Winter 2027 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

To create a **Recreation Family account** for recreation program/membership registration please visit one of our Recreation customer service desks. For new accounts with a Whitby address proof of residency will be required (Photo ID and proof of address such as a Drivers Licence or Ontario Photo Card).

Once your new customer Recreation Family account is created, be sure to choose the **"forgot my password"** link to choose your new password the first time you login.

If you have held an account with us in the past, please try your email address in the **forgot password link** to retrieve your account and prevent creating a duplicate account.

To change your address in your existing Active Net Recreation Family account please visit a **Recreation customer service desk for assistance.**

Online Payment methods include: Visa, AMEX, Mastercard, Apple Pay, and Google Pay (At this time we cannot process Visa Debit cards online)

For assistance with account creation or online support please call 905.655.2010 or 905.668.7765

Register In Person

Visit one of the following registration locations to complete your program registration and payment in person. Payment methods include: Cash, debit, cheque, credit, Apple Pay, and Google Pay

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Fieldgate Sports Complex, 2 Gathering Pl, Whitby, 905.655.2870

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

Whitby 55+ Recreation Centre, 801 Brock St S, 905.668.1424

Refunds, Transfers and Registration Policies

Refund Policy - Recreation Programs and Memberships

Program Cancellations:

The Town of Whitby is committed to providing fair and transparent refund practices for recreation programs. If a program is cancelled by the Town prior to its start, participants will receive a full refund; if cancelled after the program begins, a prorated refund will be issued.

Participants who withdraw at least three business days before the start date are eligible for a refund or account credit, less a $10 + HST administrative fee. Withdrawals made after the program begins but before the second class may receive a prorated refund or credit, also subject to the administrative fee. No refunds are available after the second class unless supported by medical documentation or approved by a supervisor.

For camps, workshops, and P.A. Day programs, **refund requests** must be submitted at least five days before the start date, less a $10 + HST administrative fee. No partial refunds are provided once the camp week has begun, except in cases of medical exemption with documentation.

Refund requests for special events made within seven days of the event are considered at staff discretion. Drop in admission tickets and 10-pass packages are non-refundable and hold no cash value.

Transfers are permitted based on availability, with level-based programs such as swimming lessons requiring staff approval. **The refund request form** is for withdrawals/refunds only. For assistance with a program transfer please contact one of our customer service desks.

Membership Cancellations:

Membership cancellations must be submitted within the membership term and will be prorated from the date of cancellation, subject to the administrative fee. Health Club members who cancel within ten days of joining may choose either a full refund or a full value credit.

Missed Classes

In the event that a customer is unable to attend a class, makeup class(es) will not be offered.

How to Request a Refund, Withdrawal or Program Transfer

Refund Requests:

Withdrawals, refunds and transfers cannot be processed in your online account. To request a withdrawal or refund, participants must complete **the refund request form.** If you are unable to complete the form online, please call our Customer Service Centre at 905.666.1991 or visit a recreation facility customer service desk for an alternate format.

Program Transfers:

Transfers are permitted based on availability, with level-based programs such as swimming lessons requiring staff approval. For assistance with a program transfer please contact one of our customer service desks.

Station Gallery

Refund Policy/Early Course Withdraw Policy

If a registrant withdraws from a program more than 7 days prior to the start date, a full credit/refund will be issued.

If a registrant withdraws 3-7 days prior to the start date, a credit in the amount of the course cost, minus a $20 administration fee, will be issued to the participant's account.

There will be no refunds to participants who withdraw 48 hours or less prior to a program start date.

Subsidized Program Guide

All programs qualify for subsidy with the Access Program, Region of Durham Recreation Program Cards unless they have the following:

(#) Does not qualify for the Access Program

(@) Does not qualify for Region of Durham Recreation Program cards

If you have questions regarding subsidy please visit whitby.ca/subsidy

55+ Programs

All 55+ programs require a 55+ Membership which can be purchased at registration locations or online whitby.ca/active by participants who are age 55 and older. The current cost of a 55+ Membership is $22.86 plus HST. Membership is free for those participants who are age 90+.

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Preschool Programs

General Interest

123 Come learn with me

Each week will focus on numbers and counting. Participants will also learn about letters and colours while becoming comfortable and confident in a classroom on their own. There may also be circle time, songs and free play.

73321	2.5-5yrs	Brooklin CC&L	10 weeks
Thu	Jan 14-Mar 25	11:15am-12:00pm	$92.28

ABC Come learn with me

Each week will focus on a new letter in the Alphabet. Participants will also learn about colours and numbers while becoming comfortable and confident in a classroom on their own. There may also be circle time, songs and free play.

73322	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 13-Mar 24	11:30am-12:15pm	$92.28

Count, Sort & Explore! Preschool Math Adventures

Make math fun through hands-on play and learning! Preschoolers will be introduced to early math concepts through engaging activities, stories, crafts, and movement. They will learn skills such as counting, number recognition, sorting, patterning, measuring and shapes in a fun environment.

73324	2.5-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 11-Mar 22	11:30am-12:15pm	$83.05

Craft and Play

Each week participants will make a craft, meet new friends and learn through play. Please note this is not a parent and tot class.

73325	2.5-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Jan 12-Feb 9	5:30pm-7:00pm	$69.21

Family Fun Fridays

Each week families will explore new themes including music, movement, dance, sensory time, STEM activities and more. A craft story time and free play are included in this program.

73326	1.5-5yrs	Brooklin CC&L	5 weeks
Fri	Jan 15-Feb 12	10:15am-11:45am	$69.21
73327	1.5-5yrs	Brooklin CC&L	5 weeks
Fri	Feb 19-Mar 26	10:15am-11:45am	$69.21

Intro to Ready for School

This gentle, play-based program bridges the gap between Parent & Tot programs and school readiness programs. Through music, movement, art, and sensory exploration, children gain confidence, practice simple routines, and build social skills in a nurturing, supportive environment.

73328	2.5-4yrs	Brooklin CC&L	10 weeks
Thu	Jan 14-Mar 25	10:00am-11:00am	$92.28

Learning Adventures - Kindness and Friendship Adventures

Explore the forest and discover the wonderful world of woodland animals! Preschoolers learn about friendships, caring, sharing, and kindness through stories, games, art, and cooperative activities. Free play may be included.

73330	3-5yrs	Brooklin CC&L	4 weeks
Mon	Feb 22-Mar 22	5:30pm-7:00pm	$55.37

Learning Adventures - Winter Wonderland Adventures

Learn all about the winter season in this fun-filled preschool program designed for little learners! Preschoolers explore the magic of winter through hands-on activities, stories, songs, science, art, and sensory play. Free play may be included.

73329	3-5yrs	Brooklin CC&L	5 weeks
Mon	Jan 11-Feb 8	5:30pm-7:00pm	$69.21

Messy Family Fun

Caregivers and tots work together to create a messy and fun craft project each week. They also get to enjoy stories, songs and finger plays. Caregiver to tot ratio 1:1.

73332	1.5-5yrs	Brooklin CC&L	10 weeks
Fri	Jan 15-Mar 26	9:15am-10:00am	$92.28

Paint and Play

Each week participants will paint a new masterpiece, meet new friends and learn through play. Please note this is not a parent and tot class.

73333	2.5-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Feb 16-Mar 23	5:30pm-7:00pm	$69.21

Parent and Tot ABC's and 123's

Each week focuses on different letters and numbers through crafts, stories, songs, movement, and play in a fun, family-friendly environment.

73334	1.5-5yrs	Brooklin CC&L	10 weeks
Wed	Jan 13-Mar 24	11:30am-12:30pm	$92.28

Parent and Tot Little Learners

Each week will focus on a new, exciting topic. Tots will learn about the theme through art, sensory and play. There may also be a circle time, songs and free play. Topics may include space, bugs, animals and more! Parent to tot ratio is 1:1.

73335	1.5-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 16-Mar 27	11:00am-11:45am	$92.28

Parent and Tot Move and Groove

Parents and tots will dance, move, stretch and strengthen their gross motor skills, through a variety of activities. Tots will develop coordination, balance, and body awareness through playful movement, games, and obstacle circuits. Each class encourages teamwork, confidence, and joyful energy while supporting early physical-literacy skills.

73337	2-5yrs	Brooklin CC&L	10 weeks
Fri	Jan 15-Mar 26	9:15am-10:15am	$92.28

Parent and Tot Music

Join us for Parent and Tot Music! Participants will make a music themed craft, sing songs and participate in active songs and finger plays. Free play may be included. Parent to tot ratios is 1:1.

73338	1.5-5yrs	Brooklin CC&L	10 weeks
Mon	Jan 11-Apr 5	11:30am-12:15pm	$92.28
73339	1.5-5yrs	Whitby Civic Rec Complex	10 weeks

Thu	Jan 14-Mar 25	6:30pm-7:15pm	$92.28

Parent and Tot Science

It's super science time! Come and try some fun experiments and explore new topics every week! There will also be a circle time, songs and free play. Parent to tot ratio is 1:1.

73340	1.5-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 14-Mar 25	5:30pm-6:15pm	$92.28

Parent and Tot Themed Activity Days

Each week with focus on a different seasonal or holiday theme, including a craft, story and circle time. Free play and sensory play may be included.

73341	1.5-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 16-Mar 27	10:00am-10:45am	$92.28

Play and Learn

This is a great introduction class for children who are ready to be on their own for the first time! Each session we will explore different themes like letters, numbers, shapes and colours. Preschoolers will learn through a play-based approach which will include games, table activities, circle time, crafts and more!

73342	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 12-Mar 23	9:15am-11:15am	$184.55

Ready for School

If your child is heading off to kindergarten soon, this is the perfect class to get them ready for school! It introduces children to the fundamentals of science, math, and language. It also introduces fine and gross motor skills taught in school by using structured circle and table activities in a fun-filled and positive atmosphere. In preparation for Kindergarten, this program promotes independence and socialization skills. Children should be toilet trained and out of diapers in order to join this class. Children must be 4 by December 31, 2027, in order to register for this program.

73346	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon,Wed	Jan 11-Mar 31	9:15am-11:15am	$369.10
73345	3-5yrs	Brooklin CC&L	10 weeks
Mon,Wed	Jan 11-Mar 31	9:15am-11:15am	$369.10

Preschool Leagues and Sporting Groups

Parent and Tot Basketball

Children will partner with their parents to learn foundational skills for basketball in a fun environment. Using child-size nets and basketballs, kids will be introduced to skills like dribbling, shooting, passing and catching while also learning basic rules. This program will have structured learning and free-play for you and your little one.

74832	3-5yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	10:15am-10:55am	$76.12
75245	2-3yrs	Fieldgate SC	10 weeks
Mon	Jan 4-Mar 15	5:15pm-5:55pm	$69.20
75246	3-5yrs	Fieldgate SC	10 weeks
Mon	Jan 4-Mar 15	6:00pm-6:40pm	$69.20

Parent and Tot Indoor Soccer

Parents and children can enjoy a fun, non-competitive introduction to the game of soccer in this program. Take part in free-play, basic skills and fun games and activities.

74833	3-5yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	11:45am-12:25pm	$76.12
74834	2-3yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	11:00am-11:40am	$76.12

Parent and Tot Kinder Sports

This parent and child program is suited for the little athlete in your family. Each week, children enjoy learning new sports and basic skills. Free-play and fun games and activities are also included.

74835	2-4yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	9:30am-10:10am	$76.12

Children's Programs

Fitness

Taekwondo 4-6 YRS

Do you want to discover the dynamic sport of Olympic Taekwondo with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Then join this class! Our

family training environment supports the recreational and performance streams. This program is for children 4-7 years old. This program is by registration only.

73218	4-6yrs	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	4:30pm-5:25pm	$102.18
73221	4-6yrs	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	10:00am-10:55am	$102.18
73211	4-6yrs	Whitby Civic Rec	11 weeks
Sun	Jan 10-Mar 21	10:00am-10:55am	$102.18

Taekwondo 7-11 YRS

Do you want to discover the dynamic sport of Olympic Taekwondo with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Then join this class! Our family training environment supports the recreational and performance streams. This program is for children 7-11 years old. This program is by registration only.

73219	7-11yrs	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	5:30pm-6:25pm	$102.18
73220	7-11yrs	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	6:30pm-7:25pm	$102.18

Taekwondo 7-11 YRS

Taekwondo is a popular and global Martial art and Olympic sport for all ages and abilities. Our recreational program is delivered in a fun and safe learning environment with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Introduction to the sport, fundamental skills and structure are covered in the curriculum. This program is by registration only.

73223	7-11yrs	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	11:00am-11:55am	$102.18
73224	7-11yrs	Whitby Civic Rec	11 weeks
Sun	Jan 10-Mar 21	11:00am-11:55am	$102.18

Computer & Technology

Engineering For Kids - Junior - Chem Kids (#@)

Spark your child's curiosity and ignite their passion for science with an unforgettable journey through the captivating world of chemical engineering. Through playful activities and creative experiments, students will unravel the mysteries of matter. From fizzing

chemical reactions to dazzling color changes, they'll delight in the magic of transformation as they learn about atoms, molecules, and the forces that drive these reactions. Learning about chemical engineering has never been more fun!

74192	4-7yrs	McKinney Centre	8 weeks
Mon	Jan 11-Mar 8	5:30pm-6:30pm	$280.00

Engineering For Kids - Junior - Let's Make Toys (#@)

It is fun for a kid to play with a toy. Imagine how amazing it can be to play with a self-made toy. In this program, the youngest engineers will be introduced to the fundamental concepts of energy, materials and movement. Students will explore and make different mechanical toys. They will also learn the basics of how to program simple robot toys

74196	4-7yrs	Brooklin CC&L	8 weeks
Thu	Jan 14-Mar 4	5:30pm-6:30pm	$280.00

Engineering For Kids - Junior - Winter Wonderland (#@)

Bundle up and get ready for the coolest engineering adventure of the season! This program combines the wonder of winter with the excitement of hands-on engineering with winter-themed projects that make learning fun and memorable. You won’t want to miss this frosty, fun-filled experience.

74191	4-7yrs	Fieldgate SC	7 weeks
Sat	Jan 16-Mar 6	10:00am-11:00am	$245.00

Engineering For Kids - Senior - High Voltage Hijinks (#@)

Get powered-up for an energetic week of electrical engineering! In this class you will learn how to generate power using electromagnets, electrical circuits, wind turbines, and solar panels. You will take on exciting, hands-on engineering challenges and put your creations to the test using the EFK Engineering Design Process. This is an illuminating experience you won't want to miss!

74198	8-12yrs	Brooklin CC&L	8 weeks
Thu	Jan 14-Mar 4	7:00pm-8:00pm	$304.00

Engineering For Kids - Senior - Master Machines (#@)

Gear up for an exciting week of mechanical engineering! In this class, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

74201	8-12yrs	Fieldgate SC	7 weeks
Sat	Jan 16-Mar 6	11:30am-12:30pm	$266.00

Engineering For Kids - Senior - Motion Commotion (#@)

Students step into the imaginative world of Motion Commotion, where creativity, storytelling, and engineering meet through the art of stop motion animation. From Claymation and sand animation to masking techniques and sound design, students learn how to make characters, scenes, and objects come to life one frame at a time. Each lesson blends artistic expression with technical skill, encouraging students to experiment with materials, plan their scenes, and problem-solve like engineers. By the end of the program, students will have a collection of animated creations that showcase their ability to design, build, test, and refine their ideas.

74199	8-12yrs	McKinney Centre	8 weeks
Mon	Jan 11-Mar 8	7:00pm-8:00pm	$304.00

Kids Great Minds - Code It! Build It! Play It! (#@)

What if a piece of celery became a piano key, or a cereal box turned into an Operation game? In this hands-on program, kids will code games and then bring them to life using everyday objects as controls. They'll create a Whack-a-Mole game, code musical instruments they can actually play, design interactive challenges, and more. It's a creative, hands-on way to learn coding while building projects that are fun to make and even more fun to try!

74206	8-12yrs	Brooklin CC&L	8 weeks
Wed	Jan 13-Mar 3	5:55pm-7:10pm	$259.00

Kids Great Minds - Digital Animation Adventures (#@)

Your child will begin their digital animation journey by creating their animated stories. With step-by-step guidance, they will unleash their creativity and learn the 12 principles of animation to bring their stories and characters to life. Throughout the program, children will explore digital animation concepts while developing their creativity and imagination. At the end of the session, we will email you all the amazing animations your child created, so they can proudly show off their work!

74205	6-11yrs	Brooklin CC&L	8 weeks
Wed	Jan 13-Mar 3	4:50pm-5:50pm	$199.00

Kids Great Minds - Graphic Design & Digital Creation (#@)

Discover the world of graphic design through fun, creative projects using Canva! Students will learn how colours, fonts, images, layouts, and other design elements work

together to create eye-catching digital designs. Throughout the program, they'll create projects such as a magazine page, a T-shirt design, a logo, and an animated presentation, while learning the techniques used to make their designs look polished and professional. Along the way, they'll develop creativity, visual communication, and design skills they can use for school projects and their own creations.

74209	10-14yrs	Brooklin CC&L	8 weeks
Wed	Jan 13-Mar 3	7:15pm-8:30pm	$259.00

General Interest

Beyond the Brush

Young artists will go beyond the brush and explore a variety of new art and painting techniques. Participants will create unique works of art, while making new friends in a fun environment.

73323	9-11yrs	Fieldgate SC	10 weeks
Wed	Jan 13-Mar 24	6:45pm-7:45pm	$92.28

Masterpiece Makers

Masterpiece Makers is where imagination and creativity come to life! In this hands-on class, young artists will experiment with drawing, painting, crafts and mixed media, while learning new skills and techniques each week.

73331	6-8yrs	Fieldgate SC	10 weeks
Wed	Jan 13-Mar 24	5:30pm-6:30pm	$92.28

Leagues and Sporting Groups

Badminton - Basics for Kids

This program is for kids that are new to the sport of badminton and want to learn how to play. Learn different shots, how to serve, general rules and have fun along the way. Racquets are provided but you are welcome to bring your own.

74800	7-9yrs	Fieldgate SC	11 weeks
Wed	Jan 6-Mar 17	5:00pm-5:55pm	$98.55

Badminton – Kids

Participants will learn the rules and techniques of badminton in a non-competitive, friendly environment along with other children. Racquets are provided but you are welcome to bring your own.

74801	10-12yrs	Fieldgate SC	11 weeks
Wed	Jan 6-Mar 17	6:00pm-6:55pm	$98.55
74802	10-12yrs	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	1:15pm-2:10pm	$98.55

Basketball - Basics for Kids

Your child will learn how to play basketball in a fun and friendly environment. They learn new skills and play fun, non-competitive games. Rules are gradually introduced as everyone learns how to play the game of basketball.

74790	6-8yrs	Brooklin CC&L	11 weeks
Tue	Jan 5-Mar 16	5:00pm-5:55pm	$98.55
74806	6-8yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	3:00pm-3:55pm	$98.55

Basketball – Kids

Players develop their basketball skills through non-competitive games and fun drills focusing on dribbling, passing and shooting skills.

74791	9-11yrs	Brooklin CC&L	11 weeks
Thu	Jan 7-Mar 18	5:00pm-5:55pm	$98.55
74807	9-11yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	4:00pm-4:55pm	$98.55

Indoor Junior Golf - Kids (#@)

Get ready to tee it up indoors! This introductory golf program gives kids the opportunity to learn and practice golf fundamentals right in the gymnasium. Participants will work on putting, chipping and swinging through fun, age-appropriate activities. Games and skill-building challenges will help develop coordination, confidence and an understanding of basic golf techniques and etiquette. Perfect for new golfers looking to try the sport in an active and welcoming environment. No previous experience is required. No golf clubs required.

75199	5-6yrs	Fieldgate SC	5 weeks
Sat	Jan 9-Feb 6	9:30am-10:30am	$150.00
75200	7-8yrs	Fieldgate SC	5 weeks
Sat	Jan 9-Feb 6	10:30am-11:30am	$150.00
75201	9-10yrs	Fieldgate SC	5 weeks

Sat	Jan 9-Feb 6	11:30am-12:30pm	$150.00
75202	5-6yrs	Fieldgate SC	5 weeks
Sat	Feb 13-Mar 13	9:30am-10:30am	$150.00
75203	7-8yrs	Fieldgate SC	5 weeks
Sat	Feb 13-Mar 13	10:30am-11:30am	$150.00
75204	9-10yrs	Fieldgate SC	5 weeks
Sat	Feb 13-Mar 13	11:30am-12:30pm	$150.00

Indoor Soccer – Kids

Your child will learn how to play soccer in a fun and friendly environment. They learn new skills and play fun, non-competitive games.

74830	6-8yrs	Fieldgate SC	11 weeks
Thu	Jan 7-Mar 18	5:00pm-5:40pm	$76.12
74831	9-11yrs	Fieldgate SC	11 weeks
Thu	Jan 7-Mar 18	5:45pm-6:40pm	$98.55
74829	6-8yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	2:00pm-2:55pm	$98.55

Pickleball - Kids Beginner

This program is designed for kids starting Pickleball. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play Pickleball. Kids will build up to playing full games. Paddles are provided but you are welcome to bring your own.

74844	9-12yrs	Fieldgate SC	11 weeks
Fri	Jan 8-Mar 19	5:00pm-5:55pm	$98.55

Pickleball - Kids Level 1 and 2

This program is designed for beginners and juniors who are ready to play. Some instruction will be provided. Rules and gameplay experience is strongly recommended. Players will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74845	9-12yrs	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	5:45pm-6:40pm	$98.55

Sportball - Indoor Coach and Child Multi-Sport (#@)

Sportball is a high energy, non-competitive program that introduces children to eight popular sports through fun, skill-building activities. Kids develop confidence, coordination, and healthy habits while learning the fundamentals of baseball, basketball, hockey, soccer, tennis, volleyball, golf, and football. Sportball is about more than just sports skills. We emphasize teamwork, social development, and building self esteem, creating a positive, active experience for every child. Parents are asked to remain outside of the play space to minimize distractions and separation anxiety.

75084	3-5yrs	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	5:30pm-6:30pm	$191.25
75085	5-8yrs	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	6:30pm-7:30pm	$191.25
75080	3-5yrs	Brooklin CC&L	11 weeks
Sun	Jan 10-Mar 21	9:45am-10:45am	$233.75
75081	5-8yrs	Brooklin CC&L	11 weeks
Sun	Jan 10-Mar 21	10:45am-11:45am	$233.75
75082	3-5yrs	Brooklin CC&L	11 weeks
Sun	Jan 10-Mar 21	11:45am-12:45pm	$233.75
75089	3-5yrs	Heydenshore Pavilion	10 weeks
Wed	Jan 6-Mar 10	5:30pm-6:30pm	$212.50
75090	5-8yrs	Heydenshore Pavilion	10 weeks
Wed	Jan 6-Mar 10	6:30pm-7:30pm	$212.50

Sportball - Indoor Parent and Child Multi-Sport (#@)

Children and parents will develop skills in eight different ball sports. Children learn important introductory physical skills and develop confidence in their abilities. Parents also learn techniques for use outside of Sportball classes.

75083	2-3yrs	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	4:45pm-5:30pm	$191.25
75086	18mos-30mos	Fieldgate SC	10 weeks
Thu	Jan 7-Mar 11	9:00am-9:45am	$212.50
75087	30mos-4yrs	Fieldgate SC	10 weeks
Thu	Jan 7-Mar 11	9:45am-10:30am	$212.50
75079	2-3yrs	Brooklin CC&L	11 weeks
Sun	Jan 10-Mar 21	9:00am-9:45am	$233.75

75088	2-3yrs	Heydenshore Pavilion	10 weeks
Wed	Jan 6-Mar 10	4:45pm-5:30pm	$212.50

Children's March Break Camps

Preschool Camps

March Break Kinder Camp

Come spend your March Break holiday at the Brooklin Community Centre & Library. Under the care of trained camp counsellors, kids ages 4 to 5 learn and have fun with specialized camp activities, crafts, songs and games. Children must be toilet trained.

73348	4-5yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-4:30pm	$247.44

Children Camps

March Break Kidz Camp

Come spend your March Break holiday at the Brooklin Community Centre & Library. Under the care of trained camp counsellors, kids ages 6 to 13 learn and have fun with specialized camp activities, crafts, songs and games.

73347	6-13yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-4:30pm	$234.18

Sportball - March Break Camp (#@)

March Break Camp provides a great change of pace for children during school holidays. Sportball camps focus on the eight core Sportball sports including hockey, soccer, tennis, baseball, basketball, volleyball, golf and football as well as arts and crafts, snack time, stories, music and co-operative games.

75091	4-8yrs	Fieldgate SC	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-12:00pm	$210.00
75092	4-8yrs	Fieldgate SC	5 days
Mon-Fri	Mar 15-Mar 19	1:00pm-4:00pm	$210.00

Engineering For Kids - Junior - March Break Camp (#@)

Playful PlaygroundIn this camp, students will become mechanical engineers that have been hired to design the ultimate playground in their community. Playgrounds are

packed full of simple machines such as levers, wheels and axles, inclined planes, and pulleys. In these lessons students will learn about the simple machines they encounter every day at the playground, while advancing their literacy skills through a variety of read alouds. They will tackle fun and engaging challenges while using the EFK Engineering Design Process. We can't wait to play!

74202	4-7yrs	Fieldgate SC	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-4:00pm	$370.00

Youth Programs

Arts and Crafts

Youth Art Lounge - Air Dry Clay Animals

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74216	8-11yrs	Fieldgate SC	1 class
Thu	Mar 4-Mar 4	6:00pm-7:30pm	$13.44

Youth Art Lounge - Dip-Dyed Mug Painting

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74217	8-11yrs	Fieldgate SC	1 class
Thu	Mar 18-Mar 18	6:00pm-7:30pm	$13.44

Youth Art Lounge - DIY Name Banners

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74219	8-11yrs	Fieldgate SC	1 class
Thu	Feb 18-Feb 18	6:00pm-7:30pm	$13.44

Youth Art Lounge - DIY Tote Bag

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74226	8-11yrs	Fieldgate SC	1 class
Thu	Jan 14-Jan 14	6:00pm-7:30pm	$13.44

Youth Art Lounge - Gemstone Lanterns

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime,and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74222	8-11yrs	Fieldgate SC	1 class
Thu	Feb 11-Feb 11	6:00pm-7:30pm	$13.44

Youth Art Lounge - Mermaid Hairbrushes

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74223	8-11yrs	Fieldgate SC	1 class
Thu	Feb 25-Feb 25	6:00pm-7:30pm	$13.44

Youth Art Lounge - Oil Pastel Northern Lights

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74215	8-11yrs	Fieldgate SC	1 class
Thu	Jan 21-Jan 21	6:00pm-7:30pm	$13.44

Youth Art Lounge - Picture Frame Decorating

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74224	8-11yrs	Fieldgate SC	1 class
Thu	Mar 11-Mar 11	6:00pm-7:30pm	$13.44

Youth Art Lounge - Slime & Soda Lab

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74220	8-11yrs	Fieldgate SC	1 class
Thu	Feb 4-Feb 4	6:00pm-7:30pm	$13.44

Youth Art Lounge - Snowflake Textured Art

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74213	8-11yrs	Fieldgate SC	1 class
Thu	Jan 28-Jan 28	6:00pm-7:30pm	$13.44

Youth Art Lounge - Stained Glass Spring Art

Join us for weekly seasonal and theme-based mixed media art! Celebrate the creativity of the season with activities that may include winter themed art, air-dry clay creations, DIY tote bags, slime, and more! Sign up for your favourite theme or join us for the whole season of fun and creativity.

74218	8-11yrs	Fieldgate SC	1 class
Thu	Mar 25-Mar 25	6:00pm-7:30pm	$13.44

Drawing & Painting

Youth Mixed Media Program

Join the youth room Mixed Media program every Thursday for a fun and creative experience where participants have the opportunity to create and explore a variety of art mediums. Through this program, youth will explore a new art medium each week such as air dry clay, tote bag painting, mosaics, and a variety of others for participants to create with.

74227	12-18yrs	Brooklin CC&L	8 weeks
Thu	Jan 21-Mar 11	4:30pm-5:30pm	Free

Youth Mixed Media Program

Join the youth room Mixed Media program every Tuesday for a fun and creative experience where participants have the opportunity to create and explore a variety of art mediums. Through this program, youth will explore a new art medium each week such as air dry clay, tote bag painting, mosaics, and a variety of others for participants to create with.

74229	12-18yrs	McKinney Centre	8 weeks
Tue	Jan 19-Mar 9	4:30pm-5:30pm	Free

First Aid & Safety

Stay Safe! Course (#@)

The Canadian Red Cross Stay Safe! program provided by Durham First Aid Inc., Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

74210	9-13yrs	McKinney Centre	1 class
Sat	Jan 23-Jan 23	9:00am-3:00pm	$71.00
74211	9-13yrs	Brooklin CC&L	1 class
Thu	Mar 18-Mar 18	9:00am-3:00pm	$71.00

Leadership and Training

Babysitting Course (#@)

In this Canadian Red Cross course delivered by Durham First Aid Inc., experienced Youth Leaders will provide a course in basic first aid and care-giving skills. Participants learn how to provide care to younger children from a variety of age groups and how to prevent and respond to emergencies. This course also offers youth the training to promote themselves as a babysitter to prospective parents. Help your child build valuable skills for a lifetime, as a trained babysitter.

74189	11-16yrs	Brooklin CC&L	1 class
Fri	Jan 22-Jan 22	9:00am-5:00pm	$76.00
74188	11-16yrs	McKinney Centre	1 class
Sat	Feb 20-Feb 20	9:00am-5:00pm	$76.00
74190	11-16yrs	Brooklin CC&L	1 class
Wed	Mar 17-Mar 17	9:00am-5:00pm	$76.00

Leagues and Sporting Groups

Badminton – Youth

Participants will get to work on skills during drills and friendly gameplay. Some experience recommended. Racquets are provided but you are welcome to bring your own.

74803	11-15yrs	Fieldgate SC	11 weeks
Wed	Jan 6-Mar 17	7:00pm-7:55pm	$98.55
74804	11-15yrs	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	1:15pm-2:10pm	$98.55

Basketball – Youth

Participants will get to work on skills during drills and friendly gameplay. Some experience recommended.

74792	11-14yrs	Brooklin CC&L	11 weeks
Thu	Jan 7-Mar 18	6:00pm-6:55pm	$98.55
74809	11-14yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	5:00pm-5:55pm	$98.55

Basketball - Youth Boys

Exclusively for boys, enjoy fun and friendly basketball games while working on skills and drills too. Some experience recommended.

74810	11-14yrs	Fieldgate SC	10 weeks
Mon	Jan 4-Mar 15	6:45pm-7:40pm	$89.59

Basketball - Youth Girls

Exclusively for girls, enjoy fun and friendly basketball games while working on skills and drills too. Some experience recommended.

74808	11-14yrs	Fieldgate SC	10 weeks
Mon	Jan 4-Mar 15	6:45pm-7:40pm	$89.59

Pickleball - Youth Beginner

This program is designed for youth who are ready to play. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play Pickleball. Rules and gameplay experience is recommended but not required. Players will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74846	13-17yrs	Fieldgate SC	11 weeks
Fri	Jan 8-Mar 19	5:00pm-5:55pm	$98.55

Pickleball - Youth Level 1 and 2

This program is designed for beginners and juniors who are ready to play. Some instruction will be provided. Rules and gameplay experience is strongly recommended. Players will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74847	13-17yrs	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	5:45pm-6:40pm	$98.55

Volleyball - Youth Boys Recreational

Exclusively for boys, participants will work on their skills for serving, passing, setting, and hitting. Teamwork and fun will be a focus for all drills and gameplay. Some experience recommended but not required.

74851	12-15yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	6:30pm-7:25pm	$98.55

Volleyball - Youth Girls Recreational

Exclusively for girls, participants will work on their skills for serving, passing, setting, and hitting. Teamwork and fun will be a focus for all drills and gameplay. Some experience recommended but not required.

74852	12-15yrs	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	6:30pm-7:25pm	$98.55

Swimming Programs

Adult Aquafit

Aquafit - CRC

Do you want an exercise that is easy on joints and is a great muscle toning workout? Then join this aquafit class! First time exercisers to elite athletes can work at their own level and enjoy all the benefits of a great water workout! No swimming experience is required.

