brings moms together to get support, advice and learn about breastfeeding. Not breastfeeding? No problem! You are welcome to join & share your experiences and connect with other moms in your community.

Mondays - 9:30-11:30am in the PRCC Art Room

Laura is a Birth and Postpartum Doula and Breastfeeding Specialist with many years of experience.

For additional information, contact Laura at [902-488-7226](tel:902-488-7226)

Preschool Program

This program is open to children ages 3-5yrs who are fully potty-trained. Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Physical activity opportunities are also made available with both indoor and outdoor play. Program runs from September – June.

Hours/Days:

Tuesday AND Thursday *CLASS IS FULL*

OR

Wednesday AND Friday

9am-12pm

Fee for 2016/2017:

\$105.00/month (2 days per week)

Before and After School Program

This program is open to all children in Grade Primary to Five. Transportation is provided for students attending Prospect Road Elementary and children attending school within the Conseil Scolaire Acadien Provincial for both our Before and After School program. Transportation is also provided for students attending Atlantic Memorial Terence Bay School for our After School program.

Hours:

Before School: 7am – 8:30am (children are escorted to school by program instructors via Prospect Recreation Connector Trail or by bus for those students attending school within the Conseil Scolaire Acadien Provincial)

After School: 2:30-6pm (children are picked up at appropriate dismissal time and escorted to PRCC by program instructors via Prospect Recreation Connector Trail or dropped off by bus for those students attending Atlantic Memorial Terence Bay School or school within the Conseil Scolaire Acadien Provincial)

Afternoon snack is provided

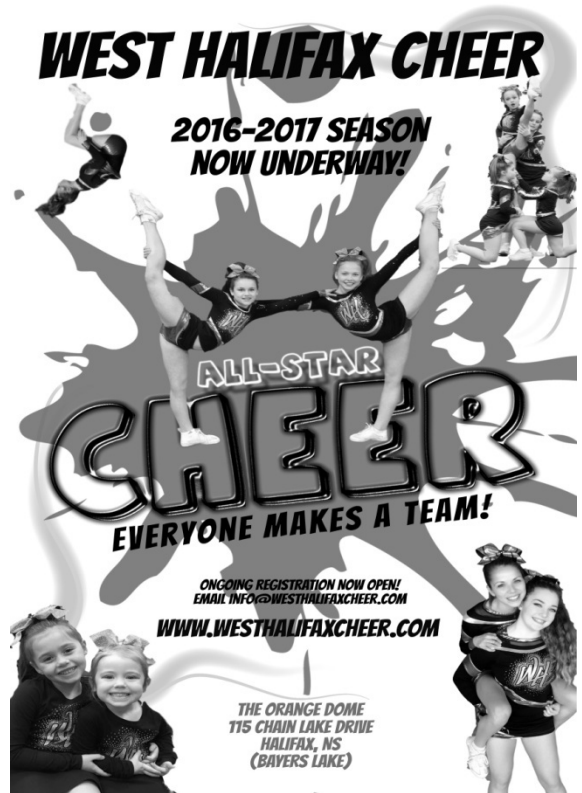
Fees for 2016/2017:

1 child – Before Only - \$90.00/month

1 child – Afternoon Only - \$235.00/month

1 child – Before and After - \$302.00/month

** Multiple children and part-time pricing available**



Advertise with Prospect Communities

In-Print: Your ad will be printed and circulated to over 3,500 homes in throughout the Prospect Communities! Available 4 times per year.

Sizing and Price options:

- Business Card - \$130
- 1/2 Page - \$225
- Full Page - \$335

Online, on-screen and high visibility options are also available. Coming soon; on-site banner advertisements!

For more information contact Amy Hockin – 902-852-2711

admin@prospectcommunities.com

Technology Help and Services

The ROC is happy to offer technology help and IT services to the community.

We are able to assist you with:

- Website development
- Computer and technology problems and troubleshooting
- Advertisement design
- Social media assistance and MORE!

Prices start at \$35.00 per hour

For more information or to book an appointment with our Technology Coordinator, contact Amy Hockin 902-852-2711 or admin@prospectcommunities.com

Room Rentals Available	Room	½ Room/hour	Full Room/hour
The PRCC has many different rooms available to rent by the hour suited for a variety of events, programs or meetings.	Meeting Room	\$14.00	\$20.00
	Kitchen (without use of Centre supplies)	N/A	\$41.00
	Multi-purpose	\$25.00	\$45.00
	Gym – with equip.	\$29.00	\$48.00
	Gym – w/o equip.	\$26.00	\$45.00
	Art Room	N/A	\$20.00

Wedding and Special Event Bookings

The Centre provides charming and well-kept event spaces. We have various special event and wedding packages available to make your celebration memorable and stress-free. All special event and wedding packages include rental of space, time for set-up, use of tables and chairs, licensed bar and event staff, along with the use of a private entrance. We have many enhancements available to improve your guests' experience, including use of a licensed kitchen, linens, decor items, special kitchen equipment, podium and various technology-related items.

