

# Spring 2023 Recreation Programs and Summer Camps

## How to Register for a Program?

### Online at [whitby.ca/active](http://whitby.ca/active)

This easy-to-use system has streamlined search features, allows you to create an account, log in with an email address and register/pay for programs. Visit ACTIVE.Net Whitby to log into your online recreation account. If you have not yet activated your account but have registered for a recreation program within the last two years and have an email address on file with us, you can activate your account online by selecting 'Forgot My Password'. New Users can create an account by selecting 'Create an Account'.

Online Payment methods include: Visa, AMEX, Mastercard (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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

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/Early Course Withdraw Policy

A full refund will be issued for any program cancelled by the Town. If a participant withdraws from a program, prior to the start date, a refund will be provided subject to an administration fee. After a program has started, participants can request

that a pro-rated credit be applied to their account. Alternatively, a pro-rated refund can be issued and is subject to an administration fee. To withdraw from a course, please call our Customer Service Centre at 905.666.1991 or visit a registration centre.

Camps/Workshops: Transfers and withdrawals from camps, workshops and P.A. Day

programs can be requested up to four days prior to the start date of a program. A full credit, subject to an administration fee, will be provided. A \$10 fee is applied to all course withdrawals.

### **Missed Classes**

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

### **Refunds, Withdrawals and Transfers**

Withdrawals, refunds and transfers cannot be processed in your online account. For assistance please call or visit one of our registration locations.

## **Subsidized Program Guide**

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

Please note that Canadian Tire Jumpstart grants are only for participants 4-18 years of age. If you have questions regarding subsidy please visit [whitby.ca/subsidy](http://whitby.ca/subsidy).

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# Summer Camps

## Brooklin Kinder Camp

A unique full day program in a preschool setting. Under the care of trained camp counsellors, children participate in themed crafts, games, music and sports activities. Ratio is 1:6.

### Olympics Week

<a href="#">46890</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$229.33

### Welcome to the Jungle Week

<a href="#">47558</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$229.33

### Princesses and Superheroes Week

<a href="#">47559</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$229.33

### Wet and Wild Week

<a href="#">47560</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$229.33

### Outer Space Week

<a href="#">47561</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$229.33

### Creative Campers Week

<a href="#">47562</a>	4-5yrs	Brooklin CC&L	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$184.70

### Carnival Week

<a href="#">47563</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$229.33

### Disney Week

<a href="#">47564</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$229.33

### Treasure Island Week

<a href="#">47565</a>	4-5yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$229.33

## Cullen Kinder Camp

This is a unique summer day camp which has an outdoor focus as it is set in the picturesque Cullen Central Park. Under the care of trained camp counsellors, children participate in themed craft, music, and sports activities. Ratio is 1:6.

### Olympics Week

<a href="#">46893</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$229.33

### Welcome to the Jungle Week

<a href="#">47570</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$229.33

### Princesses and Superheroes Week

<a href="#">47572</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$229.33

### Wet and Wild Week

<a href="#">47574</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$229.33

### Outer Space Week

<a href="#">47575</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$229.33

### Creative Campers Week

<a href="#">47576</a>	4-5yrs	Cullen Central Park	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$184.70

### Carnival Week

<a href="#">47577</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$229.33

### Disney Week

<a href="#">47578</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$229.33

### Treasure Island Week

<a href="#">47579</a>	4-5yrs	Cullen Central Park	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$229.33

## Brooklin Kidz Camp

Under the care of trained camp counsellors, children will participate in weekly themed crafts, games, music and sports. Ratio is 1:10.