75161	Mon	Jan 4-Mar 8	9:00am-9:45am	$85.58	9 weeks
75173	Mon	Jan 4-Mar 8	9:45am-10:30am	$85.58	9 weeks
75174	Tue	Jan 5-Mar 9	8:45am-9:30am	$95.09	10 weeks
75175	Tue	Jan 5-Mar 9	7:15pm-8:00pm	$95.09	10 weeks
75176	Thu	Jan 7-Mar 11	9:00am-9:45am	$95.09	10 weeks
75177	Thu	Jan 7-Mar 11	9:45am-10:30am	$95.09	10 weeks
75178	Thu	Jan 7-Mar 11	7:15pm-8:00pm	$95.09	10 weeks
75179	Fri	Jan 8-Mar 12	8:45am-9:30am	$95.09	10 weeks
75180	Sat	Jan 9-Mar 13	1:15pm-2:00pm	$95.09	10 weeks

Aquafit - Deep Water AOP

For a challenging and effective workout, enjoy the natural resistance of this deep-water class. Ideal for all fitness levels.

75162	Tue	Jan 5-Mar 9	9:00am-9:45am	$95.09	10 weeks
75167	Tue	Jan 5-Mar 9	9:45am-10:30am	$95.09	10 weeks
75168	Wed	Jan 6-Mar 10	9:00am-9:45am	$95.09	10 weeks
75169	Wed	Jan 6-Mar 10	9:45am-10:30am	$95.09	10 weeks
75170	Wed	Jan 6-Mar 10	8:00pm-8:45pm	$95.09	10 weeks
75171	Fri	Jan 8-Mar 12	9:00am-9:45am	$95.09	10 weeks
75172	Fri	Jan 8-Mar 12	9:45am-10:30am	$95.09	10 weeks

Aquafit - Deep Water FGSC

Aquafit - Deep Water is a challenging, full-body workout designed to strengthen the core, improve endurance, and build overall fitness. Held entirely in the deep end, this class uses the natural resistance of the water to support movement without impact on the joints. Participants wear buoyancy belts, which are provided, to help maintain proper

form and stability during suspended exercises. All participants must be comfortable in deep water. Open to individuals 14 years of age and older.

75181	Mon	Jan 4-Mar 1	8:00pm-8:45pm	$76.07	8 weeks

Aquafit - HIIT- FGSC

HITT Aquafit is a fast-paced, full-body aquatic workout designed to boost strength, endurance, and overall fitness. Using high-intensity interval training in the water, participants will enjoy challenging out bursts of movement followed by short recovery periods for an effective and engaging workout. All equipment is provided, and participants must be 14 years of age or older.

75164	Wed	Jan 6-Mar 10	9:00am-9:45am	$95.09	10 weeks

Aquafit - Shallow Water FGSC

Aquafit - Shallow Water is an energetic, cardio-focused fitness class designed to boost endurance, strength, and overall conditioning. Participants will engage in dynamic movements - including jumping, hopping, and jogging in the water - to take advantage of the buoyancy and resistance the shallow pool provides. Held entirely in the shallow end, no deep-water skills are required, and all equipment is provided. Open to participants 14 years of age and older.

75165	Tue	Jan 5-Mar 9	8:30am-9:15am	$95.09	10 weeks
75182	Thu	Jan 7-Mar 11	8:30am-9:15am	$95.09	10 weeks

Aquafit- Low Impact – CRC

This class is designed to provide low impact activities to help recover from injuries and regain strength! Exercises are designed to be performed at a slower pace, and focus on building strength with water resistance training and minimal impact to your joints. No swimming experience is required.

75166	Wed	Jan 6-Mar 10	8:45am-9:30am	$95.09	10 weeks

Adult Group Swimming Lessons

Adult Swim Readiness – CRC

Adult Swim Readiness is designed for adults with little to no swimming experience. In a warm shallow pool, participants will build water confidence, learn basic water safety skills, and become comfortable moving in the water. A supportive and welcoming environment makes this the perfect first step toward learning to swim. 14 and up

74885	Fri	Jan 8-Mar 12	11:00am-11:30am	$116.88	10 weeks

Adult Swim Readiness – FGSC

Adult Swim Readiness is designed for adults with little to no swimming experience. In a warm shallow pool, participants will build water confidence, learn basic water safety skills, and become comfortable moving in the water. A supportive and welcoming environment makes this the perfect first step toward learning to swim. 14 and up

74104	Mon	Jan 4-Mar 1	9:00am-9:30am	$93.50	8 weeks
74107	Mon	Jan 4-Mar 1	10:00am-10:30am	$93.50	8 weeks
74108	Mon	Jan 4-Mar 1	10:30am-11:00am	$93.50	8 weeks
74109	Mon	Jan 4-Mar 1	2:30pm-3:00pm	$93.50	8 weeks
74478	Wed	Jan 6-Mar 10	9:00am-9:30am	$105.19	9 weeks
74479	Wed	Jan 6-Mar 10	2:30pm-3:00pm	$105.19	9 weeks
74480	Wed	Jan 6-Mar 10	2:30pm-3:00pm	$105.19	9 weeks
74750	Fri	Jan 8-Mar 12	9:00am-9:30am	$116.88	10 weeks
74752	Fri	Jan 8-Mar 12	10:00am-10:30am	$116.88	10 weeks

Adult Swimmer 1 - Beginner – AOP

This program is for new swimmers who are looking to learn the fundamentals of swimming. Participants will learn how to submerge their head and exhale underwater. They will perform floats, glides, and basic kicking techniques on their front, back and side. Swimmers are introduced to front crawl and back crawl. For more information visit our website.14 and up

73424	Fri	Jan 8-Mar 12	7:15pm-8:00pm	$126.26	10 weeks
74367	Fri	Jan 8-Mar 12	8:00pm-8:45pm	$126.26	10 weeks
74724	Sat	Jan 9-Mar 13	7:30pm-8:15pm	$126.26	10 weeks
74739	Sat	Jan 9-Mar 13	8:30pm-9:15pm	$126.26	10 weeks
74741	Sat	Jan 9-Mar 13	8:30pm-9:15pm	$126.26	10 weeks

Adult Swimmer 1 - Beginner – CRC

This program is for new swimmers who are looking to learn the fundamentals of swimming. Participants will learn how to submerge their head and exhale underwater. They will perform floats, glides, and basic kicking techniques on their front, back and side. Swimmers are introduced to front crawl and back crawl. For more information visit our website.14 and up

74385	Tue	Jan 5-Mar 9	1:30pm-2:15pm	$126.26	10 weeks
74386	Tue	Jan 5-Mar 9	1:30pm-2:15pm	$126.26	10 weeks
74387	Tue	Jan 5-Mar 9	2:15pm-3:00pm	$126.26	10 weeks

74393	Wed	Jan 6-Mar 10	1:30pm-2:15pm	$126.26	10 weeks
74394	Wed	Jan 6-Mar 10	1:30pm-2:15pm	$126.26	10 weeks
74395	Wed	Jan 6-Mar 10	2:15pm-3:00pm	$126.26	10 weeks
74396	Wed	Jan 6-Mar 10	3:00pm-3:45pm	$126.26	10 weeks
74430	Fri	Jan 8-Mar 12	1:30pm-2:15pm	$126.26	10 weeks
74431	Fri	Jan 8-Mar 12	2:15pm-3:00pm	$126.26	10 weeks
74432	Fri	Jan 8-Mar 12	2:15pm-3:00pm	$126.26	10 weeks
74433	Fri	Jan 8-Mar 12	3:00pm-3:45pm	$126.26	10 weeks
73425	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$126.26	10 weeks
73934	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$126.26	10 weeks

Adult Swimmer 1 - Beginner – FGSC

This program is for new swimmers who are looking to learn the fundamentals of swimming. Participants will learn how to submerge their head and exhale underwater. They will perform floats, glides, and basic kicking techniques on their front, back and side. Swimmers are introduced to front crawl and back crawl. For more information visit our website.14 and up

73426	Mon	Jan 4-Mar 1	1:00pm-1:45pm	$100.85	8 weeks
74481	Wed	Jan 6-Mar 10	1:00pm-1:45pm	$113.63	9 weeks
74482	Wed	Jan 6-Mar 10	1:00pm-1:45pm	$113.63	9 weeks
74606	Wed	Jan 6-Mar 10	7:30pm-8:15pm	$126.26	10 weeks
74608	Wed	Jan 6-Mar 10	7:30pm-8:15pm	$126.26	10 weeks
74609	Wed	Jan 6-Mar 10	8:15pm-9:00pm	$126.26	10 weeks
74610	Wed	Jan 6-Mar 10	8:15pm-9:00pm	$126.26	10 weeks
74755	Fri	Jan 8-Mar 12	1:00pm-1:45pm	$126.26	10 weeks
74756	Fri	Jan 8-Mar 12	1:00pm-1:45pm	$126.26	10 weeks
74757	Fri	Jan 8-Mar 12	1:45pm-2:30pm	$126.26	10 weeks
74758	Fri	Jan 8-Mar 12	2:30pm-3:15pm	$126.26	10 weeks
74879	Sat	Jan 9-Mar 6	4:00pm-4:45pm	$100.85	8 weeks
74880	Sat	Jan 9-Mar 6	4:00pm-4:45pm	$100.85	8 weeks
74881	Sat	Jan 9-Mar 6	4:45pm-5:30pm	$100.85	8 weeks
74882	Sat	Jan 9-Mar 6	4:45pm-5:30pm	$100.85	8 weeks
74883	Sat	Jan 9-Mar 6	5:30pm-6:15pm	$100.85	8 weeks
74884	Sat	Jan 9-Mar 6	6:15pm-7:00pm	$100.85	8 weeks

Adult Swimmer 2 - Intermediate – AOP

These intermediate swimmers continue to gain confidence in the water and build on the skills learned in the previous level. Swimmers will work on front and back crawl, the individual components of breaststroke, and sprints. Lastly, swimmers will complete 25 to 50 metres of front crawl and back crawl and will be introduced to interval training. For more information visit our website.14 and up

73427	Fri	Jan 8-Mar 12	8:00pm-8:45pm	$126.26	10 weeks
74368	Fri	Jan 8-Mar 12	8:45pm-9:30pm	$126.26	10 weeks
74726	Sat	Jan 9-Mar 13	7:30pm-8:15pm	$126.26	10 weeks
74727	Sat	Jan 9-Mar 13	8:15pm-9:00pm	$126.26	10 weeks
74728	Sat	Jan 9-Mar 13	8:15pm-9:00pm	$126.26	10 weeks

Adult Swimmer 2 - Intermediate – CRC

These intermediate swimmers continue to gain confidence in the water and build on the skills learned in the previous level. Swimmers will work on front and back crawl, the individual components of breaststroke, and sprints. Lastly, swimmers will complete 25 to 50 metres of front crawl and back crawl and will be introduced to interval training. For more information visit our website.14 and up

74388	Tue	Jan 5-Mar 9	2:15pm-3:00pm	$126.26	10 weeks
74397	Wed	Jan 6-Mar 10	2:15pm-3:00pm	$126.26	10 weeks
74434	Fri	Jan 8-Mar 12	1:30pm-2:15pm	$126.26	10 weeks
74435	Fri	Jan 8-Mar 12	3:00pm-3:45pm	$126.26	10 weeks
73428	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$126.26	10 weeks
73935	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$126.26	10 weeks

Adult Swimmer 2 - Intermediate – FGSC

These intermediate swimmers continue to gain confidence in the water and build on the skills learned in the previous level. Swimmers will work on front and back crawl, the individual components of breaststroke, and sprints. Lastly, swimmers will complete 25 to 50 metres of front crawl and back crawl and will be introduced to interval training. For more information visit our website.14 and up

73429	Mon	Jan 4-Mar 1	1:45pm-2:30pm	$100.85	8 weeks
74483	Wed	Jan 6-Mar 10	1:45pm-2:30pm	$113.63	9 weeks
74484	Wed	Jan 6-Mar 10	1:45pm-2:30pm	$113.63	9 weeks
74621	Wed	Jan 6-Mar 10	7:30pm-8:15pm	$126.26	10 weeks

74623	Wed	Jan 6-Mar 10	7:30pm-8:15pm	$126.26	10 weeks
74624	Wed	Jan 6-Mar 10	8:15pm-9:00pm	$126.26	10 weeks
74759	Fri	Jan 8-Mar 12	1:45pm-2:30pm	$126.26	10 weeks
74760	Fri	Jan 8-Mar 12	2:30pm-3:15pm	$126.26	10 weeks
74907	Sat	Jan 9-Mar 6	4:00pm-4:45pm	$100.85	8 weeks
74908	Sat	Jan 9-Mar 6	4:45pm-5:30pm	$100.85	8 weeks
74909	Sat	Jan 9-Mar 6	5:30pm-6:15pm	$100.85	8 weeks
74910	Sat	Jan 9-Mar 6	6:15pm-7:00pm	$100.85	8 weeks

Adult Swimmer 3 - Advanced – AOP

These advanced swimmers will complete 50 to 100 metres of front crawl, back crawl, and breaststroke, and swim a continuous 300-metre (12 length) workout. Upon completion, swimmers that are interested, the next step is Aquatic Leadership. For more information visit our website.14 and up

73430	Fri	Jan 8-Mar 12	8:45pm-9:30pm	$126.26	10 weeks
74731	Sat	Jan 9-Mar 13	7:30pm-8:15pm	$126.26	10 weeks
74732	Sat	Jan 9-Mar 13	8:15pm-9:00pm	$126.26	10 weeks

Adult Swimmer 3 - Advanced – CRC

These advanced swimmers will complete 50 to 100 metres of front crawl, back crawl, and breaststroke, and swim a continuous 300-metre (12 length) workout. Upon completion, swimmers that are interested, the next step is Aquatic Leadership. For more information visit our website.14 and up

74398	Wed	Jan 6-Mar 10	3:00pm-3:45pm	$126.26	10 weeks
74436	Fri	Jan 8-Mar 12	3:00pm-3:45pm	$126.26	10 weeks
73431	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$126.26	10 weeks

Adult Swimmer 3 - Advanced – FGSC

These advanced swimmers will complete 50 to 100 metres of front crawl, back crawl, and breaststroke, and swim a continuous 300-metre (12 length) workout. Upon completion, swimmers that are interested, the next step is Aquatic Leadership. For more information visit our website.14 and up

73432	Wed	Jan 6-Mar 10	8:15pm-9:00pm	$126.26	10 weeks
74911	Sat	Jan 9-Mar 6	5:30pm-6:15pm	$100.85	8 weeks
74912	Sat	Jan 9-Mar 6	6:15pm-7:00pm	$100.85	8 weeks

Fitness Swimmer – AOP

In this course a certified aquatic instructor will coach you through a 1-hour swim workout that will build endurance, strength, and cardio through a combination of lap swimming and drills. This is an excellent opportunity to practice swim strokes, build endurance and meet new friends. Participants must be able to swim a minimum of 50m (2 consecutive lengths of the pool unassisted).15 and up

73433	Wed	Jan 20-Mar 24	8:00am-9:00am	$126.26	10 weeks

Fitness Swimmer – CRC

In this course a certified aquatic instructor will coach you through a 1 hour swim workout that will build endurance, strength, and cardio through a combination of lap swimming and drills. This is an excellent opportunity to practice swim strokes, build endurance and meet new friends. Participants must be able to swim a minimum of 50m (2 consecutive lengths of the pool unassisted).15 and up

73434	Sun	Jan 10-Mar 14	4:30pm-5:30pm	$126.26	10 weeks

Children Group Swimming Lessons

Swimmer 1 – AOP

These entry level swimmers will become comfortable jumping into water with and without a PFD. They will learn to open their eyes, exhale and hold their breath underwater. They will work on independent floats, glides, and kicking through the water on their front and back. For more information visit our website. At least 6yrs but less than 14yrs

73454	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$116.88	9 weeks
74040	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$116.88	9 weeks
74041	Mon	Jan 4-Mar 8	7:30pm-8:00pm	$116.88	9 weeks
74042	Mon	Jan 4-Mar 8	8:00pm-8:30pm	$116.88	9 weeks
74043	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74044	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74045	Tue	Jan 5-Mar 9	8:00pm-8:30pm	$116.88	10 weeks
74046	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74048	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74047	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74049	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74050	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74051	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks

74052	Thu	Jan 7-Mar 11	8:00pm-8:30pm	$116.88	10 weeks
74053	Thu	Jan 7-Mar 11	8:00pm-8:30pm	$116.88	10 weeks
74528	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
74529	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
74530	Sat	Jan 9-Mar 13	12:00pm-12:30pm	$116.88	10 weeks
74531	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
74532	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
74533	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
74534	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$116.88	10 weeks
74535	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$116.88	10 weeks

Swimmer 1 – CRC

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. For more information visit our website. At least 6yrs but less than 14yrs

73455	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$105.19	9 weeks
73697	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks
73698	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
73699	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
73700	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
73739	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks
73740	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks
73741	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73742	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73743	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73744	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
73745	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
73779	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$116.88	10 weeks
73780	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73781	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
73782	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
73783	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks

73784	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
73823	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$116.88	10 weeks
73824	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$116.88	10 weeks
73825	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
73826	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
73827	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
73828	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
73865	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$116.88	10 weeks
73866	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$116.88	10 weeks
73867	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73868	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
73869	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73870	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73919	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73920	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73921	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73922	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73923	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73924	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
73925	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73926	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73971	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73972	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73973	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73974	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
73975	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73976	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks
73977	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Swimmer 1 – FGSC

These entry level swimmers will become comfortable jumping into water with and without a PFD. They will learn to open their eyes, exhale and hold their breath underwater. They will work on independent floats, glides, and kicking through the water

on their front and back. For more information visit our website. At least 6yrs but less than 14yrs

73456	Mon	Jan 4-Mar 1	6:00pm-6:30pm	$93.50	8 weeks
74279	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks
74281	Mon	Jan 4-Mar 1	7:00pm-7:30pm	$93.50	8 weeks
74282	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$93.50	8 weeks
74452	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74453	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74454	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74592	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74593	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74595	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74596	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74704	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74705	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74707	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks
74779	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
74780	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74781	Fri	Jan 8-Mar 12	7:00pm-7:30pm	$116.88	10 weeks
74782	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$116.88	10 weeks
74262	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74263	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74264	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74265	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74973	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74974	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74975	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74976	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Swimmer 2 – AOP

These beginners will learn to support themselves at the surface without an aid, learn whip kick, and swim 10 metres of front and back crawl. Swimmers will be introduced to flutter kick interval training. Participants will be comfortable jumping into deep-water and learn basic self-rescue. For more information visit our website. At least 6yrs but less than 14yrs

73457	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
74054	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$105.19	9 weeks
74055	Mon	Jan 4-Mar 8	7:30pm-8:00pm	$105.19	9 weeks
74056	Mon	Jan 4-Mar 8	8:00pm-8:30pm	$105.19	9 weeks
74057	Mon	Jan 4-Mar 8	8:00pm-8:30pm	$105.19	9 weeks
74058	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74059	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74060	Tue	Jan 5-Mar 9	7:30pm-8:00pm	$116.88	10 weeks
74061	Tue	Jan 5-Mar 9	8:00pm-8:30pm	$116.88	10 weeks
74062	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
74063	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74064	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74065	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74067	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74068	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74069	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks
74070	Thu	Jan 7-Mar 11	7:30pm-8:00pm	$116.88	10 weeks
74071	Thu	Jan 7-Mar 11	8:00pm-8:30pm	$116.88	10 weeks
74536	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
74537	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
74538	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
74539	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
74540	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
74541	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks
74542	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$116.88	10 weeks

Swimmer 2 – CRC

These beginners will learn to support themselves at the surface without an aid, learn whip kick, and swim 10 metres of front crawl and back crawl. Swimmers will be introduced to flutter kick interval training. They'll be comfortable jumping into deeper water and learn basic self rescue. For more information visit our website. At least 6yrs but less than 14yrs

73458	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$105.19	9 weeks
73701	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks

73702	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
73703	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
73704	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
73746	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks
73747	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73748	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73749	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73750	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
73785	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$116.88	10 weeks
73786	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73787	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
73788	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
73789	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
73790	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
73829	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$116.88	10 weeks
73830	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
73831	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
73832	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
73833	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
73871	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$116.88	10 weeks
73872	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$116.88	10 weeks
73873	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73874	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
73875	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73927	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73928	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73929	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73930	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73931	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73932	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
73933	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73978	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73979	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks

73980	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73981	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
73982	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73983	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Swimmer 2 – FGSC

These beginners will learn to support themselves at the surface without an aid, learn whip kick, and swim 10 metres of front and back crawl. Swimmers will be introduced to flutter kick interval training. Participants will be comfortable jumping into deep-water and learn basic self-rescue. For more information visit our website. At least 6yrs but less than 14yrs

73459	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks
74288	Mon	Jan 4-Mar 1	7:00pm-7:30pm	$93.50	8 weeks
74289	Mon	Jan 4-Mar 1	7:00pm-7:30pm	$93.50	8 weeks
74291	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$93.50	8 weeks
74292	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$93.50	8 weeks
74455	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74456	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74459	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74457	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74458	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74612	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74614	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74615	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74617	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74618	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74711	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74713	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74714	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74715	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks
74716	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks
74783	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74784	Fri	Jan 8-Mar 12	7:00pm-7:30pm	$116.88	10 weeks
74785	Fri	Jan 8-Mar 12	7:00pm-7:30pm	$116.88	10 weeks

74786	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$116.88	10 weeks
74787	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$116.88	10 weeks
74267	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74269	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74270	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74271	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74977	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74978	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74979	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74980	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Swimmer 3 – AOP

Transitioning from a 30 minute to a 45 minute lesson, these junior swimmers will work on 15 metres of front and back crawl, and 10 metres of whip kick on their back. Flutter kick interval training increases. They will learn the foundations of diving and do in-water front somersaults and handstands. For more information visit our website. At least 6yrs but less than 14yrs

73460	Mon	Jan 4-Mar 8	5:30pm-6:15pm	$120.29	9 weeks
74072	Mon	Jan 4-Mar 8	6:15pm-7:00pm	$120.29	9 weeks
74073	Mon	Jan 4-Mar 8	7:00pm-7:45pm	$120.29	9 weeks
74074	Tue	Jan 5-Mar 9	6:00pm-6:45pm	$120.29	10 weeks
74075	Tue	Jan 5-Mar 9	6:45pm-7:30pm	$120.29	10 weeks
74076	Tue	Jan 5-Mar 9	7:30pm-8:15pm	$120.29	10 weeks
74077	Wed	Jan 6-Mar 10	5:30pm-6:15pm	$120.29	10 weeks
74078	Wed	Jan 6-Mar 10	6:15pm-7:00pm	$120.29	10 weeks
74079	Wed	Jan 6-Mar 10	7:00pm-7:45pm	$120.29	10 weeks
74080	Thu	Jan 7-Mar 11	6:00pm-6:45pm	$120.29	10 weeks
74081	Thu	Jan 7-Mar 11	6:45pm-7:30pm	$120.29	10 weeks
74082	Thu	Jan 7-Mar 11	7:30pm-8:15pm	$120.29	10 weeks
74543	Sat	Jan 9-Mar 13	9:00am-9:45am	$120.29	10 weeks
74544	Sat	Jan 9-Mar 13	9:45am-10:30am	$120.29	10 weeks
74545	Sat	Jan 9-Mar 13	10:30am-11:15am	$120.29	10 weeks
74546	Sat	Jan 9-Mar 13	11:15am-12:00pm	$120.29	10 weeks
74547	Sun	Jan 10-Mar 14	9:00am-9:45am	$120.29	10 weeks

74548	Sun	Jan 10-Mar 14	10:30am-11:15am	$120.29	10 weeks
74549	Sun	Jan 10-Mar 14	11:15am-12:00pm	$120.29	10 weeks
74550	Sun	Jan 10-Mar 14	12:00pm-12:45pm	$120.29	10 weeks

Swimmer 3 – FGSC

Transitioning from a 30 minute to a 45 minute lesson, these junior swimmers will work on 15 metres of front and back crawl, and 10 metres of whip kick on their back. Flutter kick interval training increases. They will learn the foundations of diving and do in-water front somersaults and handstands. For more information visit our website. At least 6yrs but less than 14yrs

73461	Mon	Jan 4-Mar 1	6:00pm-6:45pm	$96.23	8 weeks
74295	Mon	Jan 4-Mar 1	6:00pm-6:45pm	$96.23	8 weeks
74296	Mon	Jan 4-Mar 1	6:45pm-7:30pm	$96.23	8 weeks
74297	Mon	Jan 4-Mar 1	6:45pm-7:30pm	$96.23	8 weeks
74464	Tue	Jan 5-Mar 9	5:30pm-6:15pm	$120.29	10 weeks
74465	Tue	Jan 5-Mar 9	5:30pm-6:15pm	$120.29	10 weeks
74466	Tue	Jan 5-Mar 9	6:15pm-7:00pm	$120.29	10 weeks
74467	Tue	Jan 5-Mar 9	6:15pm-7:00pm	$120.29	10 weeks
74628	Wed	Jan 6-Mar 10	6:00pm-6:45pm	$120.29	10 weeks
74629	Wed	Jan 6-Mar 10	6:00pm-6:45pm	$120.29	10 weeks
74630	Wed	Jan 6-Mar 10	6:45pm-7:30pm	$120.29	10 weeks
74631	Wed	Jan 6-Mar 10	6:45pm-7:30pm	$120.29	10 weeks
74717	Thu	Jan 7-Mar 11	5:30pm-6:15pm	$120.29	10 weeks
74718	Thu	Jan 7-Mar 11	5:30pm-6:15pm	$120.29	10 weeks
74719	Thu	Jan 7-Mar 11	6:15pm-7:00pm	$120.29	10 weeks
74720	Thu	Jan 7-Mar 11	6:15pm-7:00pm	$120.29	10 weeks
74853	Fri	Jan 8-Mar 12	6:00pm-6:45pm	$120.29	10 weeks
74854	Fri	Jan 8-Mar 12	6:00pm-6:45pm	$120.29	10 weeks
74855	Fri	Jan 8-Mar 12	6:45pm-7:30pm	$120.29	10 weeks
74856	Fri	Jan 8-Mar 12	6:45pm-7:30pm	$120.29	10 weeks
74272	Sat	Jan 9-Mar 6	9:00am-9:45am	$96.23	8 weeks
74273	Sat	Jan 9-Mar 6	9:45am-10:30am	$96.23	8 weeks
74274	Sat	Jan 9-Mar 6	10:30am-11:15am	$96.23	8 weeks
74275	Sat	Jan 9-Mar 6	11:15am-12:00pm	$96.23	8 weeks

74981	Sun	Jan 10-Mar 7	9:00am-9:45am	$96.23	8 weeks
74982	Sun	Jan 10-Mar 7	9:00am-9:45am	$96.23	8 weeks
74983	Sun	Jan 10-Mar 7	9:45am-10:30am	$96.23	8 weeks
74984	Sun	Jan 10-Mar 7	10:30am-11:15am	$96.23	8 weeks
74985	Sun	Jan 10-Mar 7	10:30am-11:15am	$96.23	8 weeks
74986	Sun	Jan 10-Mar 7	11:15am-12:00pm	$96.23	8 weeks

Swimmer 4 – AOP

These intermediate swimmers will focus on technique, increase endurance and speed on front and back crawl. Swimmers will be introduced to the individual components of breaststroke. And to cap it all off, swimmers will test their skill with a 5 metre underwater swim. For more information visit our website. At least 6yrs but less than 14yrs

73462	Mon	Jan 4-Mar 8	5:30pm-6:15pm	$120.29	9 weeks
74083	Mon	Jan 4-Mar 8	6:15pm-7:00pm	$120.29	9 weeks
74084	Mon	Jan 4-Mar 8	7:00pm-7:45pm	$120.29	9 weeks
74085	Mon	Jan 4-Mar 8	7:45pm-8:30pm	$120.29	9 weeks
74097	Tue	Jan 5-Mar 9	6:00pm-6:45pm	$120.29	10 weeks
74111	Tue	Jan 5-Mar 9	6:45pm-7:30pm	$120.29	10 weeks
74112	Tue	Jan 5-Mar 9	7:30pm-8:15pm	$120.29	10 weeks
74114	Wed	Jan 6-Mar 10	5:30pm-6:15pm	$120.29	10 weeks
74116	Wed	Jan 6-Mar 10	6:15pm-7:00pm	$120.29	10 weeks
74118	Wed	Jan 6-Mar 10	7:00pm-7:45pm	$120.29	10 weeks
74119	Thu	Jan 7-Mar 11	6:00pm-6:45pm	$120.29	10 weeks
74120	Thu	Jan 7-Mar 11	6:45pm-7:30pm	$120.29	10 weeks
74121	Thu	Jan 7-Mar 11	7:30pm-8:15pm	$120.29	10 weeks
74146	Thu	Jan 7-Mar 11	7:30pm-8:15pm	$120.29	10 weeks
74551	Sat	Jan 9-Mar 13	9:00am-9:45am	$120.29	10 weeks
74552	Sat	Jan 9-Mar 13	10:30am-11:15am	$120.29	10 weeks
74553	Sat	Jan 9-Mar 13	11:15am-12:00pm	$120.29	10 weeks
74554	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$120.29	10 weeks
74555	Sun	Jan 10-Mar 14	9:00am-9:45am	$120.29	10 weeks
74556	Sun	Jan 10-Mar 14	9:45am-10:30am	$120.29	10 weeks
74557	Sun	Jan 10-Mar 14	10:30am-11:15am	$120.29	10 weeks

74559	Sun	Jan 10-Mar 14	11:15am-12:00pm	$120.29	10 weeks

Swimmer 4 – FGSC

These intermediate swimmers will focus on technique, increase endurance and speed on front and back crawl. Swimmers will be introduced to the individual components of breaststroke. And to cap it all off, swimmers will test their skill with a 5 metre underwater swim. For more information visit our website. At least 6yrs but less than 14yrs

73463	Mon	Jan 4-Mar 1	6:00pm-6:45pm	$96.23	8 weeks
74298	Mon	Jan 4-Mar 1	6:45pm-7:30pm	$96.23	8 weeks
74468	Tue	Jan 5-Mar 9	5:30pm-6:15pm	$120.29	10 weeks
74469	Tue	Jan 5-Mar 9	6:15pm-7:00pm	$120.29	10 weeks
74642	Wed	Jan 6-Mar 10	6:00pm-6:45pm	$120.29	10 weeks
74644	Wed	Jan 6-Mar 10	6:45pm-7:30pm	$120.29	10 weeks
74722	Thu	Jan 7-Mar 11	5:30pm-6:15pm	$120.29	10 weeks
74723	Thu	Jan 7-Mar 11	6:15pm-7:00pm	$120.29	10 weeks
74858	Fri	Jan 8-Mar 12	6:00pm-6:45pm	$120.29	10 weeks
74859	Fri	Jan 8-Mar 12	6:45pm-7:30pm	$120.29	10 weeks
74276	Sat	Jan 9-Mar 6	9:00am-9:45am	$96.23	8 weeks
74277	Sat	Jan 9-Mar 6	9:45am-10:30am	$96.23	8 weeks
74278	Sat	Jan 9-Mar 6	10:30am-11:15am	$96.23	8 weeks
74280	Sat	Jan 9-Mar 6	11:15am-12:00pm	$96.23	8 weeks
74987	Sun	Jan 10-Mar 7	9:00am-9:45am	$96.23	8 weeks
74988	Sun	Jan 10-Mar 7	9:45am-10:30am	$96.23	8 weeks
74989	Sun	Jan 10-Mar 7	10:30am-11:15am	$96.23	8 weeks
74990	Sun	Jan 10-Mar 7	11:15am-12:00pm	$96.23	8 weeks
74991	Sun	Jan 10-Mar 7	11:15am-12:00pm	$96.23	8 weeks

Swimmer 5 – AOP

These swimmers will refine their front crawl, back crawl, and breaststroke techniques. They will pick up the pace with increased interval training from 25 to 50 metre sprints. They will master shallow dives, stationary eggbeater, and in-water back somersaults. For more information visit our website. At least 6yrs but less than 14yrs