Wedding Package - \$1150.00

Includes:

- Rental for 9 hours; up to 1:00am the day of the event.
- 4 hours set up the day previous to the event; if available.
- 3 hours tear down & clean up.
- 9 hours of Bar operations and bar staff - bar sales must fulfill a minimum of \$800.00
- Use of tables and chairs
- Use of Kitchen for storage only; use of kitchen equipment available at an additional cost
- Capacity of 220 people

Special Event Packages

Includes:

- Rental for 6 hours; up to 1:00am
- 2 hours set up prior to event
- 5 hours of Bar operations and bar staff
- Use of tables and chairs
- Use of Kitchen for storage only; use of kitchen equipment available at an additional cost
- All packages include the same amount of event time, set up and usage.

Tier 1 Special Event Package - Up to 75 guests - \$250.00

Tier 2 Special Event Package - Up to 150 guests - \$400.00

Tier 3 Special Event Package - Up to 220 guests - \$550.00

For more information please contact Jessica - 902-852-2711 - Jessica@prospectcommunities.com

TravelOnly

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Kelly Carlton

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General Policies and Procedures

Payment

- Payment is due upon registration for any program or upon booking for room rentals.
- Payment via credit card is required for all registrations made over the phone.
- Cash, cheque, credit and debit will be accepted for any registration completed in person.

Refunds

- In the event that PRCC changes the day/time of any program from the original schedule a full refund or credit on account will be issued should the new day/time no longer suit a registrant's schedule.
- In the event that PRCC cancels a program, a full refund or credit on account will be issued for the full amount paid.
- In the event a program registrant can medically no longer attend a class or program a credit on account will be issued for the remaining number of classes.
- Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class or program.

For payments made by credit or debit, refunds must be issued to the card that made the original payment. For payments made by cash or cheque, refunds will be issued by cheque within a maximum of 2 weeks of the request for a refund.

Summer Hours and Holidays

Monday to Friday - 8:30am - 10pm
(Fitness Centre open for card holders only at 6am)
Saturday & Sunday - 8am - 5pm

July 1 - CLOSED
August 1 - CLOSED
September 5 - CLOSED

** Please ensure you check the excluded dates column next to your program.

Comments and Suggestions

The ROC welcomes all comments and suggestions from community members. Do you have a new program you'd like to suggest or teach?

Please contact Jessica – Program Manager
Jessica@prospectcommunities.com

For more information, contact:

Front Desk – 852-2711

Shirley Jollimore – Executive Director
executivedirector@prospectcommunities.com
Jessica Morrissey – Programs and Events Manager
Jessica@prospectcommunities.com
Amy Hockin – Operations and Finance Manager
admin@prospectcommunities.com

Adult Sport or Fitness Class Drop-in Procedures

If you wish to drop in to one of our many adult sport or fitness classes offered here at PRCC, please see below:

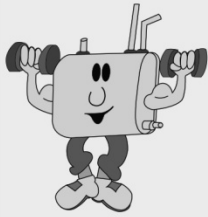
1. Once the class has begun, the instructor/volunteer will take attendance and then announce how many spaces are available for drop-in for that particular night.
2. If you will be filling one of the spaces available, you must then pay our drop-in fee at the front desk. The front desk staff will provide you with a “proof of payment” ticket.
3. Present the “proof of payment” ticket to the instructor/volunteer and have fun!

All drop in spaces will be first come – first serve.

We ask that you please respect these rules as each class has a set maximum for the safety of all participants.

Fees:

- 30 minute Fitness Class Drop-in - \$5
- 45 minute Fitness Class Drop-in - \$6
- Line Dancing, Yoga & 1.5 hour Adult Sport - \$7



Steve Williams
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**COUNCILLOR STEPHEN ADAMS
DISTRICT 11**

Spryfield - Sambro - Prospect Road

PO Box 1749, Halifax, NS B3J 3A5

Home: 902.477.0627

adamss@halifax.ca

www.halifax.ca

Don't delay - register now for Summer Day Camps at the PRCC!