### Olympics Week

<a href="#">46889</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$217.06

### Welcome to the Jungle Week

<a href="#">47596</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$217.06

### Around the World Week

<a href="#">47597</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$217.06

### Wet and Wild Week

<a href="#">47598</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$217.06

### Outer Space Week

<a href="#">47599</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$217.06

### Creative Campers Week

<a href="#">47600</a>	6-9yrs	Brooklin CC&L	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$173.19

### Carnival Week

<a href="#">47601</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$217.06

### Hollywood Week

<a href="#">47602</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$217.06

### Treasure Island Week

<a href="#">47604</a>	6-9yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$217.06

## Cullen Kidz Camp

This summer day camp is set in Cullen Central Park and has an outdoor focus. Under the care of trained camp counsellors, children will participate in weekly themed crafts, games, music and sports. Ratio is 1:10.

### Olympics Week

<a href="#">46892</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$217.06

### Welcome to the Jungle Week

<a href="#">47580</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$217.06

### Around the World Week

<a href="#">47581</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$217.06

### Wet and Wild Week

<a href="#">47582</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$217.06

### Outer Space Week

<a href="#">47583</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$217.06

### Creative Campers Week

<a href="#">47584</a>	6-9yrs	Cullen Central Park	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$173.19

### Carnival Week

<a href="#">47585</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$217.06

### Hollywood Week

<a href="#">47586</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$217.06

### Treasure Island Week

<a href="#">47587</a>	6-9yrs	Cullen Central Park	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$217.06

## Brooklin Edge Camp

Under the care of trained camp counsellors, pre-teens will enjoy weekly themed crafts, games, music and sports. Ratio is 1:10.

### Olympics Week

<a href="#">46888</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$217.06

### Welcome to the Jungle Week

<a href="#">47605</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$217.06

### Around the World Week

<a href="#">47606</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$217.06

### Wet and Wild Week

<a href="#">47607</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$217.06

### Outer Space Week

<a href="#">47608</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$217.06

### Creative Campers Week

<a href="#">47609</a>	10-13yrs	Brooklin CC&L	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$173.19

### Carnival Week

<a href="#">47611</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$217.06

### Hollywood Week

<a href="#">47612</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$217.06

### Treasure Island Week

<a href="#">47613</a>	10-13yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$217.06

## Cullen Energy Camp

This day camp is set in the picturesque Cullen Central Park. Under the care of trained camp counsellors, pre-teens will participate in weekly themed crafts, games, music and sports. Ratio is 1:10.

### Olympics Week

<a href="#">46891</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$217.06

### Welcome to the Jungle Week

<a href="#">47588</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$217.06

### Around the World Week

<a href="#">47589</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$217.06

### Wet and Wild Week

<a href="#">47590</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$217.06

### Outer Space Week

<a href="#">47591</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$217.06

### Creative Campers Week

<a href="#">47592</a>	10-13yrs	Cullen Central Park	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$173.19

### Carnival Week

<a href="#">47593</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$217.06

### Hollywood Week

<a href="#">47594</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$217.06

### Treasure Island Week

<a href="#">47595</a>	10-13yrs	Cullen Central Park	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$217.06

## Junior Firefighter Camp

In this camp children will learn fire prevention and fire safety, how to react in emergencies and gain insight into the life of a firefighter. This includes classroom and hands-on lessons in first aid, CPR, fire extinguisher training and home escape planning. Children will also have the opportunity to use some of the emergency rescue equipment used by the firefighting crews and watch an extrication demonstration using the 'Jaws of Life'.

<a href="#">47269</a>	11-12yrs	Whitby Fire Headquarters	5 days
Mon - Fri	Jul 10-Jul 14	9:30am-3:30pm	\$160.00
<a href="#">47270</a>	11-12yrs	Whitby Fire Headquarters	5 days
Mon - Fri	Jul 17-Jul 21	9:30am-3:30pm	\$160.00
<a href="#">47271</a>	11-12yrs	Whitby Fire Headquarters	5 days
Mon - Fri	Jul 24-Jul 28	9:30am-3:30pm	\$160.00
<a href="#">47272</a>	11-12yrs	Whitby Fire Headquarters	5 days
Mon - Fri	Jul 31-Aug 4	9:30am-3:30pm	\$160.00
<a href="#">47273</a>	11-12yrs	Whitby Fire Headquarters	4 days
Tue - Fri	Aug 8-Aug 11	9:30am-3:30pm	\$128.00
<a href="#">47274</a>	11-12yrs	Whitby Fire Headquarters	5 days
Mon - Fri	Aug 14-Aug 18	9:30am-3:30pm	\$160.00
<a href="#">47275</a>	11-12yrs	Whitby Fire Headquarters	5 days
Mon - Fri	Aug 21-Aug 25	9:30am-3:30pm	\$160.00