73464	Mon	Jan 4-Mar 8	5:30pm-6:15pm	$120.29	9 weeks

74124	Mon	Jan 4-Mar 8	7:00pm-7:45pm	$120.29	9 weeks
74125	Mon	Jan 4-Mar 8	7:45pm-8:30pm	$120.29	9 weeks
74126	Tue	Jan 5-Mar 9	6:00pm-6:45pm	$120.29	10 weeks
74127	Tue	Jan 5-Mar 9	6:45pm-7:30pm	$120.29	10 weeks
74128	Tue	Jan 5-Mar 9	7:30pm-8:15pm	$120.29	10 weeks
74131	Wed	Jan 6-Mar 10	5:30pm-6:15pm	$120.29	10 weeks
74132	Wed	Jan 6-Mar 10	6:15pm-7:00pm	$120.29	10 weeks
74133	Wed	Jan 6-Mar 10	7:00pm-7:45pm	$120.29	10 weeks
74134	Thu	Jan 7-Mar 11	6:00pm-6:45pm	$120.29	10 weeks
74135	Thu	Jan 7-Mar 11	6:45pm-7:30pm	$120.29	10 weeks
74136	Thu	Jan 7-Mar 11	7:30pm-8:15pm	$120.29	10 weeks
74560	Sat	Jan 9-Mar 13	9:00am-9:45am	$120.29	10 weeks
74561	Sat	Jan 9-Mar 13	9:45am-10:30am	$120.29	10 weeks
74562	Sat	Jan 9-Mar 13	10:30am-11:15am	$120.29	10 weeks
74563	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$120.29	10 weeks
74564	Sun	Jan 10-Mar 14	9:00am-9:45am	$120.29	10 weeks
74565	Sun	Jan 10-Mar 14	9:45am-10:30am	$120.29	10 weeks
74566	Sun	Jan 10-Mar 14	11:15am-12:00pm	$120.29	10 weeks
74567	Sun	Jan 10-Mar 14	12:00pm-12:45pm	$120.29	10 weeks

Swimmer 5 – FGSC

These swimmers will refine their front crawl, back crawl, and breaststroke techniques. They will pick up the pace with increased interval training from 25 to 50 metre sprints. They will master shallow dives, stationary eggbeater, and in-water back somersaults. For more information visit our website. At least 6yrs but less than 14yrs

73465	Mon	Jan 4-Mar 1	6:00pm-6:45pm	$96.23	8 weeks
74470	Tue	Jan 5-Mar 9	5:30pm-6:15pm	$120.29	10 weeks
74471	Tue	Jan 5-Mar 9	6:15pm-7:00pm	$120.29	10 weeks
74645	Wed	Jan 6-Mar 10	6:00pm-6:45pm	$120.29	10 weeks
74729	Thu	Jan 7-Mar 11	5:30pm-6:15pm	$120.29	10 weeks
74730	Thu	Jan 7-Mar 11	6:15pm-7:00pm	$120.29	10 weeks
74861	Fri	Jan 8-Mar 12	6:00pm-6:45pm	$120.29	10 weeks
74283	Sat	Jan 9-Mar 6	9:00am-9:45am	$96.23	8 weeks

74284	Sat	Jan 9-Mar 6	9:45am-10:30am	$96.23	8 weeks
74285	Sat	Jan 9-Mar 6	10:30am-11:15am	$96.23	8 weeks
74286	Sat	Jan 9-Mar 6	11:15am-12:00pm	$96.23	8 weeks
74992	Sun	Jan 10-Mar 7	9:00am-9:45am	$96.23	8 weeks
74993	Sun	Jan 10-Mar 7	9:45am-10:30am	$96.23	8 weeks
74994	Sun	Jan 10-Mar 7	10:30am-11:15am	$96.23	8 weeks
75251	Sun	Jan 10-Mar 7	11:15am-12:00pm	$96.23	8 weeks

Swimmer 6 – AOP

These advanced swimmers will easily swim lengths of front crawl, back crawl and breaststroke, and complete a 300 metre workout. They will continue to develop strength and power performing breaststroke sprints over 25 metres. Swimmers will be challenged with sophisticated aquatic skills and continue to prepare participants for their next step, Aquatic Leadership. For more information visit our website. At least 6yrs but less than 14yrs

73466	Mon	Jan 4-Mar 8	6:15pm-7:00pm	$120.29	9 weeks
74137	Mon	Jan 4-Mar 8	7:45pm-8:30pm	$120.29	9 weeks
74138	Tue	Jan 5-Mar 9	6:00pm-6:45pm	$120.29	10 weeks
74139	Tue	Jan 5-Mar 9	6:45pm-7:30pm	$120.29	10 weeks
74140	Tue	Jan 5-Mar 9	7:30pm-8:15pm	$120.29	10 weeks
74141	Wed	Jan 6-Mar 10	5:30pm-6:15pm	$120.29	10 weeks
75254	Wed	Jan 6-Mar 10	6:15pm-7:30pm	$120.29	10 weeks
74142	Wed	Jan 6-Mar 10	7:00pm-7:45pm	$120.29	10 weeks
74143	Thu	Jan 7-Mar 11	6:00pm-6:45pm	$120.29	10 weeks
74144	Thu	Jan 7-Mar 11	6:45pm-7:30pm	$120.29	10 weeks
74145	Thu	Jan 7-Mar 11	7:30pm-8:15pm	$120.29	10 weeks
74568	Sat	Jan 9-Mar 13	9:45am-10:30am	$120.29	10 weeks
74569	Sat	Jan 9-Mar 13	11:15am-12:00pm	$120.29	10 weeks
74570	Sat	Jan 9-Mar 13	12:00pm-12:45pm	$120.29	10 weeks
74571	Sun	Jan 10-Mar 14	9:45am-10:30am	$120.29	10 weeks
74572	Sun	Jan 10-Mar 14	10:30am-11:15am	$120.29	10 weeks
74573	Sun	Jan 10-Mar 14	12:00pm-12:45pm	$120.29	10 weeks

Swimmer 6 – FGSC

These advanced swimmers will easily swim lengths of front crawl, back crawl and breaststroke, and complete a 300 metre workout. They will continue to develop strength and power performing breaststroke sprints over 25 metres. Swimmers will be challenged with sophisticated aquatic skills and continue to prepare participants for their next step, Aquatic Leadership. For more information visit our website. At least 6yrs but less than 14yrs

73467	Mon	Jan 4-Mar 1	6:45pm-7:30pm	$96.23	8 weeks
74472	Tue	Jan 5-Mar 9	5:30pm-6:15pm	$120.29	10 weeks
74473	Tue	Jan 5-Mar 9	6:15pm-7:00pm	$120.29	10 weeks
74646	Wed	Jan 6-Mar 10	6:45pm-7:30pm	$120.29	10 weeks
74740	Thu	Jan 7-Mar 11	5:30pm-6:15pm	$120.29	10 weeks
74742	Thu	Jan 7-Mar 11	6:15pm-7:00pm	$120.29	10 weeks
74863	Fri	Jan 8-Mar 12	6:45pm-7:30pm	$120.29	10 weeks
74287	Sat	Jan 9-Mar 6	9:00am-9:45am	$96.23	8 weeks
74290	Sat	Jan 9-Mar 6	9:45am-10:30am	$96.23	8 weeks
74293	Sat	Jan 9-Mar 6	10:30am-11:15am	$96.23	8 weeks
74294	Sat	Jan 9-Mar 6	11:15am-12:00pm	$96.23	8 weeks
74995	Sun	Jan 10-Mar 7	9:45am-10:30am	$96.23	8 weeks
74996	Sun	Jan 10-Mar 7	11:15am-12:00pm	$96.23	8 weeks

Preschool Group Swimming Lessons

Parent and Tot 1 – AOP

Designed for the 4 to 12-month old to learn to enjoy the water with a parent. For more information visit our website. At least 4m but less than 1y 1m

73386	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
74009	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74010	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
74499	Sat	Jan 9-Mar 13	9:00am-9:30am	$105.19	10 weeks
74500	Sun	Jan 10-Mar 14	9:00am-9:30am	$105.19	10 weeks

Parent and Tot 1 – CRC

Designed for the 4 to 12-month old to learn to enjoy the water with a parent. For more information visit our website. At least 4m but less than 1y 1m

73387	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
74374	Tue	Jan 5-Mar 9	10:00am-10:30am	$116.88	10 weeks
73716	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73756	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$116.88	10 weeks
73804	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
74416	Fri	Jan 8-Mar 12	10:00am-10:30am	$116.88	10 weeks
74417	Fri	Jan 8-Mar 12	1:30pm-2:00pm	$116.88	10 weeks
73845	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73886	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73887	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73936	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73937	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks

Parent and Tot 1 – FGSC

Designed for the 4 to 12-month old to learn to enjoy the water with a parent. For more information visit our website. At least 4m but less than 1y 1m

73388	Mon	Jan 4-Mar 1	9:30am-10:00am	$93.50	8 weeks
74122	Mon	Jan 4-Mar 1	1:00pm-1:30pm	$93.50	8 weeks
74251	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks
74310	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74486	Wed	Jan 6-Mar 10	10:00am-10:30am	$105.19	9 weeks
74490	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74649	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74762	Fri	Jan 8-Mar 12	10:00am-10:30am	$116.88	10 weeks
74768	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74299	Sat	Jan 9-Mar 6	9:00am-9:30am	$93.50	8 weeks
74300	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74933	Sun	Jan 10-Mar 7	9:00am-9:30am	$93.50	8 weeks
74934	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks

Parent and Tot 2 – AOP

Designed for the 12 to 24-month-old to learn to enjoy the water with the assistance of a parent. For more information visit our website. At least 1y 1m but less than 2y 1m

73389	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$116.88	9 weeks
74011	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74012	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74501	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
74502	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks

Parent and Tot 2 – CRC

Designed for the 12 to 24-month-old to learn to enjoy the water with the assistance of a parent. For more information visit our website. At least 1y 1m but less than 2y 1m

73390	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks
73683	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
73717	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks
73718	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74375	Tue	Jan 5-Mar 9	10:00am-10:30am	$116.88	10 weeks
74376	Tue	Jan 5-Mar 9	1:30pm-2:00pm	$116.88	10 weeks
73757	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73805	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
73846	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
74418	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks
74419	Fri	Jan 8-Mar 12	2:00pm-2:30pm	$116.88	10 weeks
73888	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73889	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
73938	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73939	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks

Parent and Tot 2 – FGSC

Designed for the 12 to 24-month-old to learn to enjoy the water with the assistance of a parent. For more information visit our website. At least 1y 1m but less than 2y 1m

73391	Mon	Jan 4-Mar 1	9:30am-10:00am	$93.50	8 weeks
74123	Mon	Jan 4-Mar 1	1:00pm-1:30pm	$93.50	8 weeks
74253	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks
74311	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74487	Wed	Jan 6-Mar 10	10:00am-10:30am	$105.19	9 weeks
74491	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74651	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74763	Fri	Jan 8-Mar 12	10:00am-10:30am	$116.88	10 weeks
74764	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks
74769	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74301	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74302	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74935	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74936	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Parent and Tot 3- AOP

Designed for the 2 to 3-year-old to develop confidence and the ability to perform skills with and without assistance from parents. For more information visit our website. At least 2 but less than 3y 1m

73392	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$116.88	9 weeks
74013	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74014	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74503	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
74504	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks

Parent and Tot 3- CRC

Designed for the 2 to 3-year-old to develop confidence and the ability to perform skills with and without assistance from parents. For more information visit our website. At least 2 but less than 3y 1m

73393	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
74377	Tue	Jan 5-Mar 9	10:30am-11:00am	$116.88	10 weeks

74378	Tue	Jan 5-Mar 9	1:30pm-2:00pm	$116.88	10 weeks
73719	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73758	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
73806	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
74420	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks
74421	Fri	Jan 8-Mar 12	2:00pm-2:30pm	$116.88	10 weeks
73847	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$116.88	10 weeks
73848	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73890	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73891	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73940	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73941	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Parent and Tot 3- FGSC

Designed for the 2 to 3-year-old to develop confidence and the ability to perform skills with and without assistance from parents. For more information visit our website. At least 2 but less than 3y 1m

73394	Mon	Jan 4-Mar 1	7:00pm-7:30pm	$93.50	8 weeks
74314	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74574	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74653	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74765	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks
74770	Fri	Jan 8-Mar 12	7:00pm-7:30pm	$116.88	10 weeks
74303	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74304	Sat	Jan 9-Mar 6	11:30am-12:00pm	$93.50	8 weeks
74937	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74938	Sun	Jan 10-Mar 7	11:30am-12:00pm	$93.50	8 weeks

Preschool 1 – AOP

These beginner preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet, and blow bubbles underwater. For more information visit our website. At least 3yrs but less than 6yrs

73395	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$116.88	9 weeks

74015	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$116.88	9 weeks
74017	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74018	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74016	Tue	Jan 5-Mar 9	7:30pm-8:00pm	$116.88	10 weeks
74019	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
74020	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74021	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74022	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74505	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
74506	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
74507	Sat	Jan 9-Mar 13	12:00pm-12:30pm	$116.88	10 weeks
74508	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
74509	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
74510	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
74511	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
74512	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$116.88	10 weeks
74513	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$116.88	10 weeks

Preschool 1 – CRC

These preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet and blow bubbles underwater. For more information visit our website. At least 3yrs but less than 6yrs

73396	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$105.19	9 weeks
73684	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks
73685	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
73686	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
73687	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
74379	Tue	Jan 5-Mar 9	11:00am-11:30am	$116.88	10 weeks
74380	Tue	Jan 5-Mar 9	2:00pm-2:30pm	$116.88	10 weeks
74381	Tue	Jan 5-Mar 9	2:30pm-3:00pm	$116.88	10 weeks
73720	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks
73721	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks

73722	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73723	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73724	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73725	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
73759	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$116.88	10 weeks
73760	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73761	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
73762	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
73763	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
73764	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
73807	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$116.88	10 weeks
73808	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
73809	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
73810	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
73811	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74422	Fri	Jan 8-Mar 12	10:00am-10:30am	$116.88	10 weeks
74423	Fri	Jan 8-Mar 12	11:00am-11:30am	$116.88	10 weeks
74424	Fri	Jan 8-Mar 12	1:30pm-2:00pm	$116.88	10 weeks
74425	Fri	Jan 8-Mar 12	2:30pm-3:00pm	$116.88	10 weeks
73849	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$116.88	10 weeks
73850	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$116.88	10 weeks
73851	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73852	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
73853	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73892	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73893	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73894	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73895	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73896	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73897	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73898	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
73899	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
73900	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks

73942	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73943	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73944	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73945	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73946	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73947	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73948	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
73949	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73950	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73951	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks
73952	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Preschool 1 – FGSC

These beginner preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet, and blow bubbles underwater. For more information visit our website. At least 3yrs but less than 6yrs

73397	Mon	Jan 4-Mar 1	10:00am-10:30am	$93.50	8 weeks
74147	Mon	Jan 4-Mar 1	2:30pm-3:00pm	$93.50	8 weeks
74259	Mon	Jan 4-Mar 1	6:00pm-6:30pm	$93.50	8 weeks
74260	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks
74261	Mon	Jan 4-Mar 1	7:00pm-7:30pm	$93.50	8 weeks
74444	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
74445	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74446	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74488	Wed	Jan 6-Mar 10	10:30am-11:00am	$93.50	9 weeks
74577	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74578	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74579	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74654	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
74655	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74657	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74766	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks

74771	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
74772	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74773	Fri	Jan 8-Mar 12	7:00pm-7:30pm	$116.88	10 weeks
74181	Sat	Jan 9-Mar 6	9:00am-9:30am	$93.50	8 weeks
74182	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74183	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74184	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74187	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74951	Sun	Jan 10-Mar 7	9:00am-9:30am	$93.50	8 weeks
74952	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74953	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74954	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74955	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Preschool 2 – AOP

This level of preschool has participants submerge and exhale underwater comfortably. An emphasis will continue to be on front and back glides (assisted/unassisted) for a distance of 3 metres . They will learn to jump into chest-deep water by themselves, and how to enter and exit the water safely. For more information visit our website. At least 3yrs but less than 6yrs

73398	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$116.88	9 weeks
74023	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$116.88	9 weeks
74024	Mon	Jan 4-Mar 8	7:30pm-8:00pm	$116.88	9 weeks
74026	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74025	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74027	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
74028	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74029	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74514	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
74515	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
74516	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
74517	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
74518	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks

Preschool 2 – CRC

This level of preschoolers submerge and exhale underwater comfortably. An emphasis will continue to be on front and back glides (assisted/unassisted) for a distance of 3 metres. A front swim with kick is introduced. They will learn to jump into chest-deep water by themselves, and how to enter and exit the water safely. For more information visit our website. At least 3yrs but less than 6yrs

73399	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$105.19	9 weeks
73688	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks
73689	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
73690	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
73691	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
73726	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$116.88	10 weeks
73727	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73728	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73729	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73730	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73731	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74382	Tue	Jan 5-Mar 9	11:00am-11:30am	$116.88	10 weeks
74383	Tue	Jan 5-Mar 9	2:00pm-2:30pm	$116.88	10 weeks
74384	Tue	Jan 5-Mar 9	2:30pm-3:00pm	$116.88	10 weeks
73765	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$116.88	10 weeks
73766	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73767	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
73768	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
73769	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
73812	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$116.88	10 weeks
73813	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
73814	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
73815	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
73816	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74426	Fri	Jan 8-Mar 12	10:00am-10:30am	$116.88	10 weeks
74427	Fri	Jan 8-Mar 12	11:00am-11:30am	$116.88	10 weeks
74428	Fri	Jan 8-Mar 12	1:30pm-2:00pm	$116.88	10 weeks
74429	Fri	Jan 8-Mar 12	2:30pm-3:00pm	$116.88	10 weeks

73854	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$116.88	10 weeks
73855	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$116.88	10 weeks
73856	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73857	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
73858	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73901	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73902	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73903	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73904	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73905	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73906	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73907	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks
73908	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73909	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73953	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73954	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73955	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73956	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73957	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
73958	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
73959	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73960	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73961	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Preschool 2 – FGSC

This level of preschool has participants submerge and exhale underwater comfortably. An emphasis will continue to be on front and back glides (assisted/unassisted) for a distance of 3 metres . They will learn to jump into chest-deep water by themselves, and how to enter and exit the water safely. For more information visit our website. At least 3yrs but less than 6yrs

73400	Mon	Jan 4-Mar 1	10:00am-10:30am	$93.50	8 weeks
75255	Mon	Jan 4-Mar 1	2:30pm-3:00pm	$93.50	8 weeks
74266	Mon	Jan 4-Mar 1	6:00pm-6:30pm	$93.50	8 weeks
74268	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks

74448	Tue	Jan 5-Mar 9	5:30pm-7:00pm	$116.88	10 weeks
74447	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74489	Wed	Jan 6-Mar 10	10:30am-11:00am	$105.19	9 weeks
74580	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74581	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74662	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
74664	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74767	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks
74774	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$116.88	10 weeks
74775	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74148	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74233	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74234	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74235	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74956	Sun	Jan 10-Mar 7	9:00am-9:30am	$93.50	8 weeks
74957	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74958	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74959	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74960	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Preschool 3 – AOP

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats and glides on front and back with a distance requirement of 5 metres is the focus. Deep water entries and exits are introduced. Participants will recover objects from the bottom in waist-deep water. For more information visit our website. At least 3yrs but less than 6yrs

73401	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$116.88	9 weeks
74030	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74031	Tue	Jan 5-Mar 9	7:30pm-8:00pm	$116.88	10 weeks
74032	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
74033	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74034	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74035	Thu	Jan 7-Mar 11	7:30pm-8:00pm	$116.88	10 weeks
74519	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks

74520	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
74521	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
74522	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks

Preschool 3 – CRC

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats and glides on front and back with a distance requirement of 5 metres is the focus. Deep water entries and exits are introduced. Participants will recover objects from the bottom in waist-deep water. For more information visit our website. At least 3yrs but less than 6yrs

73402	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks
73692	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
73693	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
73694	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$105.19	9 weeks
73732	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73733	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73734	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73735	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
73770	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73771	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
73772	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
73817	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$116.88	10 weeks
73818	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
73819	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
73859	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$116.88	10 weeks
73860	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$116.88	10 weeks
73861	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73862	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
73910	Sat	Jan 9-Mar 13	9:00am-9:30am	$116.88	10 weeks
73911	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73912	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73913	Sat	Jan 9-Mar 13	10:30am-11:00am	$116.88	10 weeks
73914	Sat	Jan 9-Mar 13	11:30am-12:00pm	$116.88	10 weeks
73962	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks

73963	Sun	Jan 10-Mar 14	9:30am-10:00am	$116.88	10 weeks
73964	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
73965	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks
73966	Sun	Jan 10-Mar 14	11:00am-11:30am	$116.88	10 weeks
73967	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Preschool 3 – FGSC

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats and glides on front and back with a distance requirement of 5 metres is the focus. Deep water entries and exits are introduced. Participants will recover objects from the bottom in waist-deep water. For more information visit our website. At least 3yrs but less than 6yrs

73403	Mon	Jan 4-Mar 1	6:30pm-7:00pm	$93.50	8 weeks
74449	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
74582	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$116.88	10 weeks
74670	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$116.88	10 weeks
74776	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$116.88	10 weeks
74245	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74246	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74247	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74248	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74961	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74962	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74963	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74964	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Preschool 4 – AOP

These intermediate preschoolers continue to work on independence by gliding on their front and back with an emphasis on propulsive kicking. Side flutter kick, surface support, and front crawl in a PFD are introduced. For more information visit our website. At least 3yrs but less than 6yrs

73404	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$116.88	9 weeks
74036	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74037	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks
74523	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks

74524	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks
74525	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Preschool 4 – CRC

These intermediate preschoolers continue to work on independence by gliding on their front and back with an emphasis on propulsive kicking. Side flutter kick, surface support, and front crawl in a PFD are introduced. For more information visit our website. At least 3yrs but less than 6yrs

73405	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$105.19	9 weeks
73695	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$105.19	9 weeks
73696	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$105.19	9 weeks
73736	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$116.88	10 weeks
73737	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$116.88	10 weeks
73773	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$116.88	10 weeks
73774	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$116.88	10 weeks
73775	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$116.88	10 weeks
73776	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
73820	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$116.88	10 weeks
73821	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
73863	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$116.88	10 weeks
73915	Sat	Jan 9-Mar 13	10:00am-10:30am	$116.88	10 weeks
73916	Sat	Jan 9-Mar 13	11:00am-11:30pm	$116.88	10 weeks
73968	Sun	Jan 10-Mar 14	9:00am-9:30am	$116.88	10 weeks
73969	Sun	Jan 10-Mar 14	10:00am-10:30am	$116.88	10 weeks

Preschool 4 – FGSC

These intermediate preschoolers continue to work on independence by gliding on their front and back with an emphasis on propulsive kicking. Side flutter kick, surface support, and front crawl in a PFD are introduced. For more information visit our website. At least 3yrs but less than 6yrs

73406	Mon	Jan 4-Mar 1	7:00pm-7:30pm	$93.50	8 weeks
74450	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$116.88	10 weeks
74584	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
74682	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$116.88	10 weeks
74777	Fri	Jan 8-Mar 12	7:00pm-7:30pm	$116.88	10 weeks

74249	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74250	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74252	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74254	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74965	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74966	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74967	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74968	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Preschool 5 – AOP

These advanced preschoolers are in the final stage before transferring to the swimmer levels. Swimmers continue to develop their front and back crawl. Participants will tread water unassisted, learn how to do forward rolls into deep water, and will be introduced to whip kick. For more information visit our website. At least 3yrs but less than 6yrs

73407	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$116.88	9 weeks
74038	Tue	Jan 5-Mar 9	8:00pm-8:30pm	$116.88	10 weeks
74039	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74526	Sat	Jan 9-Mar 13	12:00pm-12:30pm	$116.88	10 weeks
74527	Sun	Jan 10-Mar 14	11:30am-12:00pm	$116.88	10 weeks

Preschool 5 – CRC

These advanced preschoolers are in the final stage before transferring to the swimmer levels. Swimmers continue to develop their front and back crawl. Participants will tread water unassisted, learn how to do forward rolls into deep water, and will be introduced to whip kick. For more information visit our website. At least 3yrs but less than 6yrs

73408	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$105.19	9 weeks
73738	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$116.88	10 weeks
73777	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$116.88	10 weeks
73778	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$116.88	10 weeks
73822	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$116.88	10 weeks
73864	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$116.88	10 weeks
73917	Sat	Jan 9-Mar 13	9:30am-10:00am	$116.88	10 weeks
73918	Sat	Jan 9-Mar 13	11:00am-11:30am	$116.88	10 weeks

73970	Sun	Jan 10-Mar 14	10:30am-11:00am	$116.88	10 weeks

Preschool 5 – FGSC

These advanced preschoolers are in the final stage before transferring to the swimmer levels. Swimmers continue to develop their front and back crawl. Participants will tread water unassisted, learn how to do forward rolls into deep water, and will be introduced to whip kick. For more information visit our website. At least 3yrs but less than 6yrs

73409	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$93.50	8 weeks
74451	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$116.88	10 weeks
74587	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$116.88	10 weeks
74688	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$116.88	10 weeks
74778	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$116.88	10 weeks
74255	Sat	Jan 9-Mar 6	9:30am-10:00am	$93.50	8 weeks
74256	Sat	Jan 9-Mar 6	10:00am-10:30am	$93.50	8 weeks
74257	Sat	Jan 9-Mar 6	10:30am-11:00am	$93.50	8 weeks
74258	Sat	Jan 9-Mar 6	11:00am-11:30am	$93.50	8 weeks
74969	Sun	Jan 10-Mar 7	9:30am-10:00am	$93.50	8 weeks
74970	Sun	Jan 10-Mar 7	10:00am-10:30am	$93.50	8 weeks
74971	Sun	Jan 10-Mar 7	10:30am-11:00am	$93.50	8 weeks
74972	Sun	Jan 10-Mar 7	11:00am-11:30am	$93.50	8 weeks

Terrific Twos – CRC

This unique program has been designed with your 2 year old in mind! This program has been created for children that have successfully completed the Parent and Tot 3 Program, are a minimum of 2 years of age, and can follow basic instructions. This is a non-parented, low ratio program that will provide an introduction to the concept of swimming with an instructor. Swimming skills will be introduced through fun activities and age-appropriate progressions. Games, songs and challenges are incorporated into each lesson. Program ratio is 1:3At least 2 but less than 4

74129	Fri	Jan 8-Mar 12	9:30am-10:00am	$116.88	10 weeks
74414	Fri	Jan 8-Mar 12	10:30am-11:00am	$116.88	10 weeks
74415	Fri	Jan 8-Mar 12	2:30pm-3:00pm	$116.88	10 weeks

Terrific Twos – FGSC

This unique program has been designed with your 2 year old in mind! This program has been created for children that have successfully completed the Parent and Tot 3 Program, are a minimum of 2 years of age, and can follow basic instructions. This is a non-parented, low ratio program that will provide an introduction to the concept of swimming with an instructor. Swimming skills will be introduced through fun activities and age-appropriate progressions. Games, songs and challenges are incorporated into each lesson. Program ratio is 1:3At least 2 but less than 4

74130	Mon	Jan 4-Mar 1	1:30pm-2:00pm	$93.50	8 weeks
74485	Wed	Jan 6-Mar 10	9:30am-10:00am	$105.19	9 weeks
74761	Fri	Jan 8-Mar 12	9:30am-10:00am	$116.88	10 weeks

Private Swimming Lessons -Children

Private Swimming Lessons- AOP (#@)

One on one instruction. Swimmer's abilities will be assessed on the first week to determine the appropriate level, unless a previous progress card has been submitted to the instructor. For more information visit our website. At least 3 but less than 15

74317	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$390.18	9 weeks
74318	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$390.18	9 weeks
74319	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$390.18	10 weeks
74320	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$390.18	10 weeks
74321	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$390.18	10 weeks
74322	Thu	Jan 7-Mar 11	7:30pm-8:00pm	$390.18	10 weeks
74656	Sat	Jan 9-Mar 13	9:30am-10:00am	$390.18	10 weeks
74658	Sat	Jan 9-Mar 13	10:00am-10:30am	$390.18	10 weeks
74659	Sat	Jan 9-Mar 13	10:30am-11:00am	$390.18	10 weeks
74660	Sat	Jan 9-Mar 13	11:00am-11:30am	$390.18	10 weeks
74661	Sat	Jan 9-Mar 13	11:30am-12:00pm	$390.18	10 weeks
74663	Sat	Jan 9-Mar 13	12:00pm-12:30pm	$390.18	10 weeks
74665	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$390.18	10 weeks
74666	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$390.18	10 weeks
74667	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$390.18	10 weeks
74668	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$390.18	10 weeks
74669	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$390.18	10 weeks

74671	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$390.18	10 weeks
74672	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$390.18	10 weeks
74673	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$390.18	10 weeks
74674	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$390.18	10 weeks
74681	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$390.18	10 weeks
74683	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$390.18	10 weeks
74684	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$390.18	10 weeks
74685	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$390.18	10 weeks
74686	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$390.18	10 weeks
74687	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$390.18	10 weeks
74689	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$390.18	10 weeks
74690	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$390.18	10 weeks
74691	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$390.18	10 weeks
74692	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$390.18	10 weeks
74693	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$390.18	10 weeks
74694	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$390.18	10 weeks
74696	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$390.18	10 weeks
74698	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$390.18	10 weeks
74700	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$390.18	10 weeks
74702	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$390.18	10 weeks
74703	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$390.18	10 weeks
74706	Sun	Jan 10-Mar 14	9:00am-9:30am	$390.18	10 weeks
74708	Sun	Jan 10-Mar 14	11:00am-11:30am	$390.18	10 weeks
74709	Sun	Jan 10-Mar 14	11:30am-12:00pm	$390.18	10 weeks
74710	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$390.18	10 weeks
74712	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$390.18	10 weeks

Private Swimming Lessons- FGSC (#@)

One on one instruction. Swimmer's abilities will be assessed on the first week to determine the appropriate level, unless a previous progress card has been submitted to the instructor. For more information visit our website. At least 3 but less than 15

74149	Mon	Jan 4-Mar 1	2:00pm-2:30pm	$312.14	8 weeks
74305	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$312.14	8 weeks

74306	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$312.14	8 weeks
74460	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$390.18	10 weeks
74461	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$390.18	10 weeks
74462	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$390.18	10 weeks
74463	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$390.18	10 weeks
74695	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$390.18	10 weeks
74697	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$390.18	10 weeks
74699	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$390.18	10 weeks
74701	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$390.18	10 weeks
74865	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$390.18	10 weeks
74866	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$390.18	10 weeks
74313	Sat	Jan 9-Mar 6	11:30am-12:00pm	$312.14	8 weeks
74315	Sat	Jan 9-Mar 6	11:30am-12:00pm	$312.14	8 weeks
74316	Sat	Jan 9-Mar 6	11:30am-12:00pm	$312.14	8 weeks
74867	Sat	Jan 9-Mar 6	4:00pm-4:30pm	$312.14	8 weeks
74868	Sat	Jan 9-Mar 6	4:00pm-4:30pm	$312.14	8 weeks
74869	Sat	Jan 9-Mar 6	4:30pm-5:00pm	$312.14	8 weeks
74870	Sat	Jan 9-Mar 6	4:30pm-5:00pm	$312.14	8 weeks
74871	Sat	Jan 9-Mar 6	5:00pm-5:30pm	$312.14	8 weeks
74872	Sat	Jan 9-Mar 6	5:00pm-5:30pm	$312.14	8 weeks
74873	Sat	Jan 9-Mar 6	5:30pm-6:00pm	$312.14	8 weeks
74874	Sat	Jan 9-Mar 6	5:30pm-6:00pm	$312.14	8 weeks
74875	Sat	Jan 9-Mar 6	6:00pm-6:30pm	$312.14	8 weeks
74876	Sat	Jan 9-Mar 6	6:00pm-6:30pm	$312.14	8 weeks
74877	Sat	Jan 9-Mar 6	6:30pm-7:00pm	$312.14	8 weeks
74878	Sat	Jan 9-Mar 6	6:30pm-7:00pm	$312.14	8 weeks
74929	Sat	Jan 9-Mar 6	6:30pm-7:00pm	$312.14	8 weeks
74939	Sun	Jan 10-Mar 7	9:00am-9:30am	$312.14	8 weeks
74940	Sun	Jan 10-Mar 7	10:00am-10:30am	$312.14	8 weeks
74930	Sun	Jan 10-Mar 7	11:30am-12:00pm	$312.14	8 weeks
74931	Sun	Jan 10-Mar 7	11:30am-12:00pm	$312.14	8 weeks
74932	Sun	Jan 10-Mar 7	11:30am-12:00pm	$312.14	8 weeks