<p style="text-align: center;">Summer Day Camp</p> <p style="text-align: center;">These day camps will be open to all children in Grade Primary to Five (2015/2016 school year)</p> <p style="text-align: center;">Monday to Friday - 8:30am-4:30pm July 4– September 2</p> <p style="text-align: center;">Fees: \$119 per week \$15 for 7-8:30am (Early Drop off) \$10 for 7:30-8:30am (Early Drop off) \$10 for 4:30-5:30pm (Late Pick up)</p>	<p style="text-align: center;">Preschool Summer Day Camp</p> <p style="text-align: center;">These morning camps will be open to all children age 3-5 yrs who are fully potty-trained</p> <p style="text-align: center;">Monday to Friday - 9am-12pm July 4 – September 2</p> <p style="text-align: center;">Fee: \$51.00 per week</p>
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Theme	Details
<p>Week 1- July 4 to 8 - Summer Fiesta Cinco-de-July-0! Campers will enjoy lots of fiesta themed activities from dancing the Macarena to piñatas and all things in between! Grab your sombrero and help us kick off summer vacation with a twist.</p>	<p>Week 6- August 8 to 12 - Sun and Sand Grab your sunscreen because we're having a beach party! During this week we will be taking a day trip to our community beach; it will also include many water games and outdoor activities!</p>
<p>Week 2- July 11 to 15 - Animal Planet For all of you animal lovers, come and join us for a week filled of animal themed crafts and activities. You will also have the chance to participate in a jungle safari!</p>	<p>Week 7- August 15 to 19 - Around the World Calling all campers who love to travel! Get your passport ready for international crafts, games and activities. Get to know more about your favourite places all around the world!</p>
<p>Week 3- July 18 to 22- Fit and Fun Campers will participate in activities that are sure to get their hearts pumping and body moving!</p>	<p>Week 8 – August 22 to 29 - Random Theme Anything goes! This week will be filled with many different themes and activities, including Pajama Day, Superhero Day, Summer Olympic Day & more!</p>
<p>Week 4- July 25 to 29 - Wacky Science Get to ask the professionals about all things science related! Join us and get ooey-gooney with loads of different science experiments.</p>	<p>Week 9- August 29 to September 2 - Summer Send Off Cool down with a final farewell; join your friends for a final week of fun and games including some of our top favourites activities from all summer long.</p>
<p>Week 5- August 2 to 5 - Sweet Eats and Cool Treats Join us as we turn day camp into Candyland! Enjoy Tricky Treats as we explore different ways to create some of your summer cool down favourites!</p>	

What do I bring to Summer Camp?

Lunch and Snacks – Your child will need to bring lunch and two snacks for each day or 1 snack for Preschool Camp. We ask that they are non-microwavable, peanut/nut free and that you do not send money for vending machines.

Sunscreen – Please ensure your child brings their own supply of sunscreen each day to camp in a labelled bottle.

Active Clothing and Sneakers – All children should dress appropriately for active activities (shorts, tshirts, etc) and bring sneakers each day. Sneakers are required for all active games and can be left at PRCC during day camp so they are not forgotten. Also, please ensure your child has a bathing suit/towel and change of clothes each day in the event of water activities or accidents.

Hats – Each child should bring a wide-brimmed hat to camp as we will spend a lot of time doing outdoor activities.

Water bottles – Each child should bring a water bottle to camp that we can refill as necessary.

Toys/Electronics – We have a busy schedule so we ask that all personal toys and electronics be left at home.

Medication – If your child requires medication during camp hours please ensure it is in its original package, labelled with the child's name and dosage.

Please label all your child's belongings to help cut down on lost items.

What happens at Summer Camp?

Our Summer Day Camp staff have planned 9 exciting weeks of themed programming with lots of new and exciting ideas for the children to enjoy! Each day includes a multitude of activities that are theme oriented and designed to keep the children interested and engaged all day long. We offer a variety of active games, both inside and outside, passive games, crafts and art projects, quiet play and free play.

Summer Day Camp Schedule Template:

7am-8:30am – Unstructured, supervised play – activities include: coloring, imaginative & creative play, reading

8:30am – 4pm – Structured, theme oriented play and activities. Snack at 10am and 2:30pm, lunch at 12pm.

4pm-4:30pm – Group free-play in gymnasium

4:30pm-5:30pm – Unstructured, supervised play – outdoors or in gymnasium.

Preschool Summer Camp Schedule Template:

9am – 10am – Free play – activities include: coloring, imaginative & creative play, reading books, etc.

10am-10:30am – Gymnasium play

10:30-12:00pm – Snack, craft, story time, clean up.

Questions about Summer Camp? Contact Jessica - Programs and Events Manager- jessica@prospectcommunities.com



WHC

West Halifax Cheer summer camp

WHC is offering 4 fun-filled Summer Camps, which include:

- Cheer and Tumbling lessons every day!
- Routine building & performance last day of camp!
- Two awesome field trips!
- Early drop off and late pick up - FREE!
- Single day registration available!

\$200
Includes HST
\$180 for Aug 2-5
\$45/day

who
Anyone!
Ages 5-11
No experience necessary!

where
The Orange Dome
115 Chain Lake Drive
(Bayer's Lake)
Halifax, NS

when
July 11-15
July 25-29
August 2-5
August 8-12

To register:
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info@westhalifaxcheer.com

PosterMyWall.com