## Multi Sport Camp Junior

Campers enjoy a variety of sports ranging from basketball, soccer, lacrosse, floor hockey, swimming, baseball, and active games. Campers will swim on Monday and Wednesday of every week. On Thursdays, campers will enjoy ice skating. Qualified staff offer expert guidance, but the emphasis is on fun! Ratio is 1:10.

### Week 1

<a href="#">47288</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$217.06

### Week 2

<a href="#">47296</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$217.06

**Week 3**

<a href="#">47299</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$217.06

**Week 4**

<a href="#">47756</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$217.06

**Week 5**

<a href="#">47757</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$217.06

**Week 6**

<a href="#">47758</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$217.06

**Week 7**

<a href="#">47760</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$217.06

**Week 8**

<a href="#">47761</a>	6-9yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$217.06

**Multi Sport Camp Senior**

The Multi Sport Summer Camp offers sports ranging from basketball, soccer, lacrosse, floor hockey, swimming, baseball, and active games. Campers will swim on Monday and Wednesday of every week. On Thursdays, campers will enjoy ice skating. Qualified staff offer expert guidance, but the emphasis is on fun! Ratio is 1:10.

**Week 1**

<a href="#">47762</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$217.06

**Week 2**

<a href="#">47763</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$217.06

**Week 3**

<a href="#">47764</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$217.06

**Week 4**

<a href="#">47765</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$217.06

**Week 5**

<a href="#">47766</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$217.06

**Week 6**

<a href="#">47767</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$217.06

**Week 7**

<a href="#">47768</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$217.06

**Week 8**

<a href="#">47769</a>	10-13yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	\$217.06

**Playground Program**

This community drop-in program runs five days a week at four local parks in the morning (Carnwith Park, Darren Park, Pringle Creek Park, Portage Park) and four different local parks in the afternoon (Folkstone Park, Willow Park, Peel Park, Jeffery Park). This program is free for children ages 5-12. Participants are permitted to register for a total of two weeks per summer due to the demand of the program. Please note that this program will not run on statutory holidays and will be cancelled due to inclement weather and extreme heat. Please register for your weeks online or in person (at the Civic Recreation Complex, Brooklin CC&L, or Iroquois Park Sports Centre) using the corresponding course code. We do not accept on site registrations.

**Carnwith Park- Week 1**

<a href="#">46894</a>	5-12yrs	Carnwith Park	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-12:00pm	Free

**Carnwith Park- Week 2**

<a href="#">46894</a>	5-12yrs	Carnwith Park	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-12:00pm	Free

**Carnwith Park- Week 3**

<a href="#">46894</a>	5-12yrs	Carnwith Park	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-12:00pm	Free

**Carnwith Park- Week 4**

[46894](#) 5-12yrs Carnwith Park 5 days  
Mon - Fri Jul 24-Jul 28 9:00am-12:00pm Free

**Carnwith Park- Week 5**

[46894](#) 5-12yrs Carnwith Park 5 days  
Mon - Fri Jul 31-Aug 4 9:00am-12:00pm Free

**Carnwith Park- Week 6**

[46894](#) 5-12yrs Carnwith Park 4 days  
Tue-Fri Aug 8-Aug 11 9:00am-12:00pm Free

**Carnwith Park- Week 7**

[46894](#) 5-12yrs Carnwith Park 5 days  
Mon - Fri Aug 14-Aug 18 9:00am-12:00pm Free

