

SPECIALTY PROGRAMS ❄️

These programs are designed to encourage youth to choose their path forward. Through meaningful experiences, we aim to connect youth to each other and to the community. Our programs equip youth with the resources and skills needed today to break beyond all barriers and chase their dreams tomorrow.

SEASONAL PROGRAMS

SKILLS4U

is a fun & active soccer program which emphasizes skill development and personal fitness. Soccer drills, games and physical literacy components will be overseen by a team of local certified coaches, based on Ontario Soccer Association's Long-term Player Development Model. Our goal is to build discipline, strong work ethics and leadership skills that are transferable to their daily life while encouraging active healthy living.

TENNIS

is an introductory set of beginner lessons aimed at exploring all aspects of the game. Children aged 8-12 will have the opportunity to learn the basic strokes, volleys and the serve. Using Tennis Canada's Progressive Tennis coaching model, players at the end of the session will be able to rally and keep the score for the sport.

CHILL SNOWBOARD

is a program for youth who are interested in improving their personal health and physical fitness through training one-on-one or in small groups. Chill's core youth development program revolves around a six-week curriculum that uses snowboarding to teach life skills and increase self-esteem in youth between the ages of 10-18.