Private Swimming Lessons- CRC (#@)

One on one instruction. Swimmer's abilities will be assessed on the first week to determine the appropriate level, unless a previous progress card has been submitted to the instructor. For more information visit our website. At least 3 but less than 15

73707	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$351.16	9 weeks
73708	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$351.16	9 weeks
73709	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$351.16	9 weeks
73710	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$351.16	9 weeks
73711	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$351.16	9 weeks
73712	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$351.16	9 weeks
73713	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$351.16	9 weeks
73714	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$351.16	9 weeks
73715	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$351.16	9 weeks
73751	Tue	Jan 5-Mar 9	4:30pm-5:00pm	$390.18	10 weeks
73752	Tue	Jan 5-Mar 9	5:00pm-5:30pm	$390.18	10 weeks
73753	Tue	Jan 5-Mar 9	5:30pm-6:00pm	$390.18	10 weeks
73754	Tue	Jan 5-Mar 9	6:00pm-6:30pm	$390.18	10 weeks
73755	Tue	Jan 5-Mar 9	6:30pm-7:00pm	$390.18	10 weeks
74373	Tue	Jan 5-Mar 9	9:30am-10:00am	$390.18	10 weeks
73797	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$390.18	10 weeks
73798	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$390.18	10 weeks
73799	Wed	Jan 6-Mar 10	5:30pm-6:00pm	$390.18	10 weeks
73800	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$390.18	10 weeks
73801	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$390.18	10 weeks
73802	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$390.18	10 weeks
73803	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$390.18	10 weeks
73838	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$390.18	10 weeks
73839	Thu	Jan 7-Mar 11	5:00pm-5:30pm	$390.18	10 weeks
73840	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$390.18	10 weeks
73841	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$390.18	10 weeks
73842	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$390.18	10 weeks
73843	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$390.18	10 weeks
73879	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$390.18	10 weeks

73880	Fri	Jan 8-Mar 12	4:30pm-5:00pm	$390.18	10 weeks
73881	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$390.18	10 weeks
73882	Fri	Jan 8-Mar 12	5:30pm-6:00pm	$390.18	10 weeks
73883	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$390.18	10 weeks
73884	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$390.18	10 weeks
73885	Fri	Jan 8-Mar 12	6:30pm-7:00pm	$390.18	10 weeks
74399	Fri	Jan 8-Mar 12	9:30am-10:00am	$390.18	10 weeks
73984	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$390.18	10 weeks
73985	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$390.18	10 weeks
73986	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$390.18	10 weeks
73987	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$390.18	10 weeks
73988	Sun	Jan 10-Mar 14	1:00pm-1:30pm	$390.18	10 weeks
73989	Sun	Jan 10-Mar 14	1:00pm-1:30pm	$390.18	10 weeks
73990	Sun	Jan 10-Mar 14	1:30pm-2:00pm	$390.18	10 weeks
73991	Sun	Jan 10-Mar 14	1:30pm-2:00pm	$390.18	10 weeks

Private Swimming Lessons -Adults/Youth

Private Adult Swimmer - AOP (#@)

In this one-on one instruction, participants will work at their own pace to develop skills taught in Adult Swimmer 1, 2, or 3. For more information visit our website.14 and up

73435	Fri	Jan 8-Mar 12	8:00pm-8:30pm	$390.18	10 weeks
74497	Fri	Jan 8-Mar 12	8:30pm-9:00pm	$390.18	10 weeks
74498	Fri	Jan 8-Mar 12	9:00pm-9:30pm	$390.18	10 weeks

Private Adult Swimmer - FGSC (#@)

In this one-on one instruction, participants will work at their own pace to develop skills taught in Adult Swimmer 1, 2, or 3. For more information visit our website.14 and up

73436	Mon	Jan 4-Mar 1	9:00am-9:30am	$312.14	8 weeks
74115	Mon	Jan 4-Mar 1	9:30am-10:00am	$312.14	8 weeks
74117	Mon	Jan 4-Mar 1	10:30am-11:00am	$312.14	8 weeks
74753	Fri	Jan 8-Mar 12	9:00am-9:30am	$390.18	10 weeks

74754	Fri	Jan 8-Mar 12	9:30am-10:00am	$390.18	10 weeks

Private Adult Swimmer- CRC (#@)

In this one-on-one instruction, participants will work at their own pace to develop skills taught in Adult Swimmer 1, 2 or 3. For more information visit our website.14 and up

73437	Fri	Jan 8-Mar 12	2:00pm-2:30pm	$390.18	10 weeks
74400	Fri	Jan 8-Mar 12	3:00pm-3:30pm	$390.18	10 weeks
74401	Fri	Jan 8-Mar 12	3:00pm-3:30pm	$390.18	10 weeks

Private Teen Swimmer - CRC (#@)

In this one-on-one instruction, participants will work at their own pace to develop skills taught in Teen Swimmer 1, 2 or 3. For more information visit our website. At least 14 but less than 19

73438	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$390.18	10 weeks
74001	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$390.18	10 weeks
74002	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$390.18	10 weeks
74003	Sun	Jan 10-Mar 14	1:00pm-1:30pm	$390.18	10 weeks
74004	Sun	Jan 10-Mar 14	1:30pm-2:00pm	$390.18	10 weeks

Semi-Private Swimming Lessons Children

Semi-Private Swimmer 1 - AOP (#@)

These entry level swimmers will become comfortable jumping into water with and without a PFD. They will learn to open their eyes, exhale and hold their breath underwater. They will work on independent floats, glides, and kicking through the water on their front and back. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73440	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$238.35	9 weeks
74575	Sat	Jan 9-Mar 13	9:00am-9:30am	$238.35	10 weeks
74576	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$238.35	10 weeks
74583	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$238.35	10 weeks
74585	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$238.35	10 weeks
74586	Sun	Jan 10-Mar 14	9:00am-9:30am	$238.35	10 weeks

Semi-Private Swimmer 1 - CRC (#@)

These entry level swimmers will become comfortable jumping into water with and without a lifejacket. They will learn to open their eyes, exhale and hold their breath underwater. They will work on independent floats, glides, and kicking through the water on their front and back. For more information visit our website. At least 6yrs but less than 14yrs

73441	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$214.52	9 weeks
73705	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$214.52	9 weeks
73793	Wed	Jan 6-Mar 10	6:00pm-6:30pm	$238.35	10 weeks
73794	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$238.35	10 weeks
73795	Wed	Jan 6-Mar 10	7:00pm-7:30pm	$238.35	10 weeks
73836	Thu	Jan 7-Mar 11	6:00pm-6:30pm	$238.35	10 weeks
73877	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$238.35	10 weeks
73997	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$238.35	10 weeks
73998	Sun	Jan 10-Mar 14	1:00pm-1:30pm	$238.35	10 weeks

Semi-Private Swimmer 1 - FGSC (#@)

These entry level swimmers will become comfortable jumping into water with and without a PFD. They will learn to open their eyes, exhale and hold their breath underwater. They will work on independent floats, glides, and kicking through the water on their front and back. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

74474	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$238.35	10 weeks
74597	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$238.35	10 weeks
73442	Sat	Jan 9-Mar 6	11:30am-12:00pm	$190.68	8 weeks
74920	Sat	Jan 9-Mar 6	4:00pm-4:30pm	$190.68	8 weeks
74945	Sun	Jan 10-Mar 7	11:00am-11:30am	$190.68	8 weeks

Semi-Private Swimmer 2 - AOP (#@)

These beginners will learn to support themselves at the surface without an aid, learn whip kick, and swim 10 metres of front and back crawl. Swimmers will be introduced to flutter kick interval training. Participants will be comfortable jumping into deep-water and learn basic self-rescue. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73443	Mon	Jan 4-Mar 8	6:00pm-6:30pm	$238.35	9 weeks
74588	Sat	Jan 9-Mar 13	9:30am-10:00am	$238.35	10 weeks

74604	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$238.35	10 weeks
74605	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$238.35	10 weeks
74607	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$238.35	10 weeks
74590	Sun	Jan 10-Mar 14	9:30am-10:00am	$238.35	10 weeks

Semi-Private Swimmer 2 - CRC (#@)

These beginners will learn to support themselves at the surface without an aid, learn whip kick, and swim 10 metres of front crawl and back crawl. Swimmers will be introduced to flutter kick interval training. They'll be comfortable jumping into deeper water and learn basic self rescue. For more information visit our website. At least 6yrs but less than 14yrs

73444	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$214.52	9 weeks
73706	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$214.52	9 weeks
73796	Wed	Jan 6-Mar 10	6:30pm-7:00pm	$238.35	10 weeks
73837	Thu	Jan 7-Mar 11	6:30pm-7:00pm	$238.35	10 weeks
73878	Fri	Jan 8-Mar 12	6:00pm-6:30pm	$238.35	10 weeks
73999	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$238.35	10 weeks
74000	Sun	Jan 10-Mar 14	1:30pm-2:00pm	$238.35	10 weeks

Semi-Private Swimmer 2 - FGSC (#@)

These beginners will learn to support themselves at the surface without an aid, learn whip kick, and swim 10 metres of front and back crawl. Swimmers will be introduced to flutter kick interval training. Participants will be comfortable jumping into deep-water and learn basic self-rescue. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

74475	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$238.35	10 weeks
74620	Wed	Jan 6-Mar 10	7:30pm-8:00pm	$238.35	10 weeks
73445	Sat	Jan 9-Mar 6	11:30am-12:00pm	$190.68	8 weeks
74921	Sat	Jan 9-Mar 6	4:30pm-5:00pm	$190.68	8 weeks
74946	Sun	Jan 10-Mar 7	11:30am-12:00pm	$190.68	8 weeks

Semi-Private Swimmer 3 - AOP (#@)

Transitioning from a 30 minute to 45 minute lesson, these junior swimmers will work on 15 metres of front and back crawl, and 10 metres of whip kick on their back. Flutter kick interval training increases. They will learn the foundations of diving and do in-water front

somersaults and handstands. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73446	Mon	Jan 4-Mar 8	6:30pm-7:00pm	$238.35	9 weeks
74591	Sat	Jan 9-Mar 13	10:00am-10:30am	$238.35	10 weeks
74598	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$238.35	10 weeks
74599	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$238.35	10 weeks
74603	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$238.35	10 weeks
74594	Sun	Jan 10-Mar 14	10:00am-10:30am	$238.35	10 weeks

Semi-Private Swimmer 3 - FGSC (#@)

Transitioning from a 30 minute to 45 minute lesson, these junior swimmers will work on 15 metres of front and back crawl, and 10 metres of whip kick on their back. Flutter kick interval training increases. They will learn the foundations of diving and do in-water front somersaults and handstands. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73447	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$190.68	8 weeks
74476	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$238.35	10 weeks
74721	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$238.35	10 weeks
74857	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$238.35	10 weeks
74307	Sat	Jan 9-Mar 6	11:30am-12:00pm	$190.68	8 weeks
74922	Sat	Jan 9-Mar 6	5:00pm-5:30pm	$190.68	8 weeks
74947	Sun	Jan 10-Mar 7	11:30am-12:00pm	$190.68	8 weeks

Semi-Private Swimmer 4 - AOP (#@)

These intermediate swimmers will focus on technique, increase endurance and speed on front and back crawl. Swimmers will be introduced to the individual components of breaststroke. And to cap it all off, swimmers will test their skill with a 5 metre underwater swim. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73448	Mon	Jan 4-Mar 8	7:00pm-7:30pm	$238.35	9 weeks
74611	Sat	Jan 9-Mar 13	10:30am-11:00am	$238.35	10 weeks
74613	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$238.35	10 weeks
74616	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$238.35	10 weeks
74619	Sun	Jan 10-Mar 14	10:30am-11:00am	$238.35	10 weeks

Semi-Private Swimmer 4 - FGSC (#@)

These intermediate swimmers will focus on technique, increase endurance and speed on front and back crawl. Swimmers will be introduced to the individual components of breaststroke. And to cap it all off, swimmers will test their skill with a 5 metre underwater swim. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73449	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$190.68	8 weeks
74477	Tue	Jan 5-Mar 9	7:00pm-7:30pm	$238.35	10 weeks
74725	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$238.35	10 weeks
74860	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$238.35	10 weeks
74308	Sat	Jan 9-Mar 6	11:30am-12:00pm	$190.68	8 weeks
74923	Sat	Jan 9-Mar 6	5:30pm-6:00pm	$190.68	8 weeks
74948	Sun	Jan 10-Mar 7	11:30am-12:00pm	$190.68	8 weeks

Semi-Private Swimmer 5- AOP (#@)

These swimmers will refine their front crawl, back crawl, and breaststroke techniques. They will pick up the pace with increased interval training from 25 to 50 metre sprints. They will master shallow dives, stationary eggbeater, and in-water back somersaults. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73450	Mon	Jan 4-Mar 8	7:30pm-8:00pm	$238.35	9 weeks
74622	Sat	Jan 9-Mar 13	11:00am-11:30am	$238.35	10 weeks
74625	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$238.35	10 weeks
74626	Sat	Jan 9-Mar 13	7:00pm-7:30pm	$238.35	10 weeks
74627	Sun	Jan 10-Mar 14	11:00am-11:30am	$238.35	10 weeks

Semi-Private Swimmer 5- FGSC (#@)

These swimmers will refine their front crawl, back crawl, and breaststroke techniques. They will pick up the pace with increased interval training from 25 to 50 metre sprints. They will master shallow dives, stationary eggbeater, and in-water back somersaults. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73451	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$190.68	8 weeks
74733	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$238.35	10 weeks
74862	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$238.35	10 weeks
74309	Sat	Jan 9-Mar 6	11:30am-12:00pm	$190.68	8 weeks

74924	Sat	Jan 9-Mar 6	6:00pm-6:30pm	$190.68	8 weeks
74949	Sun	Jan 10-Mar 7	11:30am-12:00pm	$190.68	8 weeks

Semi-Private Swimmer 6 - AOP (#@)

These advanced swimmers will easily swim lengths of front crawl, back crawl and breaststroke, and complete a 300 metre workout. They will continue to develop strength and power performing breaststroke sprints over 25 metres. Swimmers will be challenged with sophisticated aquatic skills and continue to prepare participants for their next step, Aquatic Leadership. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73452	Mon	Jan 4-Mar 8	8:00pm-8:30pm	$238.35	9 weeks
74648	Sat	Jan 9-Mar 13	11:30am-12:00pm	$238.35	10 weeks
74650	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$238.35	10 weeks
74652	Sun	Jan 10-Mar 14	11:30am-12:00pm	$238.35	10 weeks

Semi-Private Swimmer 6 - FGSC (#@)

These advanced swimmers will easily swim lengths of front crawl, back crawl and breaststroke, and complete a 300 metre workout. They will continue to develop strength and power performing breaststroke sprints over 25 metres. Swimmers will be challenged with sophisticated aquatic skills and continue to prepare participants for their next step, Aquatic Leadership. Ratio 3:1 For more information visit our website. At least 6yrs but less than 14yrs

73453	Mon	Jan 4-Mar 1	7:30pm-8:00pm	$190.68	8 weeks
74743	Thu	Jan 7-Mar 11	7:00pm-7:30pm	$238.35	10 weeks
74864	Fri	Jan 8-Mar 12	7:30pm-8:00pm	$238.35	10 weeks
74312	Sat	Jan 9-Mar 6	11:30am-12:00pm	$190.68	8 weeks
74925	Sat	Jan 9-Mar 6	6:30pm-7:00pm	$190.68	8 weeks
74950	Sun	Jan 10-Mar 7	11:30am-12:00pm	$190.68	8 weeks

Semi-Private Swimming Lessons Preschool

Semi-Private Preschool 1 - AOP (#@)

These beginner preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet and blow bubbles underwater. For more information visit our website. At least 3yrs but less than 6yrs

74632	Sat	Jan 9-Mar 13	11:00am-11:30am	$238.35	10 weeks
74633	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$238.35	10 weeks
74634	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$238.35	10 weeks
74635	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$238.35	10 weeks
74636	Sat	Jan 9-Mar 13	6:30pm-7:00pm	$238.35	10 weeks
74637	Sun	Jan 10-Mar 14	9:30am-10:00am	$238.35	10 weeks

Semi-Private Preschool 1 - CRC (#@)

These beginner preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet and blow bubbles underwater. For more information visit our website. At least 3yrs but less than 6yrs

73411	Mon	Jan 4-Mar 8	4:30pm-5:00pm	$214.52	9 weeks
73791	Wed	Jan 6-Mar 10	4:30pm-5:00pm	$238.35	10 weeks
73834	Thu	Jan 7-Mar 11	4:30pm-5:00pm	$238.35	10 weeks
73992	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$238.35	10 weeks
73993	Sun	Jan 10-Mar 14	1:30pm-2:00pm	$238.35	10 weeks

Semi-Private Preschool 1 - FGSC (#@)

These beginner preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet and blow bubbles underwater. For more information visit our website. At least 3yrs but less than 6yrs

73412	Sat	Jan 9-Mar 6	9:00am-9:30am	$190.68	8 weeks
74913	Sat	Jan 9-Mar 6	4:00pm-4:30pm	$190.68	8 weeks
74941	Sun	Jan 10-Mar 7	9:30am-10:00am	$190.68	8 weeks

Semi-Private Preschool 2 - AOP (#@)

This level of preschoolers submerge and exhale underwater comfortably. As emphasis will continue to be on front and back glides (assisted/unassisted) for a distance of 3 metres. A front swim with kick is introduced. They will learn to jump into chest deep water by themselves, and how to enter and exit the water safely. For more information visit our website. At least 3yrs but less than 6yrs

74638	Sat	Jan 9-Mar 13	11:30am-12:00pm	$238.35	10 weeks

74639	Sat	Jan 9-Mar 13	4:30pm-5:00pm	$238.35	10 weeks
74640	Sat	Jan 9-Mar 13	5:00pm-5:30pm	$238.35	10 weeks
74641	Sat	Jan 9-Mar 13	6:00pm-6:30pm	$238.35	10 weeks
74643	Sun	Jan 10-Mar 14	10:30am-11:00am	$238.35	10 weeks

Semi-Private Preschool 2 - CRC (#@)

This level of preschoolers submerge and exhale underwater comfortably. As emphasis will continue to be on front and back glides (assisted/unassisted) for a distance of 3 metres. A front swim with kick is introduced. They will learn to jump into chest deep water by themselves, and how to enter and exit the water safely. For more information visit our website. At least 3yrs but less than 6yrs

73414	Mon	Jan 4-Mar 8	5:00pm-5:30pm	$214.52	9 weeks
73792	Wed	Jan 6-Mar 10	5:00pm-5:30pm	$238.35	10 weeks
73835	Thu	Jan 7-Mar 11	5:30pm-6:00pm	$238.35	10 weeks
73876	Fri	Jan 8-Mar 12	5:00pm-5:30pm	$238.35	10 weeks
73994	Sun	Jan 10-Mar 14	1:00pm-1:30pm	$238.35	10 weeks

Semi-Private Preschool 2 - FGSC (#@)

This level of preschoolers submerge and exhale underwater comfortably. As emphasis will continue to be on front and back glides (assisted/unassisted) for a distance of 3 metres. A front swim with kick is introduced. They will learn to jump into chest deep water by themselves, and how to enter and exit the water safely. For more information visit our website. At least 3yrs but less than 6yrs

73415	Sat	Jan 9-Mar 6	9:30am-10:00am	$190.68	8 weeks
74914	Sat	Jan 9-Mar 6	4:30pm-5:00pm	$190.68	8 weeks
74944	Sun	Jan 10-Mar 7	10:30am-11:00am	$190.68	8 weeks

Semi-Private Preschool 3 - AOP (#@)

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats, and glides, on front and back with a distance requirement of 5 metres are a focus. Deep water entries and exits are introduced. For more information visit our website. At least 3yrs but less than 6yrs

73416	Sat	Jan 9-Mar 13	12:00pm-12:30pm	$238.35	10 weeks
74647	Sat	Jan 9-Mar 13	5:30pm-6:00pm	$238.35	10 weeks

Semi-Private Preschool 3 - CRC (#@)

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats, and glides, on front and back with a distance requirement of 5 metres are a focus. Deep water entries and exits are introduced. For more information visit our website. At least 3yrs but less than 6yrs

73417	Mon	Jan 4-Mar 8	5:30pm-6:00pm	$214.52	9 weeks
73995	Sun	Jan 10-Mar 14	12:30pm-1:00pm	$214.52	10 weeks
73996	Sun	Jan 10-Mar 14	1:00pm-1:30pm	$214.52	10 weeks

Semi-Private Preschool 3 - FGSC (#@)

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats, and glides, on front and back with a distance requirement of 5 metres are a focus. Deep water entries and exits are introduced. For more information visit our website. At least 3yrs but less than 6yrs

73418	Sat	Jan 9-Mar 6	10:00am-10:30am	$190.68	8 weeks
74917	Sat	Jan 9-Mar 6	5:00pm-5:30pm	$190.68	8 weeks

Semi-Private Preschool 4 - AOP (#@)

These intermediate preschoolers continue to work on independence by gliding on front and back with an emphasis on propulsive kicking. Side flutter kick and surface support in a PFD are introduced. Ratio 3:1. For more information visit our website. At least 3yrs but less than 6yrs

73419	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$238.35	10 weeks

Semi-Private Preschool 4 - CRC (#@)

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket, gliding, and kicking on their side. Ratio 3:1At least 3yrs but less than 6yrs

73420	Sun	Jan 10-Mar 14	12:00pm-12:30pm	$238.35	10 weeks

Semi-Private Preschool 4 - FGSC (#@)

These intermediate preschoolers continue to work on independence by gliding on front and back with an emphasis on propulsive kicking. Side flutter kick and surface support in a PFD are introduced. Ratio 3:1. For more information visit our website. At least 3yrs but less than 6yrs

73421	Sat	Jan 9-Mar 6	10:30am-11:00am	$190.68	8 weeks

74918	Sat	Jan 9-Mar 6	5:30pm-6:00pm	$190.68	8 weeks

Semi-Private Preschool 5 - CRC (#@)

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metres, interval training and get a giggle out of whip kick. Ratio 3:1At least 3yrs but less than 6yrs

73422	Sun	Jan 10-Mar 14	1:30pm-2:00pm	$238.35	10 weeks

Semi-Private Preschool 5 - FGSC (#@)

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metres, interval training and get a giggle out of whip kick. Ratio 3:1. At least 3yrs but less than 6yrs

73423	Sat	Jan 9-Mar 6	11:00am-11:30am	$190.68	8 weeks
74919	Sat	Jan 9-Mar 6	6:00pm-6:30pm	$190.68	8 weeks

Youth Group Swimming Lessons

Teen Swimmer 1- Beginner – CRC

These entry level teens are working towards being comfortable in the water and learn the basic mechanics of swimming. Swimmers will learn how to submerge and exhale underwater. Participants will learn floats, glides, and develop basic kicking techniques on their front, back and side. Teens will progress to the foundations of front and back crawl for a distance of 10-15 metres. This level of swimming lessons is equivalent to Swimmer 1 and 2 of the Swim for Life Program. For more information visit our website. At least 14yrs but less than 19yrs

73468	Sat	Jan 9-Mar 13	12:00pm-1:00pm	$126.26	10 weeks
74005	Sun	Jan 10-Mar 14	12:00pm-1:00pm	$126.26	10 weeks

Teen Swimmer 1- Beginner- AOP

These entry level teens are working towards being comfortable in the water and learn the basic mechanics of swimming. Swimmers will learn how to submerge and exhale underwater. Participants will learn floats, glides, and develop basic kicking techniques on the front, back and side. Teens will progress to the foundations of front and back crawl for a distance of 10-15 metres. This level of swimming is equivalent to Swimmer 1 and 2 of the Swim for Life Program. For more information visit our website. At least 14yrs but less than 19yrs

73469	Mon	Jan 4-Mar 8	8:30pm-9:30pm	$126.26	9 weeks
74734	Sat	Jan 9-Mar 13	7:30pm-8:30pm	$126.26	10 weeks

Teen Swimmer 1- Beginner- FGSC

These entry level teens are working towards being comfortable in the water and learn the basic mechanics of swimming. Swimmers will learn how to submerge and exhale underwater. Participants will learn floats, glides, and develop basic kicking techniques on the front, back and side. Teens will progress to the foundations of front and back crawl for a distance of 10-15 metres. This level of swimming is equivalent to Swimmer 1 and 2 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73470	Sun	Jan 10-Mar 7	6:30pm-7:30pm	$101.01	8 weeks
74997	Sun	Jan 10-Mar 7	7:30pm-8:30pm	$101.01	8 weeks

Teen Swimmer 2- Intermediate – CRC

These intermediate swimmers will continue to work on front and back crawl, the individual components of breaststroke, and sprints. Swimmers will perform a 5-metre underwater swim and learn basic self rescue skills. This level of swimming is equivalent to Swimmer 3 and 4 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73471	Sat	Jan 9-Mar 13	12:00pm-1:00pm	$126.26	10 weeks
74006	Sun	Jan 10-Mar 14	12:00pm-1:00pm	$126.26	10 weeks
74007	Sun	Jan 10-Mar 14	1:00pm-2:00pm	$126.26	10 weeks

Teen Swimmer 2- Intermediate- AOP

These intermediate swimmers will continue to work on front and back crawl, the individual components of breaststroke, and sprints. Swimmers will perform a 5-metre underwater swim and learn basic self rescue skills. This level of swimming lessons is equivalent to Swimmer 3 and 4 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73472	Mon	Jan 4-Mar 8	8:30pm-9:30pm	$126.26	9 weeks
74735	Sat	Jan 9-Mar 13	7:30pm-8:30pm	$126.26	10 weeks
74736	Sat	Jan 9-Mar 13	8:30pm-9:30pm	$126.26	10 weeks

Teen Swimmer 2- Intermediate- FGSC

These intermediate swimmers will continue to work on front and back crawl, the individual components of breaststroke, and sprints. Swimmers will perform a 5-metre

underwater swim and learn basic self rescue skills. This level of swimming lessons is equivalent to Swimmer 3 and 4 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73473	Sun	Jan 10-Mar 7	6:30pm-7:30pm	$101.01	8 weeks
74998	Sun	Jan 10-Mar 7	6:30pm-7:30pm	$101.01	8 weeks
74999	Sun	Jan 10-Mar 7	7:30pm-8:30pm	$101.01	8 weeks
75000	Sun	Jan 10-Mar 7	7:30pm-8:30pm	$101.01	8 weeks

Teen Swimmer 3- Advanced – CRC

These advanced swimmers will refine their front crawl, back crawl, and breaststroke techniques and complete a 300-metre (12 length) workout. Upon completion, swimmers that are interested, are ready for the next step which is Aquatic Leadership. This level of swimming lessons is equivalent to Swimmer 5 and 6 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73474	Sat	Jan 9-Mar 13	12:00pm-1:00pm	$126.26	10 weeks
74008	Sun	Jan 10-Mar 14	1:00pm-2:00pm	$126.26	10 weeks

Teen Swimmer 3- Advanced- AOP

These advanced swimmers will refine their front crawl, back crawl, and breaststroke techniques and complete a 300-metre (12 length) workout. Upon completion, swimmers that are interested, are ready for the next step which is Aquatic Leadership. This level of swimming lessons is equivalent to Swimmer 5 and 6 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73475	Mon	Jan 4-Mar 8	8:30pm-9:30pm	$126.26	9 weeks
74737	Sat	Jan 9-Mar 13	7:30pm-8:30pm	$126.26	10 weeks
74738	Sat	Jan 9-Mar 13	8:30pm-9:30pm	$126.26	10 weeks

Teen Swimmer 3- Advanced- FGSC

These advanced swimmers will refine their front crawl, back crawl, and breaststroke techniques and complete a 300-metre (12 length) workout. Upon completion, swimmers that are interested, are ready for the next step which is Aquatic Leadership. This level of swimming lessons is equivalent to Swimmer 5 and 6 of the Swim for Life Program. For more information visit our website. At least 14 but less than 19

73476	Sun	Jan 10-Mar 7	6:30pm-7:30pm	$101.01	8 weeks
75001	Sun	Jan 10-Mar 7	7:30pm-8:30pm	$101.01	8 weeks

Leadership Youth

Bronze Cross and Intermediate First Aid - AOP

The Bronze Cross Program builds on the Bronze Medallion skills with a focus on advanced water rescues, spinal injury management, teamwork, and supervision in aquatic settings. This course prepares candidates for lifeguarding duties and is a key step toward National Lifeguard certification. An examiner will evaluate your skills at the end of the course. 100% attendance is mandatory.14 and up

74494	Thu	Jan 7-Mar 11	6:30pm-10:00pm	$233.72	10 weeks
74744	Sun	Jan 10-Mar 14	11:00am-2:30pm	$233.72	10 weeks

Bronze Medallion – AOP

The Bronze Medallion Course challenges participants to develop the essential skills and knowledge required for lifeguarding and aquatic safety. Candidates will build endurance through a timed swim, rescue skills, and decision-making skills through hands-on practice in water rescue techniques, first aid scenarios, and teamwork exercises. An examiner will evaluate your skills at the end of the course. 100% attendance is mandatory.13 and up

74495	Fri	Jan 8-Mar 12	7:00pm-10:00pm	$224.49	10 weeks
74746	Sun	Jan 10-Mar 14	12:30pm-3:30pm	$224.49	10 weeks

Bronze Star - AOP

Bronze Star is an excellent preparation for success in Bronze Medallion. Participants develop problem solving and decision making skills as individuals and partners. They learn CPR and develop water smart confidence and the lifesaving skills needed to be their own personal lifeguard. Students who achieve this award can register in Bronze Medallion/Emergency First Aid and CPR 'B'. The minimum prerequisite for this program is Swimmer 6 and 10 years of age. Canadian Swim Patrol is recommended. At least 10 but less than 14

74496	Fri	Jan 8-Mar 12	7:00pm-8:00pm	$125.85	10 weeks
74745	Sun	Jan 10-Mar 14	2:30pm-3:30pm	$125.85	10 weeks

National Lifeguard - AOP

This is a Lifesaving Society certification course and a nationally recognized lifeguarding award. Candidates must be 15-years-old by the date of the exam. Bronze Cross and Basic First Aid is a prerequisite for this course. Please provide proof of prerequisite both

when registering and on the first day of lessons. 100 per cent attendance is mandatory.15 and up

74493	Tue	Jan 5-Mar 9	6:00pm-10:00pm	$384.85	10 weeks

Swim & Lifesaving Instructor - AOP

This is a two certification course. The Lifesaving Society Swim for Life Instructor course prepares the candidate to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. The Lifesaving Instructor course prepares the candidate to organize, plan, teach and evaluate lifesaving and first aid skills as well as resuscitation techniques to instruct Lifesavings Canadian Swim Patrol, Bronze Medallion, Bronze Cross and Emergency First Aid programs. Candidates will be required to complete volunteer hours alongside a certified instructor to gain practical experience. 100% attendance is required.15 and up

74492	Mon	Jan 4-Mar 8	5:30pm-10:00pm	$461.50	9 weeks

Volunteer Swimming Instructor Program – CRC Orientation

Are you interested in assisting with the swimming lesson program? This is a great opportunity to gain workplace experience and develop communication, guarding, and instructional skills. Please bring proof of your Bronze Cross qualification as this is the program prerequisite. This volunteering will occur for the duration of the Winter 2027 session. You must register for this program and attend the orientation on Wednesday January 6.

75256	Wed	Jan 6	4:30pm-5:30pm	$0.00	1 week

Adult

Fitness

Fitness20/20/20

Enjoy a balanced full-body workout that combines 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. This well-rounded class is designed to improve cardiovascular fitness, build strength, enhance flexibility, and support overall wellness. Suitable for all fitness levels.

73682	14yrs+	Whitby Civic Rec	11 weeks
Sun	Jan 10-Mar 21	8:45am-9:40am	$102.18

ABT-Abs/Butt/Thighs

Wake up the core, glutes and thighs with this unique and targeted muscle conditioning class. Lift and tone, stabilize the pelvis and improve balance and mobility. Equipment used will include free weights, body bars, stability balls and bender balls. Variations suitable for all fitness levels and abilities will be provided. Come and join us for this amazing workout!