**Carnwith Park- Week 8**

[46894](#) 5-12yrs Carnwith Park 5 days  
Mon - Fri Aug 21-Aug 25 9:00am-12:00pm Free

**Darren Park- Week 1**

[46894](#) 5-12yrs Darren Park 5 days  
Mon - Fri Jul 3-Jul 7 9:00am-12:00pm Free

**Darren Park- Week 2**

[46894](#) 5-12yrs Darren Park 5 days  
Mon - Fri Jul 10-Jul 14 9:00am-12:00pm Free

**Darren Park- Week 3**

[46894](#) 5-12yrs Darren Park 5 days  
Mon - Fri Jul 17-Jul 21 9:00am-12:00pm Free

**Darren Park- Week 4**

[46894](#) 5-12yrs Darren Park 5 days  
Mon - Fri Jul 24-Jul 28 9:00am-12:00pm Free

**Darren Park- Week 5**

[46894](#) 5-12yrs Darren Park 5 days  
Mon - Fri Jul 31-Aug 4 9:00am-12:00pm Free

**Darren Park- Week 6**

[46894](#) 5-12yrs Darren Park 4 days  
Tue-Fri Aug 8-Aug 11 9:00am-12:00pm Free

**Darren Park- Week 7**

[46894](#) 5-12yrs Darren Park 5 days  
Sun,Mon - Fri Aug 14-Aug 18 9:00am-12:00pm Free

**Darren Park- Week 8**

[46894](#) 5-12yrs Darren Park 5 days  
Sun,Mon - Fri Aug 21-Aug 25 9:00am-12:00pm Free

**Folkstone Park- Week 1**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Jul 3-Jul 7 1:00pm-4:00pm Free

**Folkstone Park- Week 2**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Jul 10-Jul 14 1:00pm-4:00pm Free

**Folkstone Park- Week 3**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Jul 17-Jul 21 1:00pm-4:00pm Free

**Folkstone Park- Week 4**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Jul 24-Jul 28 1:00pm-4:00pm Free

**Folkstone Park- Week 5**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Jul 31-Aug 4 1:00pm-4:00pm Free

**Folkstone Park- Week 6**

[46894](#) 5-12yrs Folkstone Park 4 days  
Tue-Fri Aug 8-Aug 11 1:00pm-4:00pm Free

**Folkstone Park- Week 7**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Aug 14-Aug 18 1:00pm-4:00pm Free

**Folkstone Park- Week 8**

[46894](#) 5-12yrs Folkstone Park 5 days  
Mon - Fri Aug 21-Aug 25 1:00pm-4:00pm Free

**Jeffery Park- Week 1**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Jul 3-Jul 7 1:00pm-4:00pm Free

**Jeffery Park- Week 2**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Jul 10-Jul 14 1:00pm-4:00pm Free

**Jeffery Park- Week 3**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Jul 17-Jul 21 1:00pm-4:00pm Free

**Jeffery Park- Week 4**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Jul 24-Jul 28 1:00pm-4:00pm Free

**Jeffery Park- Week 5**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Jul 31-Aug 4 1:00pm-4:00pm Free

**Jeffery Park- Week 6**

[46894](#) 5-12yrs Jeffery Park 4 days  
Tue-Fri Aug 8-Aug 11 1:00pm-4:00pm Free

**Jeffery Park- Week 7**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Aug 14-Aug 18 1:00pm-4:00pm Free

**Jeffery Park- Week 8**

[46894](#) 5-12yrs Jeffery Park 5 days  
Mon - Fri Aug 21-Aug 25 1:00pm-4:00pm Free

