

Send A Kid To Camp

Help provide a fun camp experience to and youth in your community. It costs approximately \$450 to send a kid to summer camp. The memories of fun times and laughter last a lifetime! Your support helps to ensure CYC may continue to provide programs and services to our communities.

children

Donate online



Scan code to connect

Summer Programs Sponsored By



Contact Us

Do you need space? Contact the CYC main office for rental details.



2 Lancaster Avenue
Toronto Ontario M4X 1C1

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Boxing: 416 961 2912
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Charitable Registration 888621893RR0001

Summer Programs

Fitness

Community

Social

CONTACT US:
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Cabbagetown Youth Centre Summer 2018

Our Mission

The CYC promotes the well-being and seeks to improve the quality of life for residents in Cabbagetown, St. James Town and Regent Park communities through the provision of social, recreational and skill development programs developed in direct response to community needs.

What CYC Does Best

- Provides barrier free access to programs
- Provides positive atmosphere and friendly staff
- Serves diverse children and youth in the community
- Offers a unique assortment of trips and activities
- Provides a free snack and lunch program
- Offers inclusive programs at multiple locations
- Incorporates mentoring, coaching & training for participants, volunteers and youth

Who We Are

The Cabbagetown Youth Centre (CYC) was founded in 1972 as the Cabbagetown Boxing Club to provide at-risk youth with positive alternatives through sport and recreation, while encouraging ongoing education.

Over the past 45 years, the CYC has expanded to meet the growing needs of the community to provide a complete range of recreational, social, educational & skill development programs for ages ranging from newborns to seniors, while maintaining a specific focus on at-risk children and youth. The CYC's mandate is to provide barrier-free access to programs otherwise not available to children, youth and families in St. Jamestown, Cabbagetown and Regent Park.

Cabbagetown Boxing Club

In keeping with the CYC's philosophy of responding to community needs, this boxing program was developed in direct response to requests from local youth. In 1972, boxing drew many of the neediest children in from the street and taught them discipline, self-confidence and respect for one another. The CYC boxing program has produced such notables as Canadian Boxing Champion, Shawn O'Sullivan, Johnny Kalbhenn, Egerton Marcus, Lisa Brown & Arthur Biyarslanov. To this day, boxing forms one component of a richer, more encompassing mix of social and recreational programs. Please call 416-961-2912 for additional program information, fees and gym schedule.

Co-ed Boxing / Boxercise



Mon., Wed. & Fri.
9:00 – 10:30 am
6:30 – 8:00 pm

Tues. & Thurs.
6:30 – 8:00 pm

Sat.
10:00 am - 12:00pm

Ages 17 & Up

Non-competitive, high energy, boxing skills workout. You must provide your own equipment. Boxing equipment is available for purchase at the gym.

Junior/ Youth Boxing



Tue to Fri
4:00 pm – 5:30

Saturday
12:00 – 2:00 pm

Youth Ages 8 – 16

Training goals are the development of cardiovascular fitness, strength and stamina. Athletes are encouraged to participate in competitions and develop the physical and mental skills that continues the tradition of the national and international recognition of the Cabbagetown Boxing Club.

Tech Box Basic & Advanced



Sunday
9:30 – 11:30
11:30 – 1:00 pm
Ages 5 - 12

A co-ed technical training course consisting of 8 sessions. Pre-registration and payment required.

Youth Workshops and Training

The Youth Empowerment Support Strategy (YESS) programs provide youth, ages twelve to eighteen years old, the opportunity to gain employment skills, while receiving hands on training and support. Youth will be involved in planned workshops, leadership training and volunteer opportunities. Please call 416-960-1032 for additional program information.

Workshops & Skill Development



Summer Employment & Volunteer Training

Monday - Friday
June 25 - 29
9:00 am - 5:00 pm
Ages 16 - 18

High Five
Coaching Theory 1
Sports Officiating Certification
Safe Food Handling
Youth Leadership Training
Resume Writing
Youth Advisory Council
Camp Program Planning
Volunteer Placement

Mentoring



Weekly
Ages 12 - 18

Activity Room,
CYC

YESS Coordinators and mentors provide support to youth to identify their needs, goals, aspirations, skills and abilities. Promote youth and family engagement in their community

- build resiliency, pro-social skills
- Helping youth who experience additional risk factors and challenges
- Providing youth with information, contacts, referrals and support as needed to build assets and address needs (e.g., housing, employment, education, health care and recreation; social and emotional issues)

Tots Summer Programs

Tuesday July 3 – Friday August 10,
2018



Participants:
Parents/Caregivers
Children ages 0 – 6 years old

CAPC provides "free community-based programs", for children 0 - 6 years, with their parents/caregiver. Family care, support, resources, education and drop-in Parenting Centre are offered by our knowledgeable and trained staff through a variety of programs.