73180	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	10:15am-11:10am	$102.18

Ball Fit

This total body workout challenges the body through dynamic movements for stabilization and balance. Using a combination of Stability balls, Pilates balls, BOSU and medicine balls you will develop control and strength of your core body muscles, increasing abdominal and back function.

73207	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	1:30pm-2:25pm	$102.18

Barre

This popular class combines athletic style yoga, Pilates and ballet. This full body workout uses a weighted body bar and Pilates ball for conditioning to help improve your overall flexibility, core strength and wellbeing. The class is set to energizing dance music that is certain to get your body moving!

73227	14yrs+	Brooklin CC&L	10 weeks
Mon	Jan 4-Mar 15	7:00pm-7:55pm	$92.89

Body Max

Take your fitness to the next level with Body Max, a full-body workout designed to build strength, boost cardiovascular endurance, and improve overall fitness. Using a variety of exercises and equipment, participants will challenge their muscles, increase energy levels, and enhance functional movement endurance, and enhance overall fitness. Suitable for all fitness levels.

73674	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	7:45am-8:40am	$102.18

Body Reset

Recharge your body and mind with this restorative fitness class designed to improve mobility, flexibility, and overall well-being. Through a combination of gentle movement,

stretching, and core-focused exercises, participants will reduce muscle tension, enhance posture, and leave feeling refreshed and energized. Suitable for all fitness levels.

73662	14yrs+	Whitby Civic Rec	11 week
Thu	Jan 7-Mar 18	8:30am-9:25am	$102.18

Bootcamp

Don't let the name scare you! Boot Camp is a great way to kick start your fitness routine, increase your muscular strength and improve your cardiovascular efficiency. Drill work, circuit training, obstacle courses, use of med balls and free weights along with total body functional exercises are just a few of the highlights in this workout. Guaranteed to keep your body guessing and help you reach your fitness goals. All fitness levels are welcome.

73655	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	6:30pm-7:25pm	$102.18
73205	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	10:15am-11:10am	$102.18
73681	14yrs+	Whitby Civic Rec	11 weeks
Sun	Jan 10-Mar 21	7:45am-8:40am	$102.18

Cardio and Core

Cardio & Core is a full body high energy workout that keeps you moving. Alternating between back to back cardio progressions and body weight core work, this class will challenge your endurance and energize your mind. All fitness levels and abilities are welcome.

73197	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	5:30pm-6:25pm	$102.18

Cardio and Stretch

Boost your cardiovascular fitness while improving flexibility and mobility in this balanced workout. This class combines easy-to-follow cardio exercises with guided stretching to increase endurance, reduce muscle tension, and support overall wellness. Suitable for all fitness level.

73659	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	6:30pm-7:25pm	$102.18

Chair Yoga

Chair Yoga is a gentle and accessible class designed to improve flexibility, balance, mobility, and overall well-being. Using a chair for support, participants will move through a series of seated and standing poses, combined with breathing and stretching exercises to enhance strength, posture, and relaxation. This class is suitable for all fitness levels, including older adults and individuals with limited mobility.

73651	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	2:30pm-3:25pm	$102.18

Dynamic Strength

Build core strength, improve posture and increase your cardiovascular endurance! This circuit workout will keep you moving with challenging exercises targeting the rectus abdominis, obliques, transverse abdominis, and lower back alternating with cardio intervals. All fitness levels and abilities are welcome.

73214	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	9:00am-9:55am	$102.18

Core Conditioning

Strengthen your core and improve overall stability in this focused fitness class. Through a variety of exercises targeting the abdominal, back, and supporting muscles, participants will enhance balance, posture, strength, and functional movement. Suitable for all fitness levels.

73645	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	7:30am-8:25am	$102.18
73668	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	7:30am-8:25am	$102.18
73679	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	12:15pm-1:10pm	$102.18

Core Forge

Build a stronger foundation with Core Forge, a dynamic workout focused on developing core strength, stability, and endurance. Using a variety of functional exercises, participants will strengthen the abdominal, back, and supporting muscle groups to improve balance, posture, and overall performance.

73661	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	7:30am-8:25am	$102.18

Dance Aerobics

Get moving and have fun in this energetic, music-filled workout that combines easy-to-follow dance movements with aerobic exercise. Improve cardiovascular fitness, coordination, balance, and endurance while enjoying a supportive and welcoming atmosphere. Suitable for all fitness levels.

73639	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	3:30pm-4:25pm	$92.89

Dance Fit

Enjoy the most popular music, across all genres with this fun and motivating low impact dance inspired workout. Shape and tone your body while improving your sense of rhythm, body awareness and coordination. Get fit and have fun as you move and groove to hottest new music. Suitable for all ages and fitness levels.

73181	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	11:15am-12:10pm	$102.18
73653	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	4:30pm-5:25pm	$102.18
73216	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	12:30pm-1:25pm	$102.18

Deep Stretch

Relax, lengthen, and restore your body in this gentle stretching class designed to improve flexibility, mobility, and overall well-being. Through a series of guided stretches, participants will help reduce muscle tension, increase range of motion, and enhance posture. Suitable for all fitness levels.

73648	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	10:30am-11:25am	$102.18
73652	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	3:30pm-4:25pm	$102.18

Easy Fit

Stay active and improve your overall fitness in this low-impact class designed for all abilities. Easy Fit combines gentle cardio, light strength training, and flexibility exercises to help improve balance, mobility, and everyday well-being in a welcoming and supportive environment. Perfect for beginners.

73644	14yrs+	Whitby Civic Rec	11 weeks

Tue	Jan 5-Mar 16	6:30am-7:25am	$102.18
73656	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	7:30pm-8:25pm	$102.18
73660	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	6:30am-7:25am	$102.18
73667	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	6:30am-7:25am	$102.18
73680	14yrs+	Whitby Civic Rec	11 weeks
Sun	Jan 10-Mar 21	6:45am-7:40am	$102.18

Full Body Fitness

Full Body Fitness is a cardio and strength conditioning class designed to improve overall body composition by boosting metabolism and burning calories. Tone your entire body with this incredible and fun workout.

73178	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	6:15am-7:10am	$102.18

Full Body Strength

Build total-body strength and improve muscular endurance in this challenging and effective workout. Using a variety of equipment and functional exercises, participants will target all major muscle groups while enhancing balance, stability, and overall fitness

73671	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	12:00pm-12:55pm	$102.18

Gentle Yoga

Highly recommended for all ages. Explore up to 60 different postures and breathing techniques. Postures will be broken down, the use of muscle groups identified and the benefits and reasons “why” explained. Handouts of the postures will be provided which you can take home and study. Learn about the history of yoga, how it improves your way of life and some Sanskrit along the way. Namasta (is a sanskrit word) - meaning: a respectful greeting of one another.

73647	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	9:30am-10:25am	$102.18
73204	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	9:00am-9:55am	$102.18
73675	14yrs+	Whitby Civic Rec	11 weeks

Sat	Jan 9-Mar 20	1:30pm-2:25pm	$102.18

HIIT

High Intensity Interval Training, boost your fitness with this fast-paced, full-body workout designed to maximize results in minimal time. HIIT alternates short bursts of high-intensity exercise with brief recovery periods to increase cardiovascular endurance, build strength, and burn calories long after the workout is over. This class can be adapted for all fitness levels, offering modifications and progressions so everyone can challenge themselves safely. Get ready to sweat, push your limits, and leave feeling energized!

73658	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	5:30pm-6:25pm	$102.18
73208	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	2:30pm-3:25pm	$102.18
73669	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	8:30am-9:25am	$102.18

Jazz 1

Welcome aspiring dancers! Learn the basics of jazz dance technique while improving coordination, strength and flexibility. Traditional jazz steps, isolation work, jazz progressions and combinations will be taught. Jazz dance combines rhythmic movement with great music and dynamic energy. **some basic dance experience required **

73215	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	1:30pm-2:25pm	$102.18

Light and Lively 1A

low impact aerobic workout. This class includes muscle conditioning and stretching. Enjoy a no-bounce workout to your favourite tunes. This class is designed for beginners. ****Registration Only****

73196	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	1:30pm-2:25pm	$102.18

Light and Lively 2

A low impact aerobic workout. This class includes muscle conditioning and stretching. Enjoy a no-bounce workout to your favourite tunes. This intermediate class is designed for those who have completed Light and Lively - Level 1. ****Registration Only****

73195	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	12:15pm-1:10pm	$102.18

Low Impact

Move to music with choreographed low impact cardio routines for a fun and energizing workout. Strength conditioning and a stretch complete this class. All fitness levels are welcome.

73173	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	10:15am-11:10am	$92.89

Lower Body Shred

Strengthen, sculpt, and power up your legs and glutes in this targeted lower-body workout. Lower Body Shred combines strength training, plyometrics, and functional movement to build muscular endurance and improve overall lower-body performance. Expect focused work for your quads, hamstrings, glutes, and calves, along with core-stabilizing exercises to support proper form. Suitable for all fitness levels with options to modify or intensify each movement. Get ready to feel the burn!

73209	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	3:30pm-4:25pm	$102.18

Mat Pilates

Improve your core strength, posture, flexibility, and overall body awareness with this low-impact fitness class. Mat Pilates focuses on controlled movements and proper alignment to strengthen the core muscles while improving balance, stability, and mobility. Suitable for all fitness levels, this class provides a full-body workout that helps build strength from the inside out.

73643	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	6:30pm-7:25pm	$92.89

Mat Core

Strengthen and tone your core muscles in this engaging floor-based workout. This class focuses on improving abdominal, back, and pelvic stability through a variety of exercises designed to enhance balance, posture, and overall functional strength. Suitable for all fitness levels, modifications and progressions are provided to help participants work at their own pace.

75193	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	1:00pm-1:55pm	$102.18

Menopause Strong

A strength-focused fitness program designed for women in perimenopause, menopause, and post-menopause. Improve strength, bone health, balance, mobility, and overall well-being through safe, effective exercises in a supportive and welcoming environment. Suitable for all fitness levels. **This is a registered Program Only

73211	40yrs+	Whitby Civic Rec	8 weeks
Thu	Jan 7-Mar 18	11:15am-12:10pm	$74.31

Mom and Baby Fitness

This small group training fitness and mobility workout is specifically designed for post natal women and their fitness needs. Babies (non crawling) are welcome to attend this class with mom as she works on strength, sculpt, core, posture and mobility. Taught by a Pre and Post Natal Personal Trainer Specialist, this class caters to all fitness levels and abilities.

73201	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	1:15pm-2:10pm	$102.18

Mom and Baby Yoga

Baby Yoga classes will include a combination of gentle stretching, improved flexibility and strengthening exercises while bonding with their baby. The class will also focus on deep core connection and pelvic floor awareness along with calming breathwork to help release tension and bring balance to the mind and body. No prior experience is needed.

73212	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	12:15pm-1:10pm	$102.18

Pilates

Improve your strength, flexibility, posture, and core stability in this low-impact Pilates class. Through controlled movements and focused breathing techniques, participants will develop better balance, coordination, and overall body awareness. Suitable for all fitness levels.

73636	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	8:00am-8:55am	$92.89

Pilates

This Pilates program will increase abdominal and back strength, functional stability, and flexibility while expanding your body awareness. This class is designed for all levels.

73174	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	11:15am-12:10pm	$92.89
73646	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	8:30am-9:25am	$102.18
73676	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	2:30pm-3:25pm	$102.18
73678	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	11:15am-12:10pm	$102.18

Pilates for Seniors Level 1

This Pilates program will increase abdominal and back strength, functional stability, and flexibility while expanding your body awareness. This class is designed for beginner levels.

73179	55yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	9:00am-9:55am	$102.18

Pilates for Seniors Level 2

Build on the skills learned in Pilates 1 in this low-impact class designed for active older adults. Continue to improve core strength, balance, flexibility, posture, and mobility through a variety of controlled Pilates exercises. This class offers a progression of movements to help participants enhance overall fitness, confidence, and functional movement for everyday activities. Participants should be comfortable getting up and down from the floor.

73217	55yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	2:30pm-3:25pm	$102.18

Pilates Sculpt

Strengthen, lengthen, and tone with this energizing Pilates-based workout. Pilates Sculpt combines core-focused movements with light resistance training to improve strength, posture, balance, and overall body conditioning. Suitable for all fitness levels, this class offers a full-body workout designed to build lean muscle while enhancing flexibility and stability.

74237	14yrs+	Whitby Civic Rec	11 weeks

Fri	Jan 8-Mar 19	9:30am-10:25am	$102.18

Pilates Sculpt

Strengthen, lengthen, and tone with this energizing Pilates-based workout. Pilates Sculpt combines core-focused movements with light resistance training to improve strength, posture, balance, and overall body conditioning. Suitable for all fitness levels, this class offers a full-body workout designed to build lean muscle while enhancing flexibility and stability. Participants are encouraged to work at their own pace and modify exercises as needed.

74236	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	12:00pm-12:55pm	$92.89

Power Yoga

Join this dynamic style of yoga that's focused on building strength and endurance while linking your breathing to the different motions of your body. It is also an excellent form of yoga for burning calories and challenging the body and mind. Open to all levels of practice who are looking for a challenge.

73640	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	7:35pm-8:30pm	$92.89
73210	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	7:35pm-8:30pm	$102.18

Rock Body

Rock Body is a strength training and conditioning class, balanced and designed to improve overall fitness. Build muscle and sculpt your entire body with this incredible workout. Free weights will be combined with the use of stability balls, BOSU balls and bench work. Challenge yourself while getting fit and having fun. All fitness levels and abilities are welcome.

73175	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	5:30pm-6:25pm	$92.89
73192	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	10:15am-11:10am	$102.18
73193	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	12:15pm-1:10pm	$102.18

Sculpt & Stretch

This class will take you through a series of Yoga, Barre and Pilates inspired exercises with a strong focus on proper form, alignment, overall body strength and flexibility. Equipment will vary and will include dumbbells, Bender balls, resistance bands, gliders and stability balls. Open to all fitness levels.

73200	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	12:15pm-1:10pm	$102.18

Sculpt and Flow

Build core strength, improve posture and increase your cardiovascular endurance! This workout will keep you moving with challenging exercises targeting the rectus abdominis, obliques, transverse abdominis, and lower back alternating with cardio intervals. This class is a mix of all your favorites, Cardio, Sculpting, and Yoga. All fitness levels and abilities are welcome.

73229	14yrs+	Brooklin CC&L	11 weeks
Sun	Jan 10-Mar 21	9:00am-9:55am	$102.18

Spin and Strength

Spin and Strength is a winning combination to support your cardio and muscle conditioning goals. Fueled by a fun and energetic playlist, the spin bike portion guides both new and experienced riders through 4 zones of effort that targets cardio endurance and enhances calorie burn. The second half of the workout takes place off the bike and targets upper body and abdominals using dumbbells and a variety of other equipment. This unique workout is sure to leave you feeling energized and stronger from head to toe! Be sure to bring a water bottle and sweat towel. IF IT IS YOUR FIRST TIME USING THE SPIN BIKES AT THE WHITBY COMPLEX: Please arrive at least 10 minutes before the posted start time of the class to allow for seat and handlebar fitting

73184	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	5:20pm-6:15pm	$102.18

Spin and Strength

Spin and Strength is a winning combination to support your cardio and muscle conditioning goals. Fueled by a fun and energetic playlist, the spin bike portion guides both new and experienced riders through 4 zones of effort that targets cardio endurance and enhances calorie burn. The second half of the workout takes place off the bike and targets upper body and abdominals using dumbbells and a variety of other equipment. This unique workout is sure to leave you feeling energized and stronger from head to toe! Be sure to bring a water bottle and sweat towel. IF IT IS YOUR FIRST TIME USING THE SPIN BIKES AT THE WHITBY COMPLEX: Please arrive at least 10 minutes before the posted start time of the class to allow for seat and handlebar fitting.

73202	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	6:15am-7:10am	$102.18
73203	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	5:20pm-6:15pm	$102.18

Spinning

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 45 minute indoor stationary cycling program. You will learn proper spin technique while increasing your cardiovascular endurance and stamina. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping. Rockin' music with a few laughs and tears. Bring a towel and water bottle and be prepared to sweat. This class is suitable for all fitness levels.

73176	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	6:45pm-7:30pm	$92.89
73673	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	6:45am-7:30am	$102.18

Step and Sculpt

Heart-pumping, exciting step aerobic routines alternate with strength training intervals to give you a complete cardiovascular and weights workout. Get energized and get fit. This is an excellent cross-training class for all skill and fitness levels.

73637	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	1:30pm-2:25pm	$92.89
73185	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	6:30pm-7:25pm	$102.18
73188	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	9:00am-9:55am	$102.18
73189	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	6:30pm-7:25pm	$102.18
73190	14yrs+	Whitby Civic Rec	11 weeks
Fri	Jan 8-Mar 19	10:15am-11:10am	$102.18
73191	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	9:00am-9:55am	$102.18

Strength & Conditioning

Build strength, improve endurance, and enhance overall fitness in this full-body workout designed for all fitness levels. Using a variety of equipment and functional exercises, participants will develop muscular strength, cardiovascular fitness, balance, and mobility.

73638	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	2:30pm-3:25pm	$92.89

Strength & Core

A full-body workout using dumbbells, kettlebells, resistance bands and bench combined with bodyweight exercises that target the major muscle groups to strengthen the upper body, lower body and core.

73187	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	6:15am-7:10am	$102.18

Strength & Stretch

A full-body workout using various equipment combined with bodyweight exercises to create compound and isolation exercises targeting the major muscle groups of the upper and lower body as well as core to get you strong, toned, and fit! This workout is followed by a longer, relaxing stretch.

73172	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	9:00am-9:55am	$92.89

Stretch and Myofascial Release (SMR)

Myofascial Release is a safe and very effective technique that involves applying gentle sustained pressure into the Myofascial connective tissue where an adhesion, knot or trigger point exists to help release, eliminate pain and restore motion. This class will help improve flexibility, mobility and decrease muscle tension! Suitable for all fitness levels and abilities.

73182	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	12:15pm-1:10pm	$102.18
73198	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	11:15am-12:10pm	$102.18
73199	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	1:45pm-2:40pm	$102.18

Stretch, Strength and Core Stability

Enhance your flexibility, build functional strength, and develop a strong, stable core in this well-rounded fitness class. Through a combination of stretching, strength training, and core-focused exercises, participants will improve posture, balance, mobility, and overall fitness. Suitable for all fitness levels.

73642	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jan 4-Mar 15	5:30pm-6:25pm	$92.89

Tap 1

Tap dance is a great way to improve musicality, rhythm and coordination. Learn solid proper tap technique and tap dance vocabulary while exploring shading, rhythmic phrasing, clarity of tap sounds and timing. The class will include footwork patterns and across-the-floor exercises. Participants will develop personal style and most of all have fun learning a new dance form. *Tap shoes or hard sole shoes are required.** Some basic dance experience required **

73183	14yrs+	Whitby Civic Rec	11 weeks
Tue	Jan 5-Mar 16	1:30pm-2:55pm	$102.18

Total Body Circuit

This total body fitness class combines cardio work for endurance, strength training with a variety of props to build muscle, and ample time for stretching to restore and re-set the body. The exercises will be delivered in a format using circuits involving a single strength and cardio exercise repeated for several rounds before moving on to a new circuit combination. The class is designed to provide a nice balance of cardio and strength training with dynamic movement set to fun and contemporary dance music.

73228	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 6-Mar 17	6:30pm-7:25pm	$102.18

Upper Body Shred

Challenge and strengthen your upper body in this energizing workout focused on the arms, shoulders, chest, back, and core. Using a variety of equipment and functional exercises, participants will build muscular strength, improve endurance, and enhance overall fitness. Suitable for all fitness levels.

73677	14yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	3:30pm-4:25pm	$102.18

Yoga Flow

Wind down, reduce stress and improve flexibility. Yoga improves your way of life, by achieving health in body, mind and spirit. This class starts with pranayama, A and B

Sun Salutations and standing asanas to promote strength and flexibility. We will then move towards grounding yin postures, ending with restorative and relaxation postures and finally savasana. More advanced asanas with be introduced depending on the level of participation. See you on the Mat!

73194	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jan 6-Mar 17	11:15am-12:10pm	$102.18

Zumba Fit

Zumba Fit is a dynamic and exciting high energy workout set to a musical fusion of Latin and International rhythms. One of the most popular group exercise classes in the world, Zumba Fit is an interval workout that alternates between high intensity and low intensity dance moves, guaranteed to burn calories. Easy to learn choreographed dance routines will elevate your heart rate and boost your cardiovascular endurance. You are invited to “Join the Party”! No rhythm required, just enjoy the music, move and have fun.

73206	14yrs+	Whitby Civic Rec	11 weeks
Thu	Jan 7-Mar 18	11:15am-12:10pm	$102.18

Leagues and Sporting Groups

Badminton - Adult Advanced

Experienced players will take part in skilled, challenging, and fun games. Participants will rotate through games with other players. For experienced players. Racquets are provided but you are welcome to bring your own.

74798	16yrs+	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	3:45pm-5:15pm	$151.34

Badminton - Adult Intermediate

Play badminton in fun and challenging games. Participants will rotate through games with other players. For experienced players. Racquets are provided but you are welcome to bring your own.

74796	16yrs+	Fieldgate SC	11 weeks
Wed	Jan 6-Mar 17	9:00pm-10:30pm	$151.34

Badminton - Adult Learn to Play

This program is designed for those brand new to the sport. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play badminton.

Participants will build up to playing full games. Racquets are provided but you are welcome to bring your own.

75013	16yrs+	Fieldgate SC	11 weeks
Wed	Jan 6-Mar 17	8:00pm-8:55pm	$100.89

Badminton - Adult Partners Recreational

Partners will play other partners in fun games of badminton each week. Both partners must register and provide the name of their partner when registering. No individual registrations allowed. Any partner under the age of 18 must be accompanied by a partner 18+ years of age. Minimal instruction provided. Some game experience recommended. Racquets are provided but you are welcome to bring your own.

74797	16yrs+	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	3:45pm-5:15pm	$151.34

Badminton - Adult Recreational

Play badminton and have loads of fun staying active. Participants will rotate through games with other players. Some experience is recommended. Racquets are provided but you are welcome to bring your own.

74799	16yrs+	Fieldgate SC	11 weeks
Wed	Jan 6-Mar 17	8:00pm-8:55pm	$100.89

Ball Hockey - Adult Recreational (#@)

You will play with other adults in a fully equipped gymnasium. This program is co-ed and runs pick-up style with a staff organizing teams each week for a fun and friendly recreational game of hockey. You are welcome to bring your own stick without tape.

74788	18yrs+	Brooklin CC&L	10 weeks
Mon	Jan 4-Mar 15	8:00pm-9:30pm	$91.72

Basketball - Adult League Recreational

Join our adult basketball league for fun, recreational games each week. Games will have paid officials, and run for one hour, with two 22-minute halves. Standings will determine playoff seeding for the end of the season. Compete for prizes and the league trophy! Players will register individually and be placed on teams based on skill level. Teammate requests can be made but not guaranteed.

74805	18yrs+	Fieldgate SC	10 weeks
Mon	Jan 4-Mar 15	8:00pm-10:00pm	$382.27

Pickleball - Adult Beginner

This program is designed for beginners who are ready to play. Some instruction will be provided. Rules and gameplay experience is recommended. Players will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74836	18yrs+	Fieldgate SC	11 weeks
Fri	Jan 8-Mar 19	6:00pm-6:55pm	$100.89

Pickleball - Adult Learn to Play

This program is designed for those brand new to the sport. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play pickleball. Participants will build up to playing full games. Paddles are provided but you are welcome to bring your own.

75045	18yrs+	Fieldgate SC	11 weeks
Fri	Jan 8-Mar 19	6:00pm-6:55pm	$100.89

Pickleball - Adult Level 1 and 2

This program is for beginners and juniors who are ready to play. Some instruction will be provided. Rules and gameplay experience is strongly recommended. Players will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74837	18yrs+	Fieldgate SC	11 weeks
Fri	Jan 8-Mar 19	7:00pm-8:25pm	$151.34

Pickleball - Adult Level 2 and 3

This program is for players with intermediate to advanced level experience and skill. Minimal instruction will be provided. Rules and gameplay experience is required. Players will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74838	18yrs+	Fieldgate SC	11 weeks
Fri	Jan 8-Mar 19	8:30pm-10:00pm	$151.34

Pickleball - Adult All Levels

Participants will rotate through fun games of Pickleball each week. Minimal instruction provided. Some game experience recommended. Paddles are provided but you are welcome to bring your own.

74842	18yrs+	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	8:45pm-10:15pm	$151.34

Pickleball - Adult Men's All Levels

Exclusively for men, participants will rotate through fun games of Pickleball each week. Minimal instruction provided. Some game experience recommended. Paddles are provided but you are welcome to bring your own.

74840	18yrs+	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	7:45pm-8:40pm	$100.89

Pickleball - Adult Partners All Levels

This program is designed for partners who are ready to play Pickleball. Both partners must register and provide the name of their partner when registering. No individual registrations allowed. Any partner under the age of 18 must be accompanied by a partner 18+ years of age. Minimal instruction will be provided. Rules and gameplay experience is recommended. Partners will rotate through games each class. Paddles are provided but you are welcome to bring your own.

74841	16yrs+	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	6:45pm-7:40pm	$100.89

Pickleball - Adult Women's All Levels

Exclusively for women, participants will rotate through fun games of Pickleball each week. Minimal instruction provided. Some game experience recommended. Paddles are provided but you are welcome to bring your own.

74843	18yrs+	Fieldgate SC	11 weeks
Sun	Jan 10-Mar 21	7:45pm-8:40pm	$100.89

Volleyball - Adult Co-ed Intermediate

This program is for intermediate level players looking for fun, challenging games each week. Games will strive to have a minimum of two women on the court for each team at a time. Staff are present to supervise but do not provide formal instruction. Game experience strongly recommended. All types of serves and hitting are allowed. Net height will be set at 2.43 metres.

74848	18yrs+	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	8:30pm-10:00pm	$151.34

Volleyball - Adult Co-ed Recreational

This program is for recreational level players looking for fun games each week. Games will strive to have a minimum of two women on the court for each team at a time. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. All types of serves and hitting are allowed. Net height will be set at 2.43 metres.

75047	18yrs+	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	8:30pm-10:00pm	$151.34

Volleyball - Adult Men's Recreational

Exclusively for men, participants will be put into teams each week for a fun game of volleyball. Minimal instruction provided. Some game experience recommended. All types of serves and hitting are allowed.

74849	18yrs+	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	7:30pm-8:25pm	$100.89

Volleyball - Adult Women's Recreational

Exclusively for women, participants will be put into teams each week for a fun game of volleyball. Minimal instruction provided. Some game experience recommended. All types of serves and hitting are allowed.

74850	18yrs+	Fieldgate SC	11 weeks
Sat	Jan 9-Mar 20	7:30pm-8:25pm	$100.89

All Ages

Fitness

Taekwondo 12+ YRS

Taekwondo is a popular and global Martial art and Olympic sport for all ages and abilities. Our recreational program is delivered in a fun and safe learning environment with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Introduction to the sport, fundamental skills and structure are covered in the curriculum. This program is by registration only.

73225	12yrs+	Whitby Civic Rec	11 weeks
Sat	Jan 9-Mar 20	12:00pm-12:55pm	$102.18
73226	12yrs+	Whitby Civic Rec	11 weeks
Sun	Jan 10-Mar 21	12:00pm-12:55pm	$102.18

55+ Programs

55+ Memberships

All 55+ classes require a 55+ Recreation Membership to register. Get yours in-person at the 55+ Recreation Centre or Brooklin CC&L or join online at whitby.ca/getactive.

Memberships cost $22.86 (plus hst) per year for people age 55-89. Memberships are free for residents age 90+.

New Members Orientation

New members are invited to join a New Members' Orientation for information about 55+ Recreation Services. Learn about 55+ programs, enjoy a coffee/tea at Mingles, and meet new people. Free to attend but pre-registration is required.

73482	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 24-Mar 24	10:00am-11:00am	Free

55+ Creative Arts

Acrylic Painting - Advanced Open Studio with Marni

This course is designed for students who have taken acrylic painting courses and are therefore considered "advanced painters" wanting individual support, critique and direction on projects selected by the student. This Open Studio opportunity will be structured around consultation with the instructor as mentor on materials, techniques, ideas and process, to create a body of work that supports and challenges the student's artistic vision and practice. Students will engage in group critiques to further enhance the learning experience and assessment of their own work. Not suitable for beginners. Supplies: Please bring the acrylic painting materials and tools of your choice as this is an open session where you will work on your own projects, with feedback from the instructor.

73314	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 13-Mar 17	10:00am-12:00pm	$61.26

Acrylic Painting Workshop for Absolute Beginners with Marni

Discover how to create a beautiful landscape using a monochromatic colour palette, an ideal approach for beginners new to painting. Students will learn the techniques of glazing, layering and brushwork to create an expressive style landscape on canvas. Value, space, contrast and handling of light will be explored in this workshop. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

73663	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 12-Jan 12	1:00pm-3:00pm	$32.37

Acrylic Painting Workshop for Beginners with Marni

Discover how to create a beautiful summer evening seascape using a complimentary colour palette. Students will learn the techniques of glazing, layering and brushwork to create an expressive style seascape on canvas. Colour value and intensity, aerial perspective, handling of depth and light will be explored in this workshop. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

73664	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 26-Jan 26	1:00pm-3:00pm	$32.37

Creative Art Workshop - Creative Kitties with Chrissie

Using black and white drawing media, learn how to capture the feeling of movement and dynamic poses through a series of quick sketches using expressive lines and mark-making. You will put your knowledge and drawing skills to work creating a finished drawing using black and white media on toned paper. All materials are provided by the instructor.

74242	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Feb 16-Feb 16	9:30am-11:30am	$32.37

Creative Art Workshop - Spring Florals with Chrissie

Get excited to welcome spring with colourful blooms using ballpoint pen and a splash of coloured pencil! Learn tips and tricks using these semi-transparent drawing mediums to create the transparency and depth of colour needed to capture the beauty of spring florals. All materials are provided by the instructor.

74243	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Mar 16-Mar 16	9:30am-11:30am	$32.37

Creative Art Workshop - Winter Forest with Chrissie

Using Pen and Ink with Watercolour, learn how to capture the textures and values of a beautiful winter forest. The addition of watercolour to your drawing will create a sense of depth and interest. Look forward to playing with a variety of techniques to create the feel of a chilly, wintery day! All materials are provided by the instructor.

74238	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 19-Jan 19	9:30am-11:30am	$32.37

Digital Photography Made Easy

New to digital photography? This hands-on introductory course is designed for beginners and will teach you how to get the most out of your digital camera. Learn about camera settings, exposure, lighting, composition, lenses, flash, and practical techniques to capture better photos. Please bring your digital camera with fully charged batteries to each class.

75053	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 14-Mar 18	10:00am-12:00pm	$49.01

Drawing - Advanced with Jade

With a previous understanding of drawing and technique, this course will challenge you, expand your knowledge and continue to level up your drawing skills. Further your drawing abilities by learning advanced concepts as well as diving into portraiture! You will further your understanding of styles and mediums allowing you the skills and confidence to continue independently with your drawings. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Rec Centre.

74890	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	1:00pm-3:00pm	$61.26

Drawing - Beginner with Jade

With an introduction to the basic tools and techniques of drawing, this course will inspire, expand your knowledge and improve your drawing skills. Learn to see like an artist through composition, values, mark-making and perspective. You will explore new styles and mediums allowing you the tools and confidence to continue independently with your drawing exploration. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Rec Centre.

74891	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	3:15pm-5:15pm	$61.26

Figurative Drawing Workshop with Marni

Learn to draw the human figure through observation with a live model. Students will work from an easel in charcoal and pastels, exploring expressive lines to achieve movement, and contour line to define form in a series of short poses. Students will learn to achieve proportion, and value through the handling of light in a final, sustained pose. Paper and drawing materials will be supplied, with additional supplies being required by the participant. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

73666	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Mar 2-Mar 2	10:00am-12:00pm	$45.00

Instructed Acrylic Painting with David

Learn how to paint by learning how to simplify. Beginning with a loose approach and getting tighter along the way, we will aim to have our limited palette paintings evolve to a quality finish. Instruction for the creative steps will be delivered through a variety of ways, (lessons, samples, demonstrations). With Robert Bateman as our main source of inspiration, these monthly workshops will have an emphasis on nature art. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

74239	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 5-Jan 5	9:30am-11:30am	$32.37
74240	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Feb 2-Feb 2	9:30am-11:30am	$32.37
74241	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Mar 9-Mar 9	9:30am-11:30am	$32.37

Needle Felted Valentine Decorations with Tara

It's like painting with fiber: fluid, freeform and forgiving. This easy to learn craft will cover the basics for needle felting simple 3D shapes. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and BCCL.