**Peel Park- Week 1**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Jul 3-Jul 7 1:00pm-4:00pm Free

**Peel Park- Week 2**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Jul 10-Jul 14 1:00pm-4:00pm Free

**Peel Park- Week 3**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Jul 17-Jul 21 1:00pm-4:00pm Free

**Peel Park- Week 4**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Jul 24-Jul 28 1:00pm-4:00pm Free

**Peel Park- Week 5**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Jul 31-Aug 4 1:00pm-4:00pm Free

**Peel Park- Week 6**

[46894](#) 5-12yrs Peel Park 4 days  
Tue-Fri Aug 8-Aug 11 1:00pm-4:00pm Free

**Peel Park- Week 7**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Aug 14-Aug 18 1:00pm-4:00pm Free

**Peel Park- Week 8**

[46894](#) 5-12yrs Peel Park 5 days  
Mon - Fri Aug 21-Aug 25 1:00pm-4:00pm Free

**Portage Park- Week 1**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Jul 3-Jul 7 9:00am-12:00pm Free

**Portage Park- Week 2**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Jul 10-Jul 14 9:00am-12:00pm Free

**Portage Park- Week 3**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Jul 17-Jul 21 9:00am-12:00pm Free

**Portage Park- Week 4**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Jul 24-Jul 28 9:00am-12:00pm Free

**Portage Park- Week 5**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Jul 31-Aug 4 9:00am-12:00pm Free

**Portage Park- Week 6**

[46894](#) 5-12yrs Portage Park 4 days  
Tue-Fri Aug 8-Aug 11 9:00am-12:00pm Free

**Portage Park- Week 7**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Aug 14-Aug 18 9:00am-12:00pm Free

**Portage Park- Week 8**

[46894](#) 5-12yrs Portage Park 5 days  
Mon - Fri Aug 21-Aug 25 9:00am-12:00pm Free

**Pringle Creek Park- Week 1**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Jul 3-Jul 7 9:00am-12:00pm Free

**Pringle Creek Park- Week 2**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Jul 10-Jul 14 9:00am-12:00pm Free

**Pringle Creek Park- Week 3**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Jul 17-Jul 21 9:00am-12:00pm Free

**Pringle Creek Park- Week 4**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Jul 24-Jul 28 9:00am-12:00pm Free

**Pringle Creek Park- Week 5**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Jul 31-Aug 4 9:00am-12:00pm Free

**Pringle Creek Park- Week 6**

[46894](#) 5-12yrs Pringle Creek Park 4 days  
Tue-Fri Aug 8-Aug 11 9:00am-12:00pm Free

**Pringle Creek Park- Week 7**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Aug 14-Aug 18 9:00am-12:00pm Free

**Pringle Creek Park- Week 8**

[46894](#) 5-12yrs Pringle Creek Park 5 days  
Mon - Fri Aug 21-Aug 25 9:00am-12:00pm Free

**Willow Park- Week 1**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Jul 3-Jul 7 1:00pm-4:00pm Free

**Willow Park- Week 2**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Jul 10-Jul 14 1:00pm-4:00pm Free

**Willow Park- Week 3**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Jul 17-Jul 21 1:00pm-4:00pm Free

**Willow Park- Week 4**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Jul 24-Jul 28 1:00pm-4:00pm Free

**Willow Park- Week 5**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Jul 31-Aug 4 1:00pm-4:00pm Free

**Willow Park- Week 6**

[46894](#) 5-12yrs Willow Park 4 days  
Tue-Fri Aug 8-Aug 11 1:00pm-4:00pm Free

**Willow Park- Week 7**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Aug 14-Aug 18 1:00pm-4:00pm Free

**Willow Park- Week 8**

[46894](#) 5-12yrs Willow Park 5 days  
Mon - Fri Aug 21-Aug 25 1:00pm-4:00pm Free

## Technology Camps

### **Kids Great Minds - Cartoon Computer Animation Camp (#@%)**

Come unleash your imagination in this camp by creating your own animated cartoon movie. You will be guided step by step in a collaborative, computerized environment, as you create and watch your cartoon come to life. The software's engaging design and multiple levels, offer a fun and rewarding experience! At the end of the camp, parents will be sent their child's animated movies.