Everything you do with your child will contribute to their learning and well-being!

Monday	Sensory Play Art with nature
Tuesday	Reading & Rhymes Local Community Outings
Wednesday	All Day Trip Please sign up
Thursday	Green Thumbs Fun with Food 1:00 pm – 3:00 pm
Friday	Movement & Music 10:00 am – 10:45 am

For more information please call:
CAPC CYC 416-960-8321
Serwat at Centre - 416-3930790
E: capcstjamestown@gmail.com

Summer Programs

PROGRAM	AGE	DAY & TIME	LOCATION
Jr. Playgroup Art activities, water play, outings, music & movement	4 – 6	Monday to Friday 9:00 am – 4:00 pm	Cabbagetown Youth Centre 2 Lancaster Avenue
Sports Camp Fun, fair play, teambuilding, baseball, basketball, volleyball, tennis, swimming & weekly trips	7 – 13	Monday to Friday 8:30 am – 4:30 pm	Rose Avenue P.S.
Sailing & Rowing Camp Certified instructors teach skills while building teamwork, confidence and self-esteem. Lunch and transportation are provided, 25 spots per session (must pass swim test)		Monday to Friday 8:00 am – 4:30 pm	Rose Avenue P.S. Outer Harbour Sailing Federation
	13 – 16	July 9 - 13	
	10 – 12	July 23 - 27	
Performing Arts Dance, drama, vocal, art, swimming, weekly day trips & Showcase	8 – 14	Monday to Friday 8:30 am – 4:30 pm	Rosedale Heights School of the Arts
Tennis Camp Activities, team building, skills & games	8 – 14	Monday to Friday 12:00 pm – 1:00 pm	Rose Ave. P.S.
Computer Camp Small group setting, typing skills, graphic design and safe internet tools. 15 spots per session (Lottery system, names drawn June 16 th)	5 – 6 7 – 8 9 – 10 11 – 16	Monday & Tuesday Wednesday Thursday Friday 1:00 pm – 3:00 pm	Rose Ave. P.S.

July 3 – August 17, 2018

PROGRAM	AGE	DAY & TIME	LOCATION
Karate Camp Self-defense, develop skills, kicks, punches, katas & sparring	7 – 13 14 – 18	Tuesday & Wednesday 10:30 am - 12:00 pm	280 Wellesley Street East
Soccer Camp Fun, fair play & team building, develop skills, passing, shooting, exciting drills and scrimmage	8 - 14	Monday to Friday 9:00 am – 12:00 noon	Playing Field, Winchester P.S.
Soccer League Fair play, build team work and self-esteem, play 2 games per week. Receive a team jersey & picture and attend the end of season party	4 – 5 6 – 8 9 – 11 12 – 14	Tues. & Thurs. Mon. & Wed. Tues. & Thurs. 6:00 pm – 9:00 pm Mon, Tues & Thurs 5:00 pm – 8:00 pm	Playing Field Winchester P.S. Playing Field Rose Avenue P.S.
Basketball Training Camp Small groups to enhance personal growth and develop skills	8 – 13 10 – 14	Monday to Friday 9:00 am – 12:00 pm Beginner 1:00 pm – 4:00 pm Intermediate	Rosedale Heights, School of the Arts
Basketball Leagues Fair play, team work and self-esteem, 2 games per week & a team jersey	10 – 14 15 - 18	Monday to Friday 4:00 pm – 6:00 pm Monday to Thursday 6:00 – 10:00 pm	Rosedale Heights, School of the Arts Lord Dufferin Public School
Youth Empowerment Support Strategy Volunteer placement LIT Program Workshops	12 - 18	Monday to Friday 8:30 am – 4:30 pm	Cabbagetown Youth Centre 2 Lancaster Avenue

The location of some camps may change due to facility renovations and maintenance. The CYC will notify all participants in the event of a change in programming.