74904	55yrs+	Brooklin CC&L	3 weeks
Thu	Jan 21-Feb 4	12:30pm-2:30pm	$30.63

Open Knitting with Tara

In this class we will be working on your projects, bring along what you are working on, and Tara will help you with what you need. Are you stuck on a chart or gave up years ago on that blanket because you didn’t know how to finish it or made a mistake? Dig out that project and let’s get it finished.

74900	55yrs+	Brooklin CC&L	8 weeks
Thu	Jan 7-Feb 25	10:00am-12:00pm	$81.68
74905	55yrs+	Brooklin CC&L	8 weeks
Tue	Jan 5-Feb 23	10:00am-12:00pm	$81.68

Watercolour Painting - Intermediate with Jane

Do you have some watercolour experience, or have you taken Jane's beginner workshop? This next class is for you, where we will expand on your present skills and explore more complex techniques. We will paint more complex flowers, scenes, and landscapes. This is a great way to get even more enjoyment with watercolours. All supplies are provided.

74437	55yrs+	Brooklin CC&L	4 weeks
Tue	Jan 5-Jan 26	2:00pm-4:00pm	$80.84

Watercolour Painting Workshop for Beginners with Marni

This workshop is ideal for the beginner student and those wanting to learn more about the diversity of both acrylic and watercolour paint. Through teacher demonstrations, various watercolour techniques, brush handling and colour mixing will be introduced, and then practiced by the students. Then, applying the learned techniques, students will create a series of land and waterscape paintings they can feel proud to take home. All materials will be supplied.

75044	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Feb 9-Feb 9	1:00pm-3:00pm	$40.00

Woodcarving - Open Studio

The Woodcarving - Open Studio is designed for those of you who already know how to wood carve as no formal instruction will be provided. Informal guidance from fellow woodcarvers is available for those who may need assistance. The open studio will allow you the time to work on your own project at your own pace and will also provide the opportunity to socialize with fellow woodcarvers. Please note a carving glove is required to be worn during this program. Please bring your own strop as no power sharpener is available.

74341	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 8-Mar 19	1:30pm-3:30pm	$20.00

55+ Dance

Ballet Basics with Tracy

Have you ever wanted to do ballet but were afraid to try? Join us for a basic introduction to the world of ballet where you will learn about posture, balance, strength and coordination and how they contribute to the beauty of ballet movements. In this fun class you will use a barre at the beginning of class and then move into the center of the room to end. Soft, flexible shoes are suggested.

74325	55yrs+	Centennial Building	10 weeks
Fri	Jan 8-Mar 12	11:45am-12:45pm	$43.91

Ballet Intermediate with Tracy

Have you ever wanted to do ballet but were afraid to try? Join us for a basic introduction to the world of ballet where you will learn about posture, balance, strength and coordination and how they contribute to the beauty of ballet movements. In this fun class you will use a barre at the beginning of class and then move into the center of the room to end. Soft, flexible shoes are suggested.

74326	55yrs+	Centennial Building	10 weeks
Fri	Jan 8-Mar 12	1:00pm-2:00pm	$43.91

Cardio Dance with Shari

Cardio Dance consists of a warmup, aerobic dance, and a stretching cool down. You will enjoy an hour of fun and dancing through decades of music. You will dance to the Twist, shake your hips with Salsa, pop and Broadway songs. No dance experience required. All you need is to let go, have fun and feel the music. This class is suitable for all fitness levels.

73312	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	3:15pm-4:15pm	$43.91
73296	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 13-Mar 24	2:15pm-3:15pm	$48.30

Clogging - Beginner Plus with Sandy

Clogging is a type of folk dance practiced worldwide in which the dancer's footwear is used percussively by striking the heel, the toe or both against the floor or each other to create audible rhythms, usually to the downbeat with the heel keeping the rhythm. Previous Clogging experience or completion of Clogging – Beginner is a prerequisite to participate in this class.

74340	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 7-Mar 11	10:00am-11:00am	$43.91

Dance Fitness with Shari

Join this class for an exciting workout that incorporates dance and resistance training in a fun and creative format. This class will include circuit training, super sets, interval training and more. Dance to your favourite tunes while increasing your strength and cardio capacity. No experience is necessary. All fitness levels are welcome.

73297	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	1:45pm-2:45pm	$48.30

Get Your Groove On with Tracy

Come and enjoy a fun and inclusive gentle dance class that will have you "getting your groove on" to music from every era. We will combine easy dance steps and movements that challenge your coordination, balance and memory. Have fun while getting a great workout. No dance experience required. This class is suitable for all fitness levels.

74406	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 7-Mar 25	11:30am-12:30pm	$48.30

Line Dance Beginner Plus with Alison

This class is for those who feel more familiar and confident with the basic steps and language of line dancing or for those wanting to enhance their style. Suitable for those who have completed Line Dance Beginner and are looking to polish the skills and steps learned before moving to Level 2. Weekly warm up and reviews continue at this level.

73309	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	11:30am-12:30pm	$52.69

Line Dance-Beginner with Alison

This class is for those who feel a little familiar with some of the basic steps and language of line dancing. You may not be quite ready for Level 2 but are interested in trying routines that are a little more challenging without being difficult or too strenuous. Weekly warm up and reviews continue at this level.

74334	55yrs+	Centennial Building	11 weeks
Thu	Jan 7-Mar 18	1:00pm-2:00pm	$48.30
73310	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	9:00am-10:00am	$52.69

Line Dancing Beginner with Ana-Maria

This class is for those who feel a little familiar with some of the basic steps and language of line dancing. You may not be quite ready for Level 2 but are interested in trying routines that are a little more challenging without being difficult or too strenuous. Weekly warm up and reviews continue at this level.

75241	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5 – Mar 9	10:15am – 11:15am	$43.91

Line Dance-Beginner with Nicole

This class is for those who feel a little familiar with some of the basic steps and language of line dancing. You may not be quite ready for Level 2 but are interested in trying routines that are a little more challenging without being difficult or too strenuous. Weekly warm up and reviews continue at this level.

74926	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 13-Mar 24	10:30am-11:30am	$48.30

Salsa and Sweat with Ana-Maria

Turn up the Latin beats and get moving! This class combines easy salsa inspired steps with a fun cardio workout. Low-impact options are available. No dance experience needed.

75238	55yrs+	Fieldgate SC	10 weeks
Mon	Jan 4 – Mar 15	10:15am – 11:15am	$43.91

Tap Dance - Level 2 with Alison

This class introduces advanced steps and dances. You must have some previous experience. Tap shoes or hard soled shoes are required.

73311	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	10:15am-11:15am	$52.69

Traditional Line Dance - Level 2 with Nicole

This class is for the line dancer who has some experience and is ready to try some dance routines that are a little more challenging. A little faster, a little more complex and a few more turns but still a lot of repetition.

74100	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	1:30pm-2:30pm	$43.91

55+ Fitness

Arthritis Exercise with Karel

This class will increase your range of motion, agility, balance, and strength. Arthritis exercise will improve your quality of life by decreasing pain, swelling and stiffness. It is suited for those with Osteo Arthritis, Rheumatoid Arthritis, and Fibromyalgia.

74090	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 4-Mar 15	9:15am-10:15am	$43.91
73627	55yrs+	Whitby 55+ Rec Centre	10 weeks

Mon	Jan 11-Mar 22	1:30pm-2:30pm	$43.91
73628	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	12:30pm-1:30pm	$48.30

Arthritis Exercise with Kim

This class will increase your range of motion, agility, balance, and strength. Arthritis exercise will improve your quality of life by decreasing pain, swelling and stiffness. It is suited for those with Osteo Arthritis, Rheumatoid Arthritis, and Fibromyalgia.

74329	55yrs+	Centennial Building	7 weeks
Tue	Feb 2-Mar 16	9:00am-10:00am	$30.74
74901	55yrs+	Whitby 55+ Rec Centre	8weeks
Thu	Feb 4-Mar 25	9:00am-10:00am	$35.13
74906	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Feb 3-Mar 24	9:00am-10:00am	$35.13

Arthritis Exercise with Tracy

This class will increase your range of motion, agility, balance and strength. Arthritis exercise will improve your quality of life by decreasing pain, swelling and stiffness. It is suited for those with Osteo Arthritis, Rheumatoid Arthritis and Fibromyalgia.

74403	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 7-Mar 25	1:00pm-2:00pm	$48.30
74402	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Jan 8-Mar 12	9:00am-10:00am	$43.91
74404	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 13-Mar 24	10:30am-11:30am	$43.91

Barre Fitness with Tracy

An invigorating workout that will change your body! Ballet barre-based workout using a chair as support. This class will help tone and tighten those trouble areas.

74102	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	12:15pm-1:15pm	$43.91

Build Your Own Bones with Roberta

One of the best ways to keep muscles healthy and strong is through strength training. This class will reduce the signs and symptoms of many diseases and chronic conditions

such as Arthritis, Diabetes, Osteoporosis, Heart Disease, Obesity and Back Pain by focusing on bone builder exercises that put force on the bone.

74066	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	12:45pm-1:45pm	$39.52
74344	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 7-Mar 11	12:15pm-1:15pm	$43.91

Build Your Own Bones with Tracy

One of the best ways to keep muscles healthy and strong is through strength training. This class will reduce the signs and symptoms of many diseases and chronic conditions such as Arthritis, Diabetes, Osteoporosis, Heart Disease, Obesity and Back Pain by focusing on bone builder exercises that put force on the bone.

74103	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	1:30pm-2:30pm	$43.91

Cardio Salsa with Tracy

Cardio Salsa is a dynamic and exciting dance-inspired cardio workout set to a fun fusion of Latin and International rhythms. Easy to follow dance routines will get your heart pumping, burn calories and improve your cardiovascular endurance while you move, groove and have fun! You are invited to "Join the party"! No rhythm or dance experience required, and no equipment needed. Just bring your energy for this fun workout that is suitable for all fitness levels.

74087	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 4-Mar 8	10:20am-11:20am	$39.52
74113	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 7-Mar 11	9:45am-10:45am	$43.91
74405	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 11-Mar 22	1:30pm-2:30pm	$39.52

Chair Aerobics with Rida

Join this fun, low-impact class designed for all levels. Chair Aerobics combines gentle cardiovascular exercises, strength training, and stretching - all performed while seated or using a chair for support. This class improves mobility, flexibility, balance, and circulation, making it ideal for those with limited mobility, arthritis or those recovering from injury. With upbeat music and easy to follow moves, it is a safe and social way to stay active. All fitness levels are welcome.

75006	55yrs+	Whitby 55+ Rec Centre	8 weeks

Wed	Jan 27-Mar 17	1:50pm-2:50pm	$35.13

Chair Exercise with Rida

Get fit in your chair. An instructor demonstrates how to work muscles to stabilize and strengthen the entire body. Cardiovascular exercises are incorporated into this program to improve endurance. This class is great for those who are new to exercise or participants who prefer sitting during the routine.

74338	55yrs+	Brooklin CC&L	7 weeks
Tue	Jan 26-Mar 9	12:15pm-1:15pm	$30.74
74336	55yrs+	Brooklin CC&L	7 weeks
Thu	Jan 28-Mar 11	12:15pm-1:15pm	$30.74

Classical Stretch with Zoe

Through slow, controlled movements and targeted stretches, improve posture, strength, balance and flexibility while helping to reduce pain and stiffness and support long-term mobility. Exercises are inspired by a combination of Age Reverse Essentrics, Tai Chi and other stretching techniques. This gentle, safe and effective workout can be adapted to suit different fitness levels. The class is primarily performed standing on a mat, in bare feet or socks.

73624	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	3:30pm-4:30pm	$52.69

Gentle yoga stretches using props with Donna

Release stress and tension through gentle yoga techniques such as breathing, movement, relaxation and meditation. This class is suited for all participant levels and will utilize props such as blocks, flex bands and light weights.

75101	55yrs+	Brooklin CC&L	4 weeks
Wed	Jan 6-Jan 27	10:00am-11:00am	$17.56

Low Impact Bootcamp with Karel

This low-impact boot camp class will provide a total body workout to tone, strengthen and burn extra calories, while avoiding joint-jarring, high impact moves. Modifications will be given. All levels are welcome.

74101	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	10:15am-11:15am	$43.91

Men's Fitness with Tracy

Improve your strength, cardio, mobility, and endurance in a class for all levels. Using a variety of equipment, we target a whole-body workout to suit your lifestyle. Enjoy friendly conversation during the workout.

74407	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 12-Mar 23	9:15am-10:15am	$43.91

Morning Energizer with Charles

Start your day right with an energy boost! Incorporating full body movements, core strength, resistance training as well as balance and stability training, this class will leave you feeling fully energized! This challenging and exciting workout is recommended for all fitness levels.

73306	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	8:45am-9:45am	$48.30

Move with Ease with Jane

Improve your strength, balance, flexibility, and overall mobility in this gentle, low-impact fitness class designed to help you move with greater confidence and ease in everyday life. Through a combination of functional movements, light strengthening exercises, and stretching, participants will enhance their mobility, coordination, and body awareness in a supportive and welcoming environment. Suitable for all fitness levels.

75228	55yrs+	Fieldgate SC	10 weeks
Wed	Jan 6 – Mar 10	12:15pm -1:15pm	$43.91

Osteofit with Zoe

This joint-friendly, low-impact workout is designed to help adults with osteo-arthritis stay active, strong, and moving with confidence. Using a combination of seated and standing exercises, you will build balance and strength with the support of fun, easy to use equipment like bands and hand weights. Gentle yet effective, focusing on improving mobility, reducing pain and stiffness, and boosting overall well-being in a safe and supportive environment. Exercises can be adapted to suit different fitness levels.

73625	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 13-Mar 24	11:45am-12:45pm	$48.30

Pilates - Level 1 with Dennis

This Pilates program will increase abdominal and back strength, functional stability, and flexibility while expanding your body awareness. This class is designed for beginners.

74092	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	9:00am-10:00am	$43.91

Pilates with Jane

Rooted in the original teachings of Joseph Pilates, this class emphasizes breath, precision, control, and flow. You'll move through the classical mat sequence with a focus on alignment, core strength, and mindful breathing to connect deeply with each exercise. Designed for all levels, this practice builds strength, flexibility and body awareness while honoring the true principles of Pilates.

75229	55yrs+	Fieldgate SC	10 weeks
Wed	Jan 6 – Mar 10	11:00am -12:00pm	$43.91
75093	55yrs+	Centennial Building	11 weeks
Thu	Jan 7-Mar 18	9:00am-10:00am	$48.30

Strength & Balance with Rida

This beginner class combines gentle stretching, seated strength-building exercises, and balance training to improve flexibility, muscle tone, and stability. Improve overall body strength, posture, mobility and coordination. Suitable for all fitness levels.

74337	55yrs+	Brooklin CC&L	7 weeks
Thu	Jan 28-Mar 11	1:30pm-2:30pm	$30.74

Stretch and Relax with Nicole

Give yourself the gift of one hour of stretching and relaxation at the end of the day. Stretching helps stimulate the circulation of blood and lymph fluid, contributing to an enhanced immune system. Gentle stretches for the entire body combined with moments of relaxation to leave you feeling rested and restored. This class is suitable for all participant levels.

74927	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	4:30pm-5:30pm	$48.30

Stretch and Strengthen with Ana-Maria

Move better, feel stronger! This fun and welcoming class combines gentle stretching and functional strength exercises to improve flexibility, balance, mobility, and everyday fitness. Perfect for all fitness levels.

75239	55yrs+	Fieldgate SC	10 weeks
Mon	Jan 4 – Mar 15	9:00am-10:00am	$43.91

Timed Strength and Cardio Circuit with Tracy

This full-body class uses timed intervals to keep you moving and engaged. Participants rotate through a variety of strength and cardio exercises, working for 40 seconds followed by 20 seconds of rest. The format improves muscular strength, cardiovascular fitness, balance, and coordination while allowing everyone to move at their own pace. Options and modifications are provided, making it suitable for a range of fitness levels.

74089	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	8:15am-9:00am	$39.52
74892	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 12-Mar 23	11:45am-12:45pm	$43.91

Total Body Circuit Training with Kim

Circuit training is a workout that involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups with the use of weights, resistance and body-weight exercises. Circuit training is suitable for all levels of fitness enthusiasts as you will work at your own personal level of intensity. Participants are matched up with others at their same level for a fun workout helping to create a healthy lifestyle.

74903	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Feb 4-Mar 25	10:15am-11:15am	$35.13

Total Body Stretch with Dennis

Complete Bliss! One hour of muscle and limb stretch that will improve flexibility from head to toe. Stretching is essential for healthy posture and functional movement. It helps blood flow and can also alleviate stress. This class is suitable for all participant levels; the only requirement is that you can lie down on your mat!

74091	55yrs+	Brooklin CC&L	10 weeks
Fri	Jan 8-Mar 12	9:30am-10:30am	$43.91

Total Body Tone with Zoe

Build strength, stability and confidence with a balanced workout for the whole body. This class includes upper and lower body strengthening, core exercises performed from a chair, flexibility and balance work. Exercises can be adapted to suit different fitness levels, helping you build and maintain muscle, improve everyday strength and support independence. This class is both seated and standing.

73626	55yrs+	Whitby 55+ Rec Centre	11 weeks

Wed	Jan 13-Mar 24	1:00pm-2:00pm	$48.30

Total Body Workout with Tracy

This class will help to develop and strengthen your muscles while burning fat. This workout includes free weights, cardio, and muscle building. A variety of fitness equipment is used.

74088	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	9:10am-10:10am	$39.52
74110	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 7-Mar 11	8:35am-9:35am	$39.52
74410	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 11-Mar 22	12:15pm-1:15pm	$39.52
74408	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 12-Mar 23	10:30am-11:30am	$43.91

Twenty, Twenty, Twenty with Charles

This class includes 20 minutes of cardio, 20 minutes of free weights, and 20 minutes of Pilates. The Pilates portion of this class will include stretching, flexibility and slow precise movements with deep breathing for cardiovascular benefits.

73308	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	5:00pm-6:00pm	$43.91
73307	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 13-Mar 24	5:00pm-6:00pm	$48.30

Twenty, Twenty, Twenty with Roberta

This class includes 20 minutes of cardio, 20 minutes of free weights, and 20 minutes of Pilates. The Pilates portion of this class will include stretching, flexibility and slow precise movements with deep breathing for cardiovascular benefits.

74086	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	11:30am-12:30pm	$39.52
74343	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 7-Mar 11	11:00am-12:00pm	$57.08

Twenty, Twenty, Twenty with Tracy

This class includes 20 minutes of cardio, 20 minutes of free weights, and 20 minutes of Pilates. The Pilates portion of this class will include stretching, flexibility and slow precise movements with deep breathing for cardiovascular benefits.

74106	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	2:45pm-3:45pm	$43.91
74105	55yrs+	Centennial Building	10 weeks
Fri	Jan 8-Mar 12	2:15pm-3:15pm	$43.91
74411	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Jan 8-Mar 12	10:15am-11:15am	$43.91

Walk Aerobics with Rida

Join this low-impact, fun, and energizing class for a safe and easy way to stay fit. This gentle and low-impact workout is designed for all levels. No fancy moves or equipment - just simple steps that keep your heart healthy, your joints happy and your energy high. Whether you are just starting out or staying active, Walk Aerobics makes fitness enjoyable and accessible for all.

74339	55yrs+	Centennial Building	7 weeks
Wed	Jan 27-Mar 10	12:30pm-1:30pm	$30.74
75007	55yrs+	Whitby 55+ Rec Centre	7 weeks
Mon	Jan 25-Mar 15	9:30am-10:30am	$30.74

Weight Training - Level 1 and Level 2 with Tracy

This combined beginner and intermediate class is an excellent weight training program for those with osteoporosis. This class will improve body strength, range of motion, endurance and will focus on proper body alignment and technique to ensure a safe workout.

74093	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	1:45pm-2:45pm	$43.91

Weight Training - Level 2 with Tracy

This program will improve strength, range of motion and endurance. This class will focus on proper body alignment and technique to ensure a safe workout. This class is suitable for those with some weight training experience.

74412	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 7-Mar 25	2:15pm-3:15pm	$48.30
74413	55yrs+	Whitby 55+ Rec Centre	10 weeks

Wed	Jan 13-Mar 24	9:15am-10:15am	$43.91

Yin Yoga with Judy

Yin Yoga is a slower prop-based yoga bringing healthy stress to ligaments, tendons, and fascia tissue through longer held postures. Most of this class takes place on the mat, so participants must be able to physically get up and down from the floor position. Please bring your mat and towel. Yoga blocks are available.

74324	55yrs+	Centennial Building	5 weeks
Thu	Feb 18-Mar 18	10:30am-11:30am	$21.96

Yin Yoga with Patricia K.

Yin Yoga is a slower prop-based yoga bringing healthy stress to ligaments, tendons, and fascia tissue through longer held postures. Most of this class takes place on the mat, so participants must be able to physically get up and down from the floor position. Please bring your mat and towel. Yoga blocks are available.

73633	55yrs+	Whitby 55+ Rec Centre	9 weeks
Wed	Jan 13-Mar 10	7:00pm-8:00pm	$39.52

Yoga - Beginner/Intermediate with Pamela

This class provides an introduction to Hatha Yoga. You will be introduced to meditation, relaxation, and learning breath work. You will also focus on improving posture, mobility and balance with emphasis on proper alignment of the body. This class is ideal for those new to Yoga or who would like a step up from the Yoga Beginner and Chair Yoga class.

73302	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	2:00pm-3:00pm	$48.30

Yoga - Chair with Judy

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can participate in a yoga class without getting up and down from the floor.

73305	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Feb 16-Mar 23	10:00am-11:00am	$26.35
74323	55yrs+	Centennial Building	5 weeks
Thu	Feb 18-Mar 18	11:45am-12:45pm	$21.96

Yoga - Chair with Marcey

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can participate in a yoga class without getting up and down from the floor.

73301	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jan 7-Mar 25	3:30pm-4:30pm	$39.52

Yoga - Chair with Pamela

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can participate in a yoga class without getting up and down from the floor.

73303	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	3:30pm-4:30pm	$43.91

Yoga - Chair with Rachana

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can participate in a yoga class without getting up and down from the floor.

75236	55yrs+	Fieldgate SC	8 weeks
Thu	Jan 14 – Mar 18	10:15am – 11:15am	$35.13

Yoga - Dynamic with Mag

This class is designed for those who have prior yoga experience and are looking to enhance their practice by merging breath and movement. This class will leave you feeling energized, grounded and balanced.

74332	55yrs+	Centennial Building	11 weeks
Fri	Jan 8-Mar 19	10:15am-11:15am	$48.30

Yoga - Energy Flow with Patricia K.

Join this class and bring energy to your yoga practice and daily life by exploring a series of poses honouring the moon and the sun. This practice is suitable for all levels however participants must be able to physically get up and down from the floor position. Please bring your mat, and a towel to class. Yoga blocks are provided.

73634	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Jan 8-Mar 12	11:00am-12:00pm	$43.91

Yoga - Intermediate with Mag

This class is designed for those who have prior yoga experience and are looking to enhance their practice by merging breath and movement. This class will leave you feeling energized, grounded and balanced.

74942	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 13-Mar 24	10:15am-11:15am	$48.30

Yoga - Relax and Restore with Dennis

Release stress and tension through yoga techniques such as breathing, movement, relaxation and meditation. This class is suited for all participant levels.

74098	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	10:15am-11:15am	$43.91

Yoga - Relax and Restore with Roberta

Release stress and tension through yoga techniques such as breathing, movement, relaxation and meditation. This class is suited for all participant levels.

74345	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 7-Mar 11	1:30pm-2:30pm	$43.91

Yoga - Rise and Shine with Mag

Start your day right! Stretch, lengthen and tone your body in a calm and relaxed setting.

74943	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 13-Mar 24	9:00am-10:00am	$48.30

Yoga Dance with Shari

Yoga dance is a fusion of dance and standing yoga postures done in a fun, non-judgmental and safe environment. It's about getting out of our heads and finding our personal yoga dance. Feeling the music from the inside and just letting go. Using music and movement to release stiffness and tension is also a big part of this program. The benefits of music, dance, movement and yoga are endless for the body, mind and spirit. Please bring a yoga mat to class.

74335	55yrs+	Centennial Building	11 weeks
Thu	Jan 7-Mar 18	2:15pm-3:15pm	$48.30

Yoga Flow with Patricia K.

Bring your breath to guide you through a series of gentle poses that can be energizing or meditative in nature. The flowing movements may sometimes be combined with some longer holds of certain postures. This practice is suitable for all levels however participants must be able to physically get up and down from the floor position. Please bring your mat, and a towel to class. Yoga blocks are provided.

73635	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jan 11-Mar 8	10:45am-11:45am	$35.13

Yoga Stretch with Dennis

This class will focus on a gentle, stretch yoga emphasizing breathing and coordinated with movement to assist in stretching and the release of stress.

73320	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	9:00am-10:00am	$52.69
73319	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	9:00am-10:00am	$43.91

Yoga Stretch with Judy

This class will focus on a gentle, stretch yoga emphasizing breathing and coordinated with movement to assist in stretching and the release of stress.

73304	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Feb 16-Mar 23	11:15am-12:15pm	$26.35

Yoga with Ana-Maria

Experience renewed core physical strength, as well as emotional and physical balance. Viniyoga combines gentle movement coordinated with your own breathing rhythms to improve your quality of life and well being.

75240	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5–Mar 9	9:00am-10:00am	$43.91

Yoga with Mag

Practice yoga asanas that emphasize flexibility and relaxation. You can modify poses to suit your needs. This course is suitable for all participant levels.

74333	55yrs+	Centennial Building	11 weeks
Fri	Jan 8-Mar 19	9:00am-10:00am	$48.30

Yogalates with Deb

Inspired by Yoga and Pilates this class provides the physical and mental benefits of both practices and is described as a comprehensive exercise system. Where East meets West, it combines the yogic focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong, stable foundation for movement. Class ends with Yoga for relaxation.

74099	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	12:00pm-1:00pm	$43.91
75005	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	11:45am-12:45pm	$52.69

Zumba Gold (lite) with Nicole

This class starts slow and speeds up as the class progresses. It features routines or interval training where fast and slow rhythm, and resistance training are combined to tone and sculpt your body while burning fat.

74928	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	3:15pm-4:15pm	$48.30

55+ General Interest

55+ Photographic Club

Join the 55+ Photographic Club to share your photos and skills with other members. We learn from each other's experience. Our club offers a relaxed, non-competitive environment to share photos, participate in monthly challenges, group outings and personal adventures.

74439	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Jan 6-Jun 16	1:00pm-3:30pm	$24.00

Caring for Historical Records and Photographs

Wondering how to keep your family's historical documents or photographs safe? Whitby Public Library's Archivist will share handy storage tips for home collections. Held at the Whitby Public Library - Central Branch at 405 Dundas St W. Meeting Room 2. Participants must have a valid library card.

75152	55yrs+	Whitby Public Library	1 class
Wed	Feb 10-Feb 10	11:00am-12:00pm	Free

Cell-phonetography with John

Discover how to get the most out of your cell phone's camera and video features. Learn about camera settings, exposure, composition, video recording and editing techniques to capture and enhance your photos and videos. You'll also explore how to transfer your creations to your computer and share them on social media.

75107	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 26-Feb 26	9:00am-12:00pm	$21.58

Chess - Absolute Beginner with Kevin

This class is focused on "Beginners" learning the game of Chess. It will teach the history of the game, the rules, what players need to know to play a Chess game. (either for fun or in competition) Players will be well equipped learning the fundamentals of the game and will be supplied with Chess sets in class. Please bring a notebook and pen. If you already play Chess, this course is not structured for your level of play.

74438	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	12:30pm-2:30pm	$61.26

Guided Meditation with Julie

Guided meditation triggers a relaxation response which has many health benefits such as increased energy, a stronger immune system and relief from aches and pains. In this seated class, you will learn a variety of techniques including deep breathing, muscle relaxation, and creative visualization to quiet the mind, reduce worrying, and improve sleep and memory. Feeling relaxed creates a positive perspective and will enhance an overall sense of well-being and vitality.

75004	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	3:30pm-4:30pm	$52.69

Guided Meditation with Rachana

Guided meditation triggers a relaxation response which has many health benefits such as increased energy, a stronger immune system and relief from aches and pains. In this seated class, you will learn a variety of techniques including deep breathing, muscle relaxation, and creative visualization to quiet the mind, reduce worrying, and improve sleep and memory. Feeling relaxed creates a positive perspective and will enhance an overall sense of well-being and vitality.

75237	55yrs+	Fieldgate SC	8 weeks
Thu	Jan 14 – Mar 18	11:30am – 12:30pm	$35.13

History

This potpourri history course covers a series of seven topics not directly related but all of interest.

74331	55yrs+	Centennial Building	7 weeks
Wed	Jan 13-Feb 24	2:00pm-3:30pm	$40.57

Hollywood: An Insider's View with Tim

Discover what's beyond the silver screen! Thrill to movie magic and investigate the 'language' of film. Enjoy a different feature-length movie each week while making your love for film a more exciting and rewarding experience.

73299	55yrs+	Whitby 55+ Rec Centre	4 weeks
Wed	Jan 13-Feb 3	1:30pm-4:00pm	$8.00

Qigong with Dave

This class will improve your coordinated breathing with muscle movements, meditation, memory and neurological activity. Qigong (pronounced Chi Kung) is a gentle exercise that involves acupressure, mild stretching and relaxation of body and mind.

73315	55yrs+	Whitby 55+ Rec Centre	11 weeks
Fri	Jan 8-Mar 19	9:30am-11:00am	$63.75
73316	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	3:30pm-5:00pm	$63.75

Rise and Shine 55+ Walking Group

Join our free walking group. Register each session to participate and then drop in at the Heydenshore Playground Parking on Tuesdays and Thursdays for an hour walk. Please note, this program will close after the registration period. If you are interested, please contact the 55+ Recreation Centre to connect with the convenor after it closes.

75070	55yrs+	Heydenshore Playground Parking	11 weeks
Tue, Thu	Jan 5-Mar 18	9:00am-10:00am	Free

Tai Chi (Yang Style 24) with Dave

Gentle dance-like movements which relaxes and massages the nervous system, muscles and joints. Tai Chi balances mind with body, enhancing the immune system, and improving circulation.

73317	55yrs+	Whitby 55+ Rec Centre	10 weeks

Mon	Jan 11-Mar 22	9:00am-10:00am	$43.91
73318	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	10:15am-11:15am	$43.91

Tai Chi - Level 1 with Mary Grace and Rick

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as "moving meditation". Slowly performing the movements helps you relax, while gently stretching your muscles, joints, tendons and ligaments. Other benefits include improving posture, circulation, flexibility, balance and memory.

74346	40yrs+	Brooklin CC&L	11 weeks
Wed	Jan 6-Mar 17	5:00pm-6:00pm	$48.30
75046	40yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	5:00pm-6:00pm	$48.30

Tai Chi - Level 1 with Rick

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as "moving meditation". Slowly performing the movements helps you relax, while gently stretching your muscles, joints, tendons and ligaments. Other benefits include improving posture, circulation, flexibility, balance and memory.

74347	40yrs+	Brooklin CC&L	11 weeks
Sat	Jan 9-Mar 20	11:00am-12:00pm	$48.30

Tai Chi - Level 2 with Mary Grace and Rick

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as "moving meditation". Slowly performing the movements helps you relax, while gently stretching your muscles, joints, tendons and ligaments. Other benefits include improving posture, circulation, flexibility, balance and memory. You must have completed Tai Chi - Level 1 previously.