<a href="#">47278</a>	6-11yrs	McKinney Centre	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:00pm	\$372.00

### **Kids Great Minds- Games and Animations Programming Camp(#@%)**

This tech camp introduces kids to the amazing world of computer programming. Using the fun and easy to use multimedia software Scratch, kids will have great adventures creating games and animations. Campers will be solving problems, designing projects and communicating ideas using stackable blocks of code in a fun and collaborative way. At the end of the camp, parents will be sent their child's projects.

<a href="#">47280</a>	8-12yrs	McKinney Centre	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:00pm	\$372.00

### **Kids Great Minds-Jr. Games and Animations Camp(#@%)**

Coding is the new literacy! With ScratchJr, young children can program their own interactive stories, animations and games. In the process, they learn how to solve problems, design projects, and express themselves creatively. Students are required to bring their own Apple iPad© or Android Tablet with ScratchJr installed to this camp.

<a href="#">48035</a>	5-7yrs	McKinney Centre	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:00pm	\$372.00

### **Kids Great Minds - Cartoon Tablet Animation Camp (#@%)**

Dive into STEAM with animation technology. Children will be introduced to the creative world of cartoon animation, learn the basics of animation design and incorporate the animating principles. At the end of the camp, children will experience first-hand the potential for what great animators they can become! Required: an Apple© Ipad or Android Tablet is required for this program.

<a href="#">47977</a>	7-11yrs	McKinney Centre	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:00pm	\$372.00

## Kids Great Minds - Robotics and Engineering Camp (#@%)

Curious about how robots or circuits are built? Would you like to create your own tablet and robotic car? Campers will build and program their own electronic board with sensors, motors, switches, movable parts, Raspberry Pi and so much more! By the end of this camp, kids will learn problem-solving, programming languages and robotic design concepts.

<a href="#">47279</a>	10-13yrs	McKinney Centre	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:00pm	\$372.00

## Youth Camps

### Brooklin CIT Camp

Counsellors In Training (CITs) will learn to develop a variety of leadership, team building and communication skills. CITs develop these skills while assisting with children and camp counsellors, leading activities and problem solving. Participants also become certified in First Aid and CPR Training. Upon completion of the CIT program, they will receive a certificate and will also be given the opportunity to complete their community service hours and gain practical experience for a week at the Brooklin Camps.

#### Brooklin CIT Camp- Week 1

<a href="#">46887</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$273.03

#### Brooklin CIT Camp- Week 2

<a href="#">47092</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$273.03

#### Brooklin CIT Camp- Week 3

<a href="#">47093</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$273.03

#### Brooklin CIT Camp- Week 4

<a href="#">47094</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$273.03

#### Brooklin CIT Camp- Week 5

<a href="#">47095</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$273.03

### **Brooklin CIT Camp- Week 6**

<a href="#">47096</a>	13-17yrs	Brooklin CC&L	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	\$218.43

### **Brooklin CIT Camp- Week 7**

<a href="#">47099</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$273.03

### **Brooklin CIT Camp- Week 8**

<a href="#">47104</a>	13-17yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$273.03

## **Multi Sport CIT Camp**

Counsellors In Training (CITs) will learn to develop a variety of leadership, team building and communication skills. CITs develop these skills while assisting with children and camp counsellors, leading activities and problem-solving. Participants also become certified in First Aid and CPR. On Mondays and Wednesdays, our CITs will participate in swim times with the camp. On Thursdays they will participate in a skate time. Upon completion of the CIT program, they will receive a certificate and will also be given the opportunity to complete their community service hours and gain practical experience for a week at the Multi Sport Camp.

### **Multi Sport CIT Camp - Week 1**

<a href="#">47770</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	\$273.03

### **Multi Sport CIT Camp- Week 2**

<a href="#">47771</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	\$273.03

### **Multi Sport CIT Camp- Week 3**

<a href="#">47968</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	\$273.03

### **Multi Sport CIT Camp- Week 4**

<a href="#">47969</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	\$273.03

### **Multi Sport CIT Camp- Week 5**

<a href="#">47970</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	\$273.03

### **Multi Sport CIT Camp- Week 6**

<a href="#">47971</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	\$273.03

### **Multi Sport CIT Camp- Week 7**

<a href="#">47972</a>	13-17yrs	Iroquois Park SC	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	\$273.03

## **Whitby Camps CIT Placement**

If you completed the Town of Whitby's CIT Camp in 2021 or 2022 and are looking for some community service hours, you can register for a week of practical experience at the Cullen Camp location. Spaces are limited, so register early!

