

REC NIGHT

No registration fee, only a Rec Membership required to play & can be purchased at the Town Office.

The gym is open for one-hour per age group for unstructured play. Unstructured play is essential in your child's development and unlike structured play, it is not instructor-led, and does not have a particular strategy behind it.

Benefits of unstructured play:

- Important to healthy development of the brain;*
- Undirected play helps children learn how to work collaboratively, to share, to negotiate, to resolve conflicts, and learn self-advocacy skills;*
- When play is child-driven, children practice decision-making skills, move at their own pace, discover areas of interest on their own, and ultimately engage fully in the passions they wish to pursue;*
- When play is controlled by adults - such as in organized sports - children have to follow to adult rules and concerns (like winning) and lose some of the benefits play offers them, particularly in developing creativity, leadership and group skills;*
- Play and unscheduled time that allows for peer interactions is an important component of social-emotional learning; and*
- Free, child-driven, creative play protects against the effects of pressure and stress.*

Wednesday's (except during school breaks) at South Shore Rec Centre (School)
October - April

6:00-7:00 Kids Rec: Ages up to 6

Parents must accompany child

7:00-8:00 Jr. Rec: Ages 7-10

Parents encouraged to stay & play too!

8:00-9:00 Youth Rec: Ages 11+