74348	40yrs+	Brooklin CC&L	11 weeks
Wed	Jan 6-Mar 17	6:00pm-7:00pm	$48.30
75155	40yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	6:00pm-7:00pm	$48.30

Tai Chi - Level 2 with Rick

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as "moving meditation". Slowly performing the movements helps you relax, while gently stretching your muscles, joints, tendons and ligaments. Other benefits include improving posture, circulation, flexibility, balance and memory. You must have completed Tai Chi - Level 1 previously.

74349	40yrs+	Brooklin CC&L	11 weeks
Sat	Jan 9-Mar 20	10:00am-11:00am	$48.30

Tai Chi - Level 2/3 with Rick

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as "moving meditation". Slowly performing the movements helps you relax, while gently stretching your muscles, joints, tendons and ligaments. Other benefits include improving posture, circulation, flexibility, balance and memory. You must have completed Tai Chi - Level 1 previously.

75230	40yrs+	Brooklin CC&L	11 weeks
Sat	Jan 9-Mar 20	9:00am-10:00am	$48.30

Tai Chi - Level 3 with Mary Grace and Rick

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as "moving meditation". Slowly performing the movements helps you relax, while gently stretching your muscles, joints, tendons and ligaments. Other benefits include improving posture, circulation, flexibility, balance and memory. You must have completed Tai Chi - Level 2 previously.

74350	40yrs+	Brooklin CC&L	11 weeks
Wed	Jan 6-Mar 17	7:00pm-8:00pm	$48.30
75156	40yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	7:00pm-8:00pm	$48.30

55+ Language

French - Beginner with Maurice

The French Beginner class is designed for participants who have a basic but limited knowledge of French. You will learn basic French language skills to communicate orally in simple social situations (asking for information, ordering food in a restaurant, etc.).

The language taught will be standard international French with occasional references to Quebec French. Fee includes printed materials.

74915	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 7-Mar 11	10:00am-11:00am	$46.91

French - Intermediate with Maurice

Intermediate French is a course designed for students who have already studied French and whose level of comprehension and verbal expression allows adequate but less than fluent communication. The focus of the course will be the development of oral communication with the expansion of vocabulary and language structures related to every day situations. Fee includes printed materials.

74916	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 7-Mar 11	11:15am-12:15pm	$46.91

Spanish - Beginner with Tony

This introductory course is designed for those of you with no previous knowledge of the language, are travelling to Spanish speaking countries or for your own interest. This class is mostly conversational, but some grammar study will be required. A workbook is required for an additional $30.00.

73631	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 11-Mar 22	9:00am-10:30am	$57.95

Spanish - Intermediate with Tony

Special emphasis is placed on conversational Spanish by expanding your vocabulary with idioms and expressions as well as your listening and writing skills. Topics to include grammar (indicative mood verb tenses) conjugation, translations, games, songs, Hispanic culture and literature. Fee includes printed materials.

73632	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 12-Mar 16	9:00am-10:30am	$60.95

55+ Leagues and Sporting Groups

Ball Hockey

This program runs pick-up style with a convenor organizing teams each week for a fun and friendly recreational game of hockey. You are welcome to bring your own stick without tape.

74352	18yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	7:00pm-8:30pm	$57.95

Badminton League

Join this league for some fun and exercise. Price includes shuttlecock fee.

75014	55yrs+	Fieldgate SC	10 weeks
Mon	Jan 4-Mar 22	9:00am-11:15am	$27.28
75048	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5-Mar 9	11:30am-1:45pm	$27.28
74351	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	9:00am-11:30am	$27.28
75015	55yrs+	Fieldgate SC	10 weeks
Fri	Jan 8-Mar 12	9:00am-11:15am	$27.28

Indoor Golf Lessons

Improve your golf game with our 55+ Indoor Golf Lessons! Practice your putting, swing, and fundamental techniques in a fun, supportive environment. Whether you're new to golf or looking to refine your skills, these sessions are a great way to stay active and build confidence year-round.

75157	55yrs+	Fieldgate SC	5 weeks
Fri	Jan 8-Feb 5	12:15pm-2:00pm	$60.00
75016	55yrs+	Fieldgate SC	5 weeks
Fri	Jan 8-Feb 5	2:30pm-4:15pm	$60.00
75158	55yrs+	Fieldgate SC	5 weeks
Fri	Feb 12-Mar 12	12:15pm-2:00pm	$60.00
75017	55yrs+	Fieldgate SC	5 weeks
Fri	Feb 12-Mar 12	2:30pm-4:15pm	$60.00

Multisport

Stay active, socialize, and have fun in this Multi-Sport program! Enjoy a variety of recreational sports and activities in a welcoming, non-competitive environment. This drop-in program promotes fitness, coordination, and friendly play while offering the opportunity to try different sports each session. All skill levels are welcome.

75018	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	7:15pm-8:345pm	$61.26

Pickleball - Learn to Play Beginners

This program is designed for those who are brand new to the sport. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play Pickleball. Participants will build up to playing full games. Group and individual instruction will be given. Paddles are provided but you are welcome to bring your own.

75022	55yrs+	Fieldgate SC	5 weeks
Mon	Jan 4-Feb 1	11:45am-2:00pm	$36.76
75023	55yrs+	Fieldgate SC	5 weeks
Mon	Jan 4-Feb 1	11:45am-2:00pm	$36.76
75052	55yrs+	Fieldgate SC	5 weeks
Tue	Jan 5-Feb 2	7:00pm-9:15pm	$36.76
74153	55yrs+	Heydenshore Pavilion	6 weeks
Thu	Jan 7-Feb 11	9:00am-11:00am	$36.76
75026	55yrs+	Fieldgate SC	5 weeks
Fri	Jan 8-Feb 5	11:45am-2:00pm	$36.76
75024	55yrs+	Fieldgate SC	5 weeks
Mon	Feb 8-Mar 22	11:45am-2:00pm	$36.76
75025	55yrs+	Fieldgate SC	5 weeks
Mon	Feb 8-Mar 22	11:45am-2:00pm	$36.76
75122	55yrs+	Fieldgate SC	5 weeks
Tue	Feb 9-Mar 9	7:00pm-9:15pm	$36.76
75027	55yrs+	Fieldgate SC	5 weeks
Fri	Feb 12-Mar 12	11:45am-2:00pm	$36.76

Pickleball – Beginner

This beginner-level is ideal for players who have learned the fundamentals of pickleball and are ready for casual game play. Participants must have a basic knowledge of the game and scoring. No formal instruction will be given. Program fee includes ball fee.

74357	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	9:00am-11:00am	$27.28

Pickleball Guided Game Play

Ready to move beyond the basics? This coach-led program helps newer players build confidence through structured game play and on-court guidance. Improve your scoring, positioning, strategy, and court awareness while enjoying fun, supportive matches with

fellow players. A great next step after Intro to Pickleball and the perfect bridge to recreational drop-in play.

75094	55yrs+	Fieldgate SC	5 weeks
Thu	Jan 7-Feb 4	2:45pm-4:15pm	$28.98
75097	55yrs+	Fieldgate SC	5 weeks
Thu	Feb 11-Mar 11	2:45pm-4:15pm	$28.98

Pickleball - All Levels

This Pickleball program is designed for those who already know how to play the game and keep score as no formal instruction will be given. This program combines Beginner, Intermediate and Advanced levels of players. Price includes ball fee.

74354	55yrs+	Brooklin CC&L	10 weeks
Sun	Jan 3-Mar 7	1:15pm-3:15pm	$27.28
75019	55yrs+	Fieldgate SC	10 weeks
Wed	Jan 6-Mar 10	9:00am-11:00am	$27.28
74353	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 7-Mar 11	9:00am-11:00am	$27.28
74151	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Jan 13-Mar 24	9:00am-11:00am	$30.08
74152	55yrs+	Heydenshore Pavilion	6 weeks
Thu	Feb 18-Mar 25	9:00am-11:00am	$18.68

Pickleball - Level 1

This program is for those at the introductory to junior level of play. You MUST know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee.

75030	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5-Mar 9	9:00am-11:00am	$27.28
75028	55yrs+	Fieldgate SC	10 weeks
Thu	Jan 7-Mar 11	12:30pm-2:30pm	$27.28

Pickleball - Level 1 and 2

Pickleball is one of the fastest growing sports in North America. This program is for those at the introductory to junior level of play. You MUST know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee.

74358	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 4-Mar 8	9:00am-11:00am	$25.52
74155	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Jan 11-Mar 22	2:00pm-4:00pm	$30.08
74157	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 12-Mar 23	11:30am-1:30pm	$30.08
75029	55yrs+	Fieldgate SC	10 weeks
Wed	Jan 6-Mar 10	9:00am-11:00am	$27.28
74158	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Jan 13-Mar 24	11:30am-1:30pm	$30.08
74159	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Jan 13-Mar 24	2:00pm-4:00pm	$30.08
74156	55yrs+	Heydenshore Pavilion	11 weeks
Thu	Jan 14-Mar 25	6:00pm-8:00pm	$30.08

Pickleball - Level 2

You MUST know how to play pickleball and keep score as no formal instruction will be given. Must have experience in keeping score and experience with playing the game. This program is for those at the intermediate level of play. Price includes ball fee.

75031	55yrs+	Fieldgate SC	10 weeks
Thu	Jan 7-Mar 11	12:30pm-2:30pm	$27.28
74160	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Jan 11-Mar 22	11:30am-1:30pm	$30.08
74162	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Jan 11-Mar 22	6:00pm-8:00pm	$30.08
74164	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Jan 11-Mar 22	9:00am-11:00am	$30.08
74161	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 12-Mar 23	6:00pm-8:00pm	$30.08
74163	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 12-Mar 23	2:00pm-4:00pm	$30.08
74359	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	2:15pm-4:15pm	$27.28

Pickleball - Level 2 and Level 3

This combined Intermediate and Advanced program is designed for those who already know how to play the game and keep score as no formal instruction will be given. Price includes ball fee.

75034	18yrs+	Fieldgate SC	10 weeks
Tue	Jan 5-Mar 9	9:00am-11:00am	$27.28
74360	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	12:30pm-2:30pm	$27.28
75035	55yrs+	Fieldgate SC	10 weeks
Wed	Jan 6-Mar 10	2:30pm-4:30pm	$27.28
75036	55yrs+	Fieldgate SC	10 weeks
Wed	Jan 6-Mar 10	2:30pm-4:30pm	$27.28
74166	55yrs+	Heydenshore Pavilion	11 weeks
Fri	Jan 8-Mar 19	9:30am-11:30am	$30.08
74165	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 12-Mar 23	9:00am-11:00am	$30.08

Pickleball - Level 3

This program is designed for those who are advanced Pickleball players. This program is for those at the advanced level of play. Price includes ball fee.

74361	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 6-Mar 10	12:00pm-2:00pm	$27.28
74154	55yrs+	Heydenshore Pavilion	11 weeks
Fri	Jan 8-Mar 19	12:00pm-2:00pm	$30.08

Pickleball Drills Beginner

Learn the fundamentals of pickleball in this one-hour beginner skills program. Build confidence while developing basic strokes, serving, scoring, court positioning, and game strategy through fun, instructor-led drills. Participants must bring their own paddle.

75051	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5-Mar 9	2:00pm-3:00pm	$43.91

Pickleball Drills

Improve your game with one-hour, fast-paced pickleball drill sessions focused on skill development and repetition. Participants must bring their own paddle and have at least six months of playing experience. Come ready to drill! Registration is limited to 16 participants.

74363	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 5-Mar 9	11:15am-12:15pm	$43.91
75040	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5-Mar 9	11:30am-12:30pm	$43.91
75049	55yrs+	Fieldgate SC	10 weeks
Tue	Jan 5-Mar 9	12:45pm-1:45pm	$43.91

Pickleball Sport Conditioning

Improve your strength, balance, agility, and endurance with this 10-week pickleball-specific conditioning program. Designed to enhance on-court performance, each class focuses on functional movements, quick footwork, core strength, and injury prevention to help you move better, react faster, and play longer. Suitable for all skill levels.

75248	55yrs+	Fieldgate SC	10 weeks
Fri	Jan 8 – Mar 12	9:00am-10:30am	$57.95

Sport Conditioning

Improve your overall fitness with this 10-week sport conditioning program. Each class focuses on building strength, balance, agility, mobility, and endurance through functional exercises designed to enhance athletic performance and support an active lifestyle. Suitable for all fitness levels.

75247	55yrs+	Fieldgate SC	10 weeks
Thu	Jan 7 – Mar 11	7:00pm-8:00pm	$43.91

55+ Leisure Programs

Book Club

This group meets once a month and generates a stimulating discussion on a current novel. Volunteers will contact participants prior to class to provide book selections.

74895	55yrs+	Brooklin CC&L	3 weeks
Mon	Jan 11-Mar 8	1:30pm-3:30pm	Free

Penny Bingo

Do you want to get rid of your pennies? Please remember to bring your jar of pennies and join us for a fun afternoon full of laughs and giggles!

74896	55yrs+	Brooklin CC&L	1 class
Mon	Jan 18-Jan 18	1:00pm-3:00pm	$1.00
74898	55yrs+	Brooklin CC&L	1 class
Mon	Feb 22-Feb 22	1:00pm-3:00pm	$1.00
74899	55yrs+	Brooklin CC&L	1 class
Mon	Mar 22-Mar 22	1:00pm-3:00pm	$1.00

55+ Music and Drama

Djembe Drumming - Level 1 with Julie

Drum your way to better health. This course is a basic introduction to Djembe drumming. Learn a variety of lively rhythms, how to jam with others and enjoy the many health benefits associated with drumming. Reduce stress, have fun and feel better. Drums are provided or bring your own.

75002	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	1:00pm-2:00pm	$52.69

Djembe Drumming - Level 2 with Julie

This class is for experienced drum students who have taken the Level 1 class several times and are now ready and encouraged by the instructor to seek proficiency with their drumming. Participants will be given the challenge of learning more complex rhythms and polyrhythms.

75003	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Jan 7-Mar 25	2:15pm-3:15pm	$52.69

Learn to Play Guitar

Have you always wanted to learn guitar? This beginner-friendly program is designed for adults 55+ who are new to the instrument or looking for a refresher. Participants will learn basic chords, simple strumming patterns, and foundational techniques in a relaxed, supportive environment. No prior experience required. Please note: Participants must bring their own guitar to each session.

74370	55yrs+	Centennial Building	10 weeks
Tue	Jan 12-Mar 16	1:00pm-2:00pm	$43.91

74391	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 14-Mar 18	5:30pm-6:30pm	$43.91

Learn to Play Guitar - Level 2

Have you always wanted to learn guitar? This beginner-friendly program is designed for adults 55+ who are new to the instrument or looking for a refresher. Participants will learn basic chords, simple strumming patterns, and foundational techniques in a relaxed, supportive environment. No prior experience required. Please note: Participants must bring their own guitar to each session.

74392	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 14-Mar 18	6:45pm-7:45pm	$43.91

Ukulele - Level 1 with Arlene

This beginner class will focus on learning chords, how to read simple chord diagrams, strumming and playing songs. Ukulele is a fun, easy instrument to learn and you do not need to know how to read music to play. In fact, you'll be playing a song on the first day! Bring your own ukulele to class - either a Soprano, Concert or Tenor size (no Baritones). Price includes music booklet.

75242	55+yrs	Brooklin CC&L	10 weeks
Mon	Jan 11-March 22	3:00pm-4:00pm	$43.91

Ukulele - Level 2 with Arlene

This intermediate class is for those who have completed Ukulele - Level 1 or for those who know basic ukulele chords, how to strum and are able to change chords quickly. The focus will be to increase your song repertoire and chord library, develop strumming patterns and music styles, learn simple walk-ups, how to read tabs and use tools for changing the keys of songs. We'll also develop your knowledge of the fretboard and different fingerings for some chords. Price includes music booklet.

75243	55+yrs	Brooklin CC&L	10 weeks
Mon	Jan 11-March 22	1:30pm-2:30pm	$43.91

Ukulele - Level 3 with Arlene

This advanced class will build on the skills and knowledge from Ukulele - Level 2. The goal is to increase your song repertoire, chord library, and enhance your playing skills, including strumming techniques, embellishments and some finger-picking and melody-playing. Sound quality, song arrangements, chord progressions, rhythm, tempo and

basic fundamentals of music will be explored in order to further develop your "ukulele musicality". Price includes music booklet.

75244	55+yrs	Brooklin CC&L	10 weeks
Mon	Jan 11-March 22	4:30pm-5:30pm	$43.91

55+ Sciences

Biology with Amanda

Join this 2-week class and learn how bread affected human civilization.

73657	55yrs+	Whitby 55+ Rec Centre	2 weeks
Fri	Feb 12-Feb 19	1:30pm-2:30pm	$8.78

55+ Wellness and Lifestyle

Dementia Friendly Community Presentation

Join the Alzheimer Society of Durham Region Services and Programs to learn about dementia is, learn more about its many different types, as well as how to recognize, interact and communicate with people living with dementia, and an understanding that individuals as young as 45 years old are living with Young Onset Dementia. Alzheimer's Durham is working towards communities where people living with dementia feel understood, respected, supported, and included.

73611	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 19-Jan 19	10:00am-11:30am	Free

Driving and Dementia Workshop

Join the Alzheimer Society of Durham Region Services and Programs to learn about driving and dementia. We will review the sensitive topics of driving with dementia, the decision to retire from driving, and supporting someone who has decided to retire.

73610	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Mar 16-Mar 16	10:00am-11:30am	Free

Eating for Energy with Sylvia

Do you wake up tired and find you're dragging through the day always looking fore more coffee for that boost of energy. If you suffer with energy lulls and would like to learn ways to maximize your energy throughout the day then join Nutritionist Sylvia Emmorey, where she will discuss foods, diets and eating habits that affect energy levels both positively and negatively and provide you with many food options and ideas.

75233	55yrs+	Whitby 55+ Rec Centre	1 week
Tue	Mar 16	12:30pm-1:30pm	$10.79

Get On Board with Durham Transit

Join us for an informative Durham Transit Workshop on Friday, February 19, from 10:00 a.m. to 12:00 p.m. This interactive session will feature a fun MythBusters Questionnaire and an overview of Durham Region Transit services. Learn about bus types and accessibility features, PRESTO, fares, routes and mapping, trip planning, travel safety, Travel Training, Specialized Services, and On Demand Service. We will also explore the Sunflower Program and Support Person Cards to help you better understand the resources available to make public transit more accessible, safe, and convenient. Whether you are a regular transit user or looking to build your confidence using Durham Transit, this workshop is a great opportunity to ask questions and learn something new!

75215	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 19-Feb 19	10:00am-12:00pm	FREE

Getting the most from your Health Care Appointment Workshop

When patient leave a medical appointment, 1 out of 3 do not understand the answers to their questions. This interactive workshop, focuses on what to do before, during and after an appointment to prepare and empowers individuals to communicate more effectively with their health care provider. A variety of learning resources are used including information sharing, videos and tools that supports the individual with integrating the skills into their next appointment.

74173	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 5-Mar 5	10:00am-11:30am	Free

Gut Health with Sylvia

If you suffer with digestive issues, you may have heard terms like “Gut Health “or Microbiome” but what do these terms actually mean and why are they important? To learn why is so important, join Nutritionist Sylvia Emmorey and discover links to overall physical and psychological benefits of keeping your gut healthy!

75231	55yrs+	Whitby 55+ Rec Centre	1 week
Tue	Jan 19	12:30pm-1:30pm	$10.79

Java Social - Fun Coffee Chat

Join us for a FREE social workshop focused on community and connection! JAVA Social offers a warm, welcoming space for community members to connect and enjoy meaningful guided, themed conversations. Social interaction plays an important role in overall well-being, so bring your favourite morning beverage and join us for friendly and thoughtful discussion!

74186	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 12-Mar 23	11:00am-12:00pm	Free

Living a Healthy Life with Diabetes Workshop

Participants learn skills and tools to manage their diabetes pre-diabetes. Some topics covered included monitoring, preventing or delaying complications, menu planning, food care, strategies for sick days, managing difficult emotions and working with your Health Care Professional and Health Care System. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Presented by Ontario Health at Home.

74178	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Feb 4-Mar 11	1:00pm-2:30pm	Free

Living Life to the Full Program with Durham Community Health

The Living Life to the Full Program is an 8-week course led by Durham Community Health Centre that uses the principles of cognitive-behavioural therapy (CBT) led by trained facilitators. The program provides people with the tools to; Reduce stress, worry and boost mood; Improve motivation and problem-solving skills; Change unhelpful thoughts and behaviours. Help us respond differently to events/challenges we cannot always control (i.e. Covid-19)

73169	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 11-Mar 8	11:00am-12:30pm	Free

Managing Stress - Powerful Tools for Caregivers

Join us for a Powerful Tools for Caregivers workshop and information session on Managing Stress. Caregiving and stress go hand-in-hand. Dealing with anxiety can be a challenge, but it's easier when you're prepared. In this 1.5-hour session, caregivers will explore some of the signs and sources of their stress, understand the consequences of neglecting stress, and learn practical stress-reducing actions. You will also have the opportunity to learn more about the free 6-Week Powerful Tools for Caregivers Workshop and experience some stress-reducing activities firsthand. Don't miss this chance to empower yourself as a caregiver!

74179	All Ages	Whitby 55+ Rec Centre	1 class
Fri	Jan 15-Jan 15	10:00am-11:30am	Free

Powerful Tools for Caregivers Workshop

Caregiver participants learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment.

74174	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Jan 27-Mar 3	10:00am-11:30am	Free

Smart Snacking with Sylvia

Discover how small food choices can make a big impact. This seminar explores the importance of healthy snacking, offering practical strategies for choosing nutrient-dense foods that stabilize energy, improve concentration and support long term health.

75232	55yrs+	Whitby 55+ Rec Centre	1 week
Tue	Feb 16	12:30pm-1:30pm	$10.79

Stress and Sleep Workshop

This workshop reviews the myths about sleep, common signs of a sleep disorder and tips on how to get a good night's sleep. The importance of recognizing stress and leaning how to manage stress is reviewed through discussion and watching a video on stress management.

74172	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 12-Feb 12	10:00am-11:30am	Free

What is Processed Food and How to Read Food Labels Workshop

The workshop explores food buying habits, helping us to understand how marketing and food labels may be influencing what we buy. Tips on how to know if the food you are buying is a healthy choice, and what we can do to eat healthier. Understand what each food label means, including the Nutrition Facts Table, List of Ingredients, Nutrition Claims, Nutrient Content Claims and the Percentage Daily Value.

74171	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 29-Jan 29	10:00am-11:30am	Free

55+Computer & Technology

3D Printing at the Whitby Library

Want to be certified in 3D printing? Choose an item from the Library's Pick-A-Print collection and print it yourself on the Whitby Public Library's Bambu Lab P25 and AMS Pro 2 printers. Training is provided. Held at the Whitby Public Library - Central Branch, 405 Dundas St W, Meeting Room 1A (right side of the hallway leading to the Café). A valid library card is required.

74442	55yrs+	Whitby Public Library	1 class
Thurs	Feb 25-Feb 25	11:00am-1:00pm	Free

How to Avoid Being Scammed Online and by Phone

Presented by Bill Rios, a familiar face from our Tech Wednesdays program. Scams are increasingly common, especially among older adults. In this 4-week series of one-hour sessions, learn to identify scam emails, phone calls, text messages, and online fraud. Bill will share practical tips for spotting warning signs, protecting personal information, and responding safely to suspicious contacts. Bill is a retired Senior Security Consultant with over 40 years in IT, including 29 years with IBM Canada and 8 with CIBC, specializing in IT security and privacy.

73612	55yrs+	Whitby 55+ Rec Centre	4 weeks
Thu	Feb 11-Mar 4	10:00am-11:00am	Free

Tech Fridays

Book a one-on-one appointment with one of our Tech Volunteers to help alleviate any tech problems you may be having. Suggested topics are but not limited to how to use your smart phone, how to use your tablet, apps, emails, printer usage, document settings, etc.

73527	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 8-Jan 8	1:00pm-1:30pm	Free
73528	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 8-Jan 8	1:30pm-2:00pm	Free
73529	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 8-Jan 8	2:00pm-2:30pm	Free
73530	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 8-Jan 8	2:30pm-3:00pm	Free
73531	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 15-Jan 15	1:00pm-1:30pm	Free

73532	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 15-Jan 15	1:30pm-2:00pm	Free
73533	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 15-Jan 15	2:00pm-2:30pm	Free
73534	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 15-Jan 15	2:30pm-3:00pm	Free
73535	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 22-Jan 22	1:00pm-1:30pm	Free
73536	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 22-Jan 22	1:30pm-2:00pm	Free
73537	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 22-Jan 22	2:00pm-2:30pm	Free
73538	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 22-Jan 22	2:30pm-3:00pm	Free
73539	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 29-Jan 29	1:00pm-1:30pm	Free
73540	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 29-Jan 29	1:30pm-2:00pm	Free
73541	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 29-Jan 29	2:00pm-2:30pm	Free
73542	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jan 29-Jan 29	2:30pm-3:00pm	Free
73543	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 5-Feb 5	1:00pm-1:30pm	Free
73544	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 5-Feb 5	1:30pm-2:00pm	Free
73545	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 5-Feb 5	2:00pm-2:30pm	Free
73546	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 5-Feb 5	2:30pm-3:00pm	Free
73547	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 12-Feb 12	1:00pm-1:30pm	Free
73548	55yrs+	Whitby 55+ Rec Centre	1 class

Fri	Feb 12-Feb 12	1:30pm-2:00pm	Free
73549	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 12-Feb 12	2:00pm-2:30pm	Free
73550	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 12-Feb 12	2:30pm-3:00pm	Free
73551	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 19-Feb 19	1:00pm-1:30pm	Free
73552	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 19-Feb 19	1:30pm-2:00pm	Free
73553	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 19-Feb 19	2:00pm-2:30pm	Free
73554	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 19-Feb 19	2:30pm-3:00pm	Free
73555	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 26-Feb 26	1:00pm-1:30pm	Free
73556	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 26-Feb 26	1:30pm-2:00pm	Free
73557	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 26-Feb 26	2:00pm-2:30pm	Free
73558	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 26-Feb 26	2:30pm-3:00pm	Free
73559	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 5-Mar 5	1:00pm-1:30pm	Free
73560	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 5-Mar 5	1:30pm-2:00pm	Free
73561	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 5-Mar 5	2:00pm-2:30pm	Free
73562	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 5-Mar 5	2:30pm-3:00pm	Free
73563	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 12-Mar 12	1:00pm-1:30pm	Free
73564	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 12-Mar 12	1:30pm-2:00pm	Free

73565	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 12-Mar 12	2:00pm-2:30pm	Free
73566	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 12-Mar 12	2:30pm-3:00pm	Free
73567	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 19-Mar 19	1:00pm-1:30pm	Free
73568	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 19-Mar 19	1:30pm-2:00pm	Free
73569	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 19-Mar 19	2:00pm-2:30pm	Free
73570	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 19-Mar 19	2:30pm-3:00pm	Free

Tech Wednesday

Book a one-on-one appointment with one of our Tech Volunteers to help alleviate any tech problems you may be having. Suggested topics are but not limited to how to use your smart phone, how to use your tablet, apps, emails, printer usage, document settings, etc.

73483	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 6-Jan 6	9:00am-9:30am	Free
73484	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 6-Jan 6	9:30am-10:00am	Free
73485	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 6-Jan 6	10:00am-10:30am	Free
73486	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 6-Jan 6	10:30am-11:00am	Free
73487	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 13-Jan 13	9:00am-9:30am	Free
73488	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 13-Jan 13	9:30am-10:00am	Free
73489	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 13-Jan 13	10:00am-10:30am	Free
73490	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 13-Jan 13	10:30am-11:00am	Free

73491	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 20-Jan 20	9:00am-9:30am	Free
73492	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 20-Jan 20	9:30am-10:00am	Free
73493	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 20-Jan 20	10:00am-10:30am	Free
73494	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 20-Jan 20	10:30am-11:00am	Free
73495	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 27-Jan 27	9:00am-9:30am	Free
73496	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 27-Jan 27	9:30am-10:00am	Free
73497	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 27-Jan 27	10:00am-10:30am	Free
73498	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jan 27-Jan 27	10:30am-11:00am	Free
73499	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 3-Feb 3	9:00am-9:30am	Free
73500	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 3-Feb 3	9:30am-10:00am	Free
73501	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 3-Feb 3	10:00am-10:30am	Free
73502	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 3-Feb 3	10:30am-11:00am	Free
73503	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 10-Feb 10	9:00am-9:30am	Free
73504	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 10-Feb 10	9:30am-10:00am	Free
73505	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 10-Feb 10	10:00am-10:30am	Free
73506	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 10-Feb 10	10:30am-11:00am	Free
73507	55yrs+	Whitby 55+ Rec Centre	1 class

Wed	Feb 17-Feb 17	9:00am-9:30am	Free
73508	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 17-Feb 17	9:30am-10:00am	Free
73509	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 17-Feb 17	10:00am-10:30am	Free
73510	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 17-Feb 17	10:30am-11:00am	Free
73511	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 24-Feb 24	9:00am-9:30am	Free
73512	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 24-Feb 24	9:30am-10:00am	Free
73513	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 24-Feb 24	10:00am-10:30am	Free
73514	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Feb 24-Feb 24	10:30am-11:00am	Free
73515	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 3-Mar 3	9:00am-9:30am	Free
73516	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 3-Mar 3	9:30am-10:00am	Free
73517	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 3-Mar 3	10:00am-10:30am	Free
73518	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 3-Mar 3	10:30am-11:00am	Free
73519	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 10-Mar 10	9:00am-9:30am	Free
73520	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 10-Mar 10	9:30am-10:00am	Free
73521	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 10-Mar 10	10:00am-10:30am	Free
73522	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 10-Mar 10	10:30am-11:00am	Free
73523	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 17-Mar 17	9:00am-9:30am	Free

73524	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 17-Mar 17	9:30am-10:00am	Free
73525	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 17-Mar 17	10:00am-10:30am	Free
73526	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Mar 17-Mar 17	10:30am-11:00am	Free

55+ Special Events

Catch a Flick: Eternity

Spend the afternoon with a spiritual romantic comedy - Eternity. In an afterlife where souls have one week to decide where to spend eternity, Joan is faced with the impossible choice between the man she spent her life with and her first love, who died young and has waited decades for her to arrive. Rated PG-13 for strong language and sexual themes.

75104	55yrs+	Brooklin CC&L	1 class
Fri	Feb 19-Feb 19	2:00pm-4:00pm	$5.00

Catch a Flick: The Dink

Spend the afternoon with The Dink, a feel-good comedy about second chances, unexpected friendships, and finding a new way to stay in the game. After an injury keeps former tennis prodigy Dusty Boyd off the court, he reluctantly turns to pickleball and discovers an unexpected second chance. With plenty of laughs, heart, and a standout cast, The Dink is an uplifting underdog comedy for anyone who enjoys a good comeback story. Rated PG-13 for strong language and sexual themes.

75103	55yrs+	Brooklin CC&L	1 class
Fri	Jan 29-Jan 29	2:00pm-4:00pm	$5.00

Game of Clue- Medieval World

Shhh! A secret mission awaits. The Thieves Guild has given you one dangerous assignment: steal the Queen's Crown! Solve the clues, outsmart the guards and claim the crown. Are you brave enough to accept the mission?

74369	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 5-Feb 5	2:45pm-4:00pm	Free

Holiday Lunch

Join us for our Annual 55+ Holiday Lunch. Mayor, Council and Staff will be serving up a traditional holiday lunch catered by Angel's Catering. Sponsored by V!VA Whitby Shores.

75188	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Dec 10-Dec 10	12:00pm-2:00pm	$26.00

Holiday Tea

Join us for a cozy and festive Holiday Tea, filled with warm drinks, sweet treats, and cheerful company! Celebrate the season with music, conversation, and a touch of holiday magic in the company of friends old and new. Sponsored by Chartwell.

70876	55yrs+	Brooklin CC&L	1 class
Thu	Dec 17-Dec 17	1:30pm-3:30pm	$15.00

Indoor Golf Social

Join us for some fun at 701 indoor golf & Bar Simulator! (formerly known as Mulligans Golf). Enjoy light refreshments while golfing various courses of your choice. Please note that participants are responsible for their own transportation to 701 indoor Golf & Bar (701 Brock Street North). Valid 55+ Membership required.