CYC SUMMER 2018 REGISTRATION FORM

Please complete front & back

A. PROGRAMS You may participate in more than one program if there is no conflict			
JR PLAYGROUP ALL DAY 9 am – 4 pm <input type="checkbox"/> Ages: 4 - 6 <u>I.D. must be provided at registration</u>	TENNIS CAMP Ages: <input type="checkbox"/> 8 - 14	SOCCER LEAGUE Ages: <input type="checkbox"/> 4 - 5 <input type="checkbox"/> 6 - 8 <input type="checkbox"/> 9 - 11 <input type="checkbox"/> 12 - 14	
SPORTS CAMP Ages: <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13	KARATE Ages: <input type="checkbox"/> 7 - 13 <input type="checkbox"/> 14 - 18	SOCCER CAMP Ages: <input type="checkbox"/> 8 - 14	
PERFORMING ARTS CAMP Ages: <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14	SAILING & ROWING CAMP <input type="checkbox"/> Ages 13 – 16, Jul 9 – 13 (sailing & rowing) <input type="checkbox"/> Ages, 10 – 12, Jul 23 – 27 (sailing only)	BASKETBALL TRAINING Ages: <input type="checkbox"/> 8 - 13 <input type="checkbox"/> 10 - 14	BASKETBALL LEAGUES Ages: <input type="checkbox"/> 10-14 <input type="checkbox"/> 15 - 18
B. PERSONAL INFORMATION			
Today's Date: _____ Birth Date: _____ Day / Month / Year			
Child's Last Name: _____ Child's First Name: _____ Apt. #: _____			
Address: _____ City: _____ Province: _____ Postal Code: _____			
Home Phone: _____			
Parent/Guardian 1 Name (please print): _____ Work/Day Phone: _____			
Cell Phone: _____ Email: _____			
Parent/Guardian 2 Name (please print): _____ Work/Day Phone: _____			
Cell Phone: _____ Email: _____			
Emergency Contact: _____ Work/Day Phone: _____ (not a parent)			
Is this child allowed to go home alone? (only children 10 years old and up) Yes <input type="checkbox"/> No <input type="checkbox"/> Who is authorized to pick-up your child? _____			
C. PLEASE GIVE – YOUR SUPPORT IS IMPORTANT “OPTIONAL”			
CYC Programs are offered free of charge. The CYC counts on donations to provide this service. Your donation is most welcome!			
Donation Received \$ _____ Date: _____ <input type="checkbox"/> Cash <input type="checkbox"/> Cheque # _____			
Or donate online at https://www.canadahelps.org/en/charities/cabbagetown-youth-centre-inc/			
Tax Receipt Requested (for donations over \$20) <input type="checkbox"/> Yes <input type="checkbox"/> No			
D. SUMMER LUNCHES			
Free Summer Lunch (for All-Day Sports Camp, Performing Arts Camp, Sailing & Rowing Camp & Soccer Camp) Second Harvest provides free lunches daily to the Cabbagetown Youth Centre during our summer program months (vegetarian options are included everyday)			
Do you want your child to participate in the summer lunch program? <input type="checkbox"/> Yes <input type="checkbox"/> No			
If yes, please check one of the boxes below. <input type="checkbox"/> Regular Lunch <input type="checkbox"/> Vegetarian Lunch			

CYC SUMMER 2018 REGISTRATION FORM

Please complete front & back

E. SCHOOL INFORMATION

School : _____ Current Grade: _____

Do you have any allergies, food restrictions or medical concerns, which may affect your participation in CYC program?

Yes No If you have checked yes, please explain in the space provided below.

Doctor's Name: _____ Phone #: _____

F. VOLUNTEER

Join the CYC team and get involved with your community! Lend us your expertise or just lend a hand - we are confident that you will find this a rewarding experience. If you are in high school, this is an ideal opportunity for you to fulfill the community volunteer service requirement for your high school diploma.

If yes please check one of the boxes below.

Reading Mentor Fundraising Special Events Basketball Coach/Referee Soccer Coach/Referee

How may we contact you

Tel: _____ Email: _____

G. SIGNATURE

Cabbagetown Youth Centre Release of Liability and Assumption of Risk

In consideration of my participation in this _____ program, I hereby waive, release and discharge any and all claims for damages I may have, or which may hereafter accrue to me, as a result of my participation in this activity.

This release is intended to discharge in advance the instructors, promoters, sponsors, organizers, project managers, of this activity and any involved public school entity (and their respective agents and employees) including but not limited to the Cabbagetown Youth Centre, their employees, agents and directors, from and against any and all liability, which may arise out of negligence or carelessness on the parts of the persons or entities mentioned above.

Print Name of Participant or Parent/Guardian if Participant is under 18 yrs. _____ Signature _____ Date _____

I understand that this _____ Program may be photographed videotaped, and the Cabbagetown Youth Centre does have my permission to use the photographs, videotapes, and/or audiotapes for the purpose of promoting the work and mission of our organization.

I understand that this _____ Program may provide for off-site, local excursions in the community and give permission for _____ to attend.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release from liability regarding the parties listed above and assumption of risk by me.

Print Name of Participant or Parent/Guardian if Participant is under 18 yrs. _____ Signature _____ Date _____