

What is ProKids?

Participation
in sports and
recreational
activities
promotes
healthy child
development
and
self-esteem.



ProKids provides opportunities for kids and youth from low income families to participate in a sports or other recreational activity of their choice. Delivered through a partnership between Niagara Region, the YMCA of Niagara, and more than 200 sports and cultural organizations, ProKids matches kids with activities available in their community.

ProKids is based on research that shows that participation in sports and recreational activities promotes healthy child development and self-esteem and is linked to increased academic and social performance.



ProKids

providing recreation and cultural opportunities for children 0-18 years

**For more information and to register,
call 905 984-3750 or 905 945-2271
ext. 750 (Grimsby only)
or email pro-kids@niagararegion.ca**

Niagara Region
Building Community. Building Lives.



ProKids

providing recreation and cultural opportunities for children 0-18 years



Because
everyone
deserves a
chance to
participate

Financial disadvantage shouldn't keep anyone from participating in sports or the arts.

Who is eligible to join?

Children and youth from 0 to 18 years from families with an annual taxable income below \$40,000 are eligible to participate.

Is there a cost?

ProKids will cover up to \$100 of the cost of the activity. In cases where the cost exceeds \$100, some sports and cultural organizations will waive the additional amount.

How do I register my child?

Parents need to take the following steps to register their child in a ProKids activity:

Step 1 - Discuss activity options with your child

It's important that you take the time to discuss with your child what sport or activity he or she is interested in. Review the choices listed in this brochure, and knowing your child as you do, give them the best advice you can. Before registering your child, make sure you have decided on an activity.

Step 2 - Determine if your child is eligible

Determine if your child meets the program eligibility criteria by calling Niagara Region Children's Services at 905 984-3750 or 905 945-2271 ext. 750 (Grimsby only).

Step 3 - Indicate preferred activity

Advise the Children's Services representative of your child's activity of choice. This information will be forwarded to the ProKids Coordinator.

Step 4 - Discuss options with ProKids Coordinator

Once you've confirmed your child's eligibility and indicated the desired activity to Niagara Region Children's Services, the ProKids Coordinator will contact you. The Coordinator will work with you to enroll your child in the activity of their choice. If the activity is not available in your community, the Coordinator will discuss other options for you, including accessing the activity in another community or choosing an alternative activity.

Step 5 - Enjoy watching your child participate!

Actively support and encourage your child in their activity by attending their practices, games and performances.

Note: You will need to register your child each year.



ProKids partners with many sports and cultural organizations to offer the following activities:

Acting/Drama	Lacrosse
Arts and Crafts	Literacy Education
Badminton	Martial Arts
Baseball	Modeling
Basketball	MultiSport
Bowling	Music
Boxing	Parent & Tot program
Cooking	Racquetball
Cultural	Rowing
Curling	Rugby
Dancing/Cheerleading	Scouting/Guides
Fencing	Skateboarding
Fitness/Weight Training	Skating (ice/roller)
Football	Skiing
Golf	Soccer
Gymnastics	Special Needs Program
Hockey	Swimming
Horseback Riding	Tennis
Jump Rope	Volleyball
	Wrestling