73571	55yrs+	Town of Whitby	1 class
Thu	Feb 18-Feb 18	11:00am-1:00pm	$20.00
73572	55yrs+	Town of Whitby	1 class
Thu	Mar 11-Mar 11	11:00am-1:00pm	$20.00

Line Dance Party with Nicole

Come and join us for a fun line dance event that will have you dancing the night away to your favourite tunes. Enjoy all the dances you love, meet new friends and have some fun! This program is suitable for those with some line dance experience. Bring your water bottle and dancing shoes.

75008	55yrs+	Heydenshore Pavilion	1 class
Tue	Mar 30-Mar 30	6:00pm-8:00pm	$7.50

St. Patrick's Day Social

Celebrate St. Patrick's Day with an afternoon of music, dancing and good cheer! Enjoy great tunes, light refreshments and festive fun with friends. Pre-registration is required.

74441	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Mar 12-Mar 12	2:00pm-4:00pm	Free

Valentine's Day: Trivia & Tunes

Put your knowledge to the test! Join us for a fun-filled afternoon of Valentine's themed trivia, classic tunes and great memories Enjoy favourite songs from the past while testing your knowledge with a variety of fun trivia questions. Snacks and refreshments provided. Registration required.

74440	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Feb 12-Feb 12	2:00pm-4:00pm	$15.00

Warm Your Body and Soul - Yoga Stretch with Dennis

Beat the winter chill of January and join us for this Yoga program that will guarantee to "warm your body and soul." Dennis will lead you through a class that will generate stretching and comfort to your muscles, bring peace and calmness to your mind and warmth to your body and soul. Bring your favourite mug to enjoy a cup of hot chocolate before you venture home in complete relaxation. Exercise mats are available for use, or if desired you can bring your own yoga mat to class.

74244	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 19-Jan 19	6:00pm-7:00pm	$5.00

Community Connection Programs

Adult

Leagues and Sporting Groups

Badminton for Adults-Pick-up (#@)

Enjoy a game of pick-up badminton with other enthusiasts! Please bring your own racquet and wear indoor shoes. There will be 4 players per court.

73349	18yrs+	Ormiston P.S.	14 weeks
Tue	Jan 12-May 4	8:00pm-9:15pm	$140.00

Men's Basketball-Pick-up (#@)

Enjoy a friendly pick-up game of basketball.

73620	30 and up	Sinclair S.S.	14 weeks
Wed	Jan 20-May 5	7:45pm-9:45pm	$140.00

Pickleball - Box Ladder League (#@)

A 14-week league for 12 players, arranged in three boxes of four according to results. Each week players rotate partners within their box, and individual results determine movement up or down for the following week. A coordinator oversees play and standings.

73654	18yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 14-Apr 22	8:00pm-9:30pm	$280.00

Pickleball - Learn to Play (#@)

A 14-week introductory program covering serving, returning, scoring, court positioning and basic doubles strategy. Each session combines short instruction with supported play. Coach-led. Capacity of up to 12 participants

73649	18yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 14-Apr 22	6:00pm-7:00pm	$210.00

Pickleball - Social Round Robin (#@)

Organized doubles with rotating partners and opponents. Timed games promote variety and social connection. For participants familiar with basic rules and scoring. Capacity of 12–18, using player rotations when more than 12 attend.

73650	18yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 14-Apr 22	7:00pm-8:00pm	$210.00

Pickleball- Registered Play (#@)

Enjoy recreational pickleball with the convenience of a guaranteed weekly spot. Participants register for the full session and play with others registered in the same time slot. Players will rotate through games, with doubles play used as required. Rules and gameplay knowledge is required. This is a recreational play program and no instruction is provided. Please bring your own paddle and indoor shoes. There will be 4 players per court.

73368	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 13-Apr 21	6:30pm-7:30pm	$112.00
73369	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 13-Apr 21	7:30pm-8:30pm	$112.00

Volleyball Adult Co-Ed Recreational (#@)

Enjoy a pick up game of volleyball with other enthusiasts. All skill levels are welcome. Please wear non-marking shoes.

73375	18yrs+	Ormiston P.S.	14 weeks
Wed	Jan 13-May 5	7:15pm-9:15pm	$168.00

Children

Dance

Ballet /Jazz (@#)

Enjoy our new ballet/jazz class in a fun and relaxed atmosphere. Dress for comfort. We recommend bodysuit and footwear, such as slippers with a grip.

74889	4-6yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:30pm-7:00pm	$70.00
73352	4-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	6:30pm-7:00pm	$70.00

Ballet 1 (#@)

Enjoy a ballet class in a fun and relaxed atmosphere. Dress for comfort. We recommend bodysuit and footwear, such as slippers with a grip.

75054	3-6yrs	Ormiston P.S.	14 weeks
Tue	Jan 12-May 4	6:00pm-6:30pm	$70.00
75055	4-5yrs	Ormiston P.S.	14 weeks
Tue	Jan 12-May 4	6:30pm-7:00pm	$70.00
73353	3-6yrs	Ormiston P.S.	14 weeks
Wed	Jan 13-May 5	6:00pm-6:30pm	$70.00
73354	4-5yrs	Ormiston P.S.	14 weeks
Wed	Jan 13-May 5	6:30pm-7:00pm	$70.00

Dance Medley (#@)

Enjoy ballet, hip hop, modern and jazz with an emphasis on fun!

73360	6-9yrs	Ormiston P.S.	14 weeks
Wed	Jan 13-May 5	7:00pm-7:45pm	$105.00

Dance Medley (@#)

Enjoy ballet, hip hop, modern and jazz with an emphasis on fun!

74887	3-4yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:00pm-6:30pm	$70.00
73361	3-4yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	6:00pm-6:30pm	$70.00

Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles.

74888	7-11yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	7:00pm-7:45pm	$105.00
73364	7-11yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	7:00pm-7:45pm	$105.00

General Interest

Lego Club (#@)

Join in the fun at Lego Club. We supply the bricks and challenges, you supply the creativity and imagination!

73365	6-11yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:45pm-7:30pm	$67.00
73366	6-11yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:00pm-6:45pm	$67.00

Leagues and Sporting Groups

Badminton for Kids (#@)

Have fun learning the rules and techniques of badminton in a non-competitive, friendly environment. Racquets are available, but you are welcome to bring your own.

73350	7-9yrs	Ormiston P.S.	14 weeks
Tue	Jan 12-May 4	6:00pm-6:45pm	$105.00
73351	9-13yrs	Ormiston P.S.	14 weeks
Tue	Jan 12-May 4	6:45pm-7:45pm	$140.00

Soccer for Kids with Community Connection (@#)

Children learn the rules, improve skills and participate in drills and scrimmages. Please wear comfortable clothing and non-marking running shoes. Players do not require shin pads. Indoor soccer balls are used.

73370	7-8yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:00pm-6:45pm	$105.00
73371	5-6yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:45pm-7:30pm	$105.00
73372	9-12yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	7:30pm-8:15pm	$105.00
73373	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	6:00pm-6:45pm	$105.00
73374	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	6:45pm-7:30pm	$105.00

Basketball with Community Connection (@#)

This program is a combination of skill development and games in a non competitive environment. Please wear comfortable clothing and non-marking running shoes.

73355	5-6yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:00pm-6:45pm	$105.00
73356	7-8yrs	John Dryden P.S.	14 weeks
Mon	Jan 11-May 10	6:45pm-7:30pm	$105.00
73357	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	6:45pm-7:30pm	$105.00
73358	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	6:00pm-6:45pm	$105.00
73359	9-12yrs	John Dryden P.S.	14 weeks
Wed	Jan 13-Apr 28	7:30pm-8:15pm	$105.00

Teen Pick-up Basketball (@#)

Enjoy a friendly game of pick-up basketball. Please wear comfortable clothing and non-marking running shoes.

73665	13-16yrs	John Dryden P.S.	14 weeks

Wed	Jan 13-Apr 28	8:15pm-9:15pm	$98.00

Volleyball Co-ed (#@)

In this co-ed program, participants learn and improve their skills in a fun environment.

73376	11-13yrs	Ormiston P.S.	14 weeks
Wed	Jan 13-May 5	6:00pm-7:00pm	$140.00

Music and Drama

Guitar for Kids (#@)

Continue learning to play the guitar. Please bring your own acoustical guitar.

73362	10-15yrs	Ormiston P.S	14 weeks
Wed	Jan 13-May 5	7:00pm-8:00pm	$140.00

Guitar For Kids- Level 1 (#@)

Learn the fundamentals of reading sheet music by playing musical exercises and simple songs. Please bring your own acoustical guitar.

73363	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 13-May 5	6:00pm-7:00pm	$140.00

Station Gallery Programs

Station Gallery Refund Policy:

Full refunds are available up to 7 days prior to the class start time. Account credits are available 3-7 days prior, and subject to a $20 administrative fee. There are no credits or refunds provided with less than 48 hours' notice, or for classes missed by the participant.

Adults Visual Arts

AAC - Crochet Level 1 with Chelsea (#@)

Discover the joy of crochet in this beginner-friendly class! Each week you'll create a cute, practical project provided by your instructor. You'll learn the basic stitches, including how to read patterns, sew in ends, and build the skills to keep creating at home. All materials provided. Suitable for all levels of expertise.

74389	12yrs+	Station Gallery	6 weeks
Sun	Jan 17-Feb 28	12:00pm-2:00pm	$190/$200

AAC - Crochet Level 2 with Chelsea (#@)

Build on your crochet foundations in this Level 2 course! Designed for those who already know the basics, this class introduces more advanced pattern techniques. You will learn Mosaic and Tapestry crochet, amigurumi, how to design your own c2c pattern, and more. You'll work on instructor-guided projects that challenge and improve your skills. By the end of the course, you'll feel more confident tackling patterns independently and continue creating at home. Please download the Student Supply List below to review the materials required for this course.

74390	12yrs+	Station Gallery	6 weeks
Sun	Jan 17-Feb 28	2:00pm-4:00pm	$190/$200

AAC - Acrylic Painting with Chelsea (#@)

Join us for a six-week acrylic painting course designed for adults of all skill levels – even those who have never painted before! Participants will explore colour mixing, brushwork, and layering, alongside colour theory, while experimenting with a variety of styles. Students will work through guided exercises and will have the chance to create a personal project toward the end of the session. Both absolute beginners and experienced painters will develop technical skills, artistic confidence, and a deeper understanding of composition and colour. Suitable for all levels of expertise. Please download the Student Supply List to review the materials required for this class.

75098	16yrs+	Station Gallery	6 weeks
Tue	Jan 19-Feb 23	7:00pm-9:00pm	$190/$200

AAC - Art as Therapy with Kayleigh (#@)

The Art as Therapy program at Station Gallery introduces the principles of mindfulness, demonstrating how these can be incorporated into the visual arts. Using simple, relaxing, and meditative art activities, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm. Art as Therapy is generously sponsored by Ontario Power Generation. Each session of this class is guided by flexible prompts, allowing participants to explore their own ideas, experiment with materials, and follow their creativity at their own pace in a calm, supportive environment. All materials provided. Suitable for all levels of expertise.

75134	13 and up	Station Gallery	4 weeks
Thu	Jan 21-Feb 11	7:00pm-9:00pm	$85/$90

AAC - Beginner Watercolour Painting with Sakshi (#@)

Immerse yourself in the art of watercolour painting! Perfect for beginners or those refreshing their skills, this class will concentrate on water control, colour mixing, and blending through guided projects. After 6 sessions, you'll have a collection of notes and projects to help you feel confident continuing your watercolour journey. Suitable for all levels of expertise. Please download the Student Supply List to review the materials required for this class.

75146	16yrs+	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	4:15pm-6:15pm	$190/$200

AAC - Contemporary Landscape Painting with Randy (#@)

Explore the landscape through colour, light, and expressive brushwork! Through demonstrations and discussion, you'll explore composition, perspective, and contemporary techniques to create a fresh, personal interpretation of the natural world. Beginner/intermediate painting experience required. Participants bring their own materials, oil or acrylic. Please download the Student Supply List to review the materials required for this class.

75130	16yrs+	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	7:00pm-9:00pm	$190/$200

AAC - Creative Collage with Ivana (#@)

Explore the creative possibilities of collage! Experiment with paper, images, textures, and mixed media to create unique compositions. Participants will be encouraged to incorporate meaningful elements from home to develop heartfelt and expressive abstract collages. Perfect for beginners and experienced artists alike. Suitable for all levels of expertise. All materials provided.

75205	16yrs+	Station Gallery	6 weeks
Thu	Jan 14-Feb 18	4:15pm-6:15pm	$190/$200

AAC - Drawing Explorations: Charcoal with Sakshi (#@)

If you've tried our Intro to Drawing course and are ready for the next step, Drawing Explorations is for you! In this course, participants will explore the expressive possibilities of charcoal, experimenting with shading, blending, mark-making, and contrast. Through guided exercises, students will develop their observational drawing skills and work toward creating a finished charcoal drawing. This course is ideal for those ready to move beyond the basics, as well as artists looking to refresh their drawing practice in a supportive studio environment. Beginner drawing experience recommended. Please download the Student Supply List to review the materials required for this class.

75209	16yrs+	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	7:00pm-9:00pm	$190/$200

AAC - Figure Drawing with Jay (#@)

Discover the art of figure drawing through live model sessions! You'll develop key skills in anatomy, proportion, gesture, and tonal shading while creating expressive charcoal or conte sketches. Guided by an experienced instructor, participants will receive feedback to refine technique as they work through short sketches and extended drawings. Models may be clothed or unclothed, offering varied study opportunities and a comprehensive understanding of the human form. Suitable for all levels of expertise. Please download the Student Supply List to review the materials required for this class. No class February 14th.

75100	18yrs+	Station Gallery	6 weeks
Sun	Jan 17-Feb 28	1:30pm-3:30pm	$190/$200

AAC - Hand Building Pottery: Level 1 with Paulette (#@)

In this class, we provide students with fundamental instruction in hand-building pottery. You'll explore methods like pinching, coiling, and slabbing, as well as decorating techniques such as appliqué, cut-outs, and sgraffito. Each session combines guided instruction with independent practice, allowing participants to develop technical skills while experimenting with creative ideas. In the final session, students will learn about the applications of glaze and underglaze, to add a colourful, glossy finish to their artworks. Suitable for all levels of expertise. All materials provided. Last session is 3 hours long to include glazing. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class.

74675	16yrs+	Station Gallery	6 weeks
Thu	Jan 14-Feb 18	1:30pm-3:30pm	$260/$275
74676	16yrs+	Station Gallery	6 weeks
Thu	Jan 14-Feb 18	6:30pm-8:30pm	$260/$275

AAC - Hand Building Pottery: Level 2 with Paulette (#@)

Ready to take your pottery skills to the next level? This class is designed for intermediate students to build on foundational knowledge and explore new techniques in hand building pottery. Participants will refine techniques such as pinching, coiling, and slabbing while exploring more intricate decorative methods. Each session combines guided demonstrations with independent creative time, allowing students to experiment and push their personal artistic style. In the final session, participants will use glaze and underglaze to enhance the colour and finish of their pieces. All materials provided. Last session is 3 hours long to include glazing. Suitable for students who have completed at

least 2 sessions of Hand Building Pottery Level 1. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class. No class February 16th.

74748	16yrs+	Station Gallery	6 weeks
Tue	Jan 12-Feb 23	4:00pm-6:00pm	$260/$275

AAC - Introduction to Drawing with Ivana (#@)

Discover the joy of drawing in this introductory class for adults. Through guided exercises and hands-on practice, you'll build confidence in line, shading, and composition, in graphite and charcoal. Whether you're an absolute beginner or looking to reconnect with art, this class offers a relaxed and supportive environment to develop your skills. Suitable for all levels of expertise. Please download the Student Supply List to review the materials required for this class.

75145	16yrs+	Station Gallery	6 weeks
Thu	Jan 14-Feb 18	7:00pm-9:00pm	$190/$200

AAC - Knitting Circle with Nesrin (#@)

Take your knitting skills to the next level at Station Gallery's knitting circle! Designed for those who have just about figured out the basics, this class focuses on building confidence through a series of fun projects. Participants will be introduced to a selection of beginner-friendly, guided projects while also receiving support to work on personal knitting projects at their own pace. Whether you're looking to expand your skills, troubleshoot patterns, or enjoy the company of fellow knitters, this relaxed and encouraging class is the perfect place to stitch, learn, and create. Suitable for those with basic knitting knowledge and experience. Please bring your own knitting needles and scissors. No class February 13th.

75050	16yrs+	Station Gallery	6 weeks
Sat	Jan 16-Feb 27	1:30pm-3:30pm	$140/$150

AAC - Open Studio (#@)

Work alongside, and be inspired by, other practicing artists from the community in this drop-in program. Station Gallery Patrons are welcome to drop by anytime between 10am and 3pm to spend the day creating in our spacious, well-lit studios. This is a great opportunity to develop personal artworks at your own pace! Open Studio now runs every Monday from September through May, excluding holidays. For SG Patrons only; patron cards can be purchased at the gallery. Bring your own materials. No pre-registration required – please sign in at the front desk. Studio closed February 15, March 15, March 29, and May 24.

74677	16yrs+	Station Gallery	22 weeks
Mon	Jan 4-May 31	10:00am-3:00pm	Free

AAC - Pen, Ink, & Watercolour Wash with Patrick (#@)

Discover the expressive possibilities of combining pen, ink, and watercolour. This course explores how line and wash can work together to capture landscapes, seascapes, wildlife, and still-life subjects with energy and depth. You'll learn drawing and inking techniques to create structure and detail, then layer watercolour washes for colour, atmosphere, and mood. Demonstrations and guided exercises will help you develop both control and freedom with the materials, while creative time encourages personal exploration. Perfect for anyone who loves the immediacy of sketching and the luminous quality of watercolour. Suitable for all levels of expertise. Please download the Student Supply List to review the materials required for this class.

75216	16yrs+	Station Gallery	6 weeks
Thu	Jan 14-Feb 18	7:00pm-9:00pm	$190/$200

AAC - Pottery Open Studio (#@)

This course is designed for experienced pottery students who are ready to explore personal projects with freedom and support. Students will have access to the studio's tools, equipment, and a provided sleeve of clay, to pursue hand-building or wheel-throwing. Each session is geared toward independent work, while a supervisor is present to answer questions and provide guidance as needed. Whether you're refining techniques, experimenting with new approaches, or working toward larger projects, this course offers the space to improve your skills and develop your artistic voice. All materials provided – includes 10kg of clay. At least 2 classes of Pottery Wheel or Hand-Building Pottery are prerequisites. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class.

74678	16yrs+	Station Gallery	6 weeks
Tue	Jan 12-Feb 16	6:45pm-8:45pm	$285/$300
74897	16yrs+	Station Gallery	6 weeks
Sat	Jan 16-Feb 27	1:30pm-3:30pm	$285/$300

AAC - Pottery Wheel Level 1 (#@)

In this class, students will learn the fundamentals of working with clay on the pottery wheel. You'll learn to wedge, center, open, and throw clay to develop functional pieces like mugs, vases, and dishes. Glazing techniques will be explored in the final class, and pieces will be kiln-fired for you to take home and enjoy! All materials provided – includes 5kg of clay. Suitable for all levels of expertise. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class.

74894	16yrs+	Station Gallery	6 weeks
Sat	Jan 16-Feb 27	10:30am-12:30pm	$285/$300

75102	16yrs+	Station Gallery	6 weeks
Sun	Jan 17-Feb 28	10:30am-12:30pm	$285/$300
74679	16yrs+	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	1:15pm-3:15pm	$285/$300
75141	16yrs+	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	7:00pm-9:00pm	$285/$300

AAC - Watercolour Explorations with Hi-Sook (#@)

In this course, you'll explore the fundamentals of watercolour through a guided creative project. The instructor will demonstrate how to develop a painting step-by-step, helping you build confidence with techniques like washes, blending, and brush control. Suitable for all levels of expertise. Please download the Student Supply List to review the materials required for this class.

75144	16yrs+	Station Gallery	3 weeks
Sat	Feb 20-Mar 6	1:30pm-3:30pm	$130/$140

AAC - Yoga with Chantal (#@)

Enjoy the benefits of yoga, while surrounded by beautiful artworks at Station Gallery! Chantal will guide participants through breathwork, centering exercises, and guided relaxation techniques, focusing on a different area of the body each week. Classes move at a slow, mindful pace, allowing participants to explore poses, build strength, and develop a deeper connection with their bodies, as well as the artwork around them. Please arrive to class with a yoga mat and a water bottle. Wear comfortable, loose-fitting clothing. Suitable for all levels of expertise.

75144	16yrs+	Station Gallery	4 weeks
Thu	Jan 21-Feb 11	5:30pm-6:30pm	$90/$100

Art Workshops

AAW - Brushes & Beverages: Paint Night at SG (#@)

Join us for a fun and relaxing painting experience at Station Gallery! Whether you're sipping and painting with friends, or enjoying some creative time with family, our instructors will guide you step-by-step to create your own unique masterpiece! All materials provided – including one beverage. Additional beverages & snacks are available for purchase.

75106	19yrs+	Station Gallery	1 class
Fri	Jan 29-Jan 29	7:00pm-9:00pm	$50/$55

75105	19yrs+	Station Gallery	1 class
Fri	Feb 26-Feb 26	7:00pm-9:00pm	$50/$55

AAW - Fused Glass: Picture Frames with Wendy (#@)

Create a unique fused glass picture frame in this fun and engaging workshop! Learn the basics of glass cutting, layering, and composition while building a colourful, decorative frame. Perfect for displaying a favourite photo or creating a thoughtful handmade gift! Suitable for all levels of expertise. All materials provided. Pieces will be kiln-fired and participants will be emailed when artworks are ready for pickup.

75143	16yrs+	Station Gallery	1 class
Sat	Feb 13-Feb 13	1:00pm-2:30pm	$80/$85

AAW - Fused Glass: Family Portraits with Wendy (#@)

Bring your family, a friend, or your partner for a creative glass-making experience! In this hands-on workshop, participants will design and assemble their own fused glass portraits using colourful glass pieces and shapes. Learn basic techniques for cutting, arranging, and layering glass while working to capture your group's unique character. Participants under 16 years of age must be accompanied by an adult. Suitable for all levels of expertise. All materials provided. Pieces will be kiln-fired and participants will be emailed when artworks are ready for pickup.

75142	10yrs+	Station Gallery	1 class
Sat	Mar 6-Mar 6	1:00pm-2:30pm	$80/$85

AAW - Linoblock Printing with Ivana (#@)

Discover the art of linoblock printing in this hands-on workshop! Learn how to carve and print your own unique image using traditional relief-printing techniques. Participants will be asked to bring an image to class, so we can dive right into the carving process. You'll bring home an edition of handmade prints and a new appreciation for technical aspects of printmaking! Suitable for all levels of expertise. All materials provided. Please see the Student Supply List for more details.

75261	16yrs+	Station Gallery	1 class
Thu	Mar 4-Mar 4	6:00pm-9:00pm	$80/$85

Children Camps

PDMC - March Break Camp: Art Adventurers (#@)

Station Gallery is the place to be this March Break! At our art camp, students will experiment with a wide range of techniques in painting, drawing, and mixed media

creation. Guided by artist instructors, campers will discover their own artistic style through imaginative projects and hands-on experiences each day. What does a day at camp look like? Each day, our young artists will develop a new project from start to finish. We have 4 periods of artmaking, separated by two snack breaks and a 1-hour lunch. We will practice using new artistic mediums and techniques each day, culminating in 5 special artworks that students will proudly show off at the Camper Showcase on Friday afternoon! All materials provided. Pack a nut-free lunch, two snacks, and a water bottle or drink. Camp drop-off opens at 8:50am. Before and aftercare are unavailable.

74747	4-7yrs	Station Gallery	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-4:00pm	$235/$255
74749	4-7yrs	Station Gallery	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-4:00pm	$235/$255

PDMC - March Break Camp: Art Masters (#@)

Station Gallery is the place to be this March Break! At our art camp, students will experiment with a wide range of techniques in painting, drawing, and mixed media creation. Guided by artist instructors, campers will discover their own artistic style through imaginative projects and hands-on experiences each day. What does a day at camp look like? Each day, our young artists will develop a new project from start to finish. We have 4 periods of artmaking, separated by two snack breaks and a 1-hour lunch. We will practice using new artistic mediums and techniques each day, culminating in 5 special artworks that students will proudly show off at the Camper Showcase on Friday afternoon! All materials provided. Pack a nut-free lunch, two snacks, and a water bottle or drink. Camp drop-off opens at 8:50am. Before and aftercare are unavailable.

74751	8-12yrs	Station Gallery	5 days
Mon-Fri	Mar 15-Mar 19	9:00am-4:00pm	$235/$255

Kids Art Classes

KAC - Artscapes (#@)

Artscapes is a hands-on multimedia program designed to help our students discover what artforms excite them most! Each week, students will experiment with a new medium, ranging from painting and drawing to collage and sculpture. All projects are designed to be completed within one or two classes, so students will get to bring home new artworks each week! Guided by encouraging instructors, Artscapes gives young artists the chance to meet new friends, take creative risks, and gain confidence in expressing themselves. All materials provided. Suitable for all levels of expertise. New projects each session. No class February 13th.

75078	8-12yrs	Station Gallery	6 weeks

Sat	Jan 16-Feb 27	1:30pm-3:30pm	$165/$175
74371	8-12yrs	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	4:15pm-6:15pm	$165/$175

KAC - Artventures (#@)

Artventures introduces students to a wide range of art-making techniques in a fun, hands-on setting. Each week, participants create a new project with step-by-step guidance from instructors, exploring techniques in painting, drawing, collage, and more! The focus is on experimentation and discovery as we combine traditional methods with playful decorative techniques. Projects are designed to be completed in one or two sessions, so students leave with a finished piece each week to share at home. Artventures offers a well-rounded foundation for any child curious about art! All materials provided. Suitable for all levels of expertise. New projects each session. Please wear art-friendly clothing. No class February 13th.

75077	4-7yrs	Station Gallery	6 weeks
Sat	Jan 16-Feb 27	10:30am-11:30am	$130/$140
74602	4-7yrs	Station Gallery	6 weeks
Sun	Jan 17-Feb 28	10:30am-11:30am	$130/$140
75099	4-7yrs	Station Gallery	6 weeks
Tue	Jan 19-Feb 23	4:15pm-5:15pm	$130/$140

KAC - Exploring Paint (#@)

This class invites young artists to explore painting through a variety of materials, including acrylics, watercolours, and mixed media. Each week, students practice techniques such as layering, blending, colour mixing, and brushwork while working on guided projects. Alongside structured lessons, there's room for creative choice, allowing participants to develop their own style and discover which approaches resonate most with them. By experimenting with different paints and surfaces, students expand their skills beyond drawing and gain confidence in bringing their ideas to life on canvas and paper. All materials provided. Suitable for all levels of expertise. New projects each session. Please wear art-friendly clothing. No class February 14th.

75095	8-12yrs	Station Gallery	6 weeks
Sun	Jan 17-Feb 28	1:30pm-3:30pm	$165/$175

KAC - Fun with Clay with Kat (#@)

In this beginner-friendly class, young artists will develop a collection of hand-built pottery projects. Participants will learn to use tools and hand-building techniques to shape air-dry clay into decorative and functional objects, exploring form, texture, and

surface design. Each project is designed to encourage creativity while developing fine motor skills and an understanding of three-dimensional art. In the final classes, students will have the opportunity to paint their pottery creations before taking their artworks home to enjoy. This class is a great way to explore your creativity, learn new skills, and have fun with clay! All materials provided. Suitable for all levels of expertise. New projects each session. Please wear art-friendly clothing.

74372	8-12yrs	Station Gallery	6 weeks
Thu	Jan 14-Feb 18	4:15pm-6:15pm	$165/$175

KAC - Kids 3D Printing: Advanced, with Mike (#@)

Take your 3D printing skills to the next level! In this class, students will delve deeper into the world of 3D printing and design using TinkerCAD. With a smaller class size, students will have the opportunity to refine their design skills under the guidance of their instructor, allowing them to create new, complex models such as articulated creatures to bring home and enjoy. All materials provided. Suitable for students who have completed at least 2 sessions of Kids 3D Printing: Beginner. Designs will be printed and ready for pickup 2-3 weeks after the course has ended. Families will be notified by email when artworks are ready for pickup. No class February 14th.

75009	10-14yrs	Station Gallery	4 weeks
Sun	Jan 10-Jan 31	2:00pm-4:00pm	$160/$170
75012	10-14yrs	Station Gallery	4 weeks
Sun	Feb 7-Mar 7	2:00pm-4:00pm	$160/$170

KAC - Kids 3D Printing: Beginner, with Mike (#@)

Embark on an exciting journey into the world of 3D printing! Participants will use the online software, TinkerCAD, to create 3D printed keepsakes such as keychains and figurines that they can take home and proudly display. Along the way, participants build computer literacy and spatial awareness skills as they transform digital designs into tangible objects, watching their designs come to life! All materials provided. Knowledge of how to use a computer keyboard, mouse, and web browser required. Designs will be printed and ready for pickup 2-3 weeks after the course has ended. Families will be notified by email. No class February 14th.

75010	8-12yrs	Station Gallery	4 weeks
Sun	Jan 10-Jan 31	11:00am-1:00pm	$150/$160
75011	8-12yrs	Station Gallery	4 weeks
Sun	Feb 7-Mar 7	11:00am-1:00pm	$150/$160

KAC - Let's Draw! (#@)

Let’s learn to draw together! In this beginner drawing course, participants will explore various shading techniques, cartooning styles, and drawing from observation. Skills will be developed through a variety of fun and engaging activities as well as instructor-led demonstrations. As one of the foundational skills in art, this class will help students develop techniques to support their creative growth for years to come! Please come to class with a personal sketchbook. New projects each session. Suitable for all levels of expertise.

75096	8-12yrs	Station Gallery	6 weeks
Tue	Jan 19-Feb 23	4:15pm-6:15pm	$165/$175

Parent & Tot

PT - Mini-Makers with Elaine (#@)

Mini-Makers is a playful art program for toddlers and their caregivers to explore creativity together. Each session introduces colours, textures, and a variety of age-appropriate materials, encouraging hands-on experimentation and sensory play. Participants can create art, share memorable experiences, and embrace a little mess along the way. Come ready to play, create, and connect – and don’t forget to wear your art-friendly clothes! All materials provided. Limit of one caregiver per child. New projects each session. No class February 13th.

74558	2-4yrs	Station Gallery	6 weeks
Wed	Jan 13-Feb 17	10:00am-10:45am	$115/$125
74589	2-4yrs	Station Gallery	6 weeks
Sat	Jan 16-Feb 27	10:30am-11:15am	$115/$125

Youth Art Classes

YAC - Comic Book Art with Brad (#@)

Are you ready to explore the exciting world of cartooning and illustrating? In this class, you’ll learn how to create dynamic characters, design engaging panels, and craft visual narratives that captivate readers. Explore techniques in storyboarding, composition, pacing, dialogue, and expressive illustration to make your comics come alive. Whether you’re developing an original superhero, slice-of-life comic, or fantasy adventure, you’ll receive personalized feedback to help refine your art style and storytelling voice. Drawing materials provided. Please come to class with a personal sketchbook. Suitable for all levels of expertise.

75259	11-15yrs	Station Gallery	6 weeks
Tue	Jan 19-Feb 23	7:00pm-9:00pm	$175/$185

YAC - Digital Painting with Brad (#@)

Explore painting in the digital age! In this course, participants will learn to paint using drawing tablets and digital painting software, exploring brushes, layers, colour, and composition. Digital tools make it easy to experiment, revise, and correct mistakes, encouraging creative risk-taking and exploration. This course is ideal for beginners and artists curious about incorporating digital tools into their creative practice. All materials provided. Knowledge of how to use a computer keyboard, mouse, and web browser required.

75211	13-18yrs	Station Gallery	5 weeks
Sat	Jan 9-Feb 6	1:30pm-3:30pm	$165/$175

YAC - Youth Pottery Wheel with Sujania (#@)

In this class, students will learn the fundamentals of working with clay on the pottery wheel. You'll learn to wedge, center, open, and throw clay to develop functional pieces like mugs, vases, and dishes. Glazing techniques will be explored in the final class, and pieces will be kiln-fired for you to take home and enjoy! All materials provided. Suitable for all levels of expertise. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email. An apron and art-friendly clothes are highly recommended!

74680	11-15yrs	Station Gallery	6 weeks
Fri	Jan 15-Feb 19	4:15pm-6:15pm	$285/$300