### **Whitby Camps CIT Placement- Week 1**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Jul 3-Jul 7	9:00am-4:30pm	Free

### **Whitby Camps CIT Placement- Week 2**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Jul 10-Jul 14	9:00am-4:30pm	Free

### **Whitby Camps CIT Placement- Week 3**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Jul 17-Jul 21	9:00am-4:30pm	Free

### **Whitby Camps CIT Placement- Week 4**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Jul 24-Jul 28	9:00am-4:30pm	Free

### **Whitby Camps CIT Placement- Week 5**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Jul 31-Aug 4	9:00am-4:30pm	Free

### **Whitby Camps CIT Placement- Week 6**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-4:30pm	Free

### **Whitby Camps CIT Placement- Week 7**

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Aug 14-Aug 18	9:00am-4:30pm	Free

### Whitby Camps CIT Placement- Week 8

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Aug 21-Aug 25	9:00am-4:30pm	Free

### Whitby Camps CIT Placement- Week 9

<a href="#">48024</a>	13-17yrs	Cullen Central Park	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-4:30pm	Free

## Youth Council Leadership in Training (%)

Leaders in Training (LIT's) will learn to develop leadership, communication, team building and interview skills through a variety of fun, skill building activities. They will also learn about the Whitby Youth Council, being involved in the community and gaining valuable experience. LIT's will complete First Aid and CPR training with Durham First Aid Inc. Upon completion of the program, participants will receive a certificate and be given the opportunity to join the Whitby Youth Council for September 2023.

<a href="#">48000</a>	13-15yrs	Brooklin CC&L	4 days
Tue-Fri	Aug 8-Aug 11	9:00am-3:00pm	\$104.90
<a href="#">48001</a>	13-15yrs	Brooklin CC&L	5 days
Mon - Fri	Aug 28-Sep 1	9:00am-3:00pm	\$131.13

## Community Connection Camps

### Kinder Camp(#@)

Kinder campers enjoy a variety of activities including crafts, games, sports and sing alongs. The kinder camp room is air conditioned. Children must be toilet trained in order to join this camp. Ratio 9:1. Ages 4 - 5. Please note: Children under the age of 4 are now prohibited from attending camp under the Child Care and Early Years Act, which came into effect on August 31, 2015. Extended care is available and must be purchased at the time of registration. The cost is \$41.57 per week and the hours are: 7:30am-9:00 and 4:30pm-6:00.

### Animal Planet

<a href="#">47064</a>	4-5yrs	John Dryden P.S.	4 days
Tue - Fri	Jul 4-Jul 7	9:00am-4:30pm	\$155.00

### Discovery Week

<a href="#">47065</a>	4-5yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 10-Jul 14	9:00am-4:30pm	\$195.00

### **Disney Week**

<a href="#">47066</a>	4-5yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 17-Jul 21	9:00am-4:30pm	\$195.00

### **Every Day's a Holiday**

<a href="#">47067</a>	4-5yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 24-Jul 28	9:00am-4:30pm	\$195.00

### **All Around the World**

<a href="#">47063</a>	4-5yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 31-Aug 4	9:00am-4:30pm	\$195.00

### **Princesses & Super Heroes**

<a href="#">47068</a>	4-5yrs	John Dryden P.S.	4 days
Tue - Fri	Aug 8-Aug 11	9:00am-4:30pm	\$155.00

### **Storybook Adventures**

<a href="#">47069</a>	4-5yrs	John Dryden P.S.	5 days
Mon-Fri	Aug 14-Aug 18	9:00am-4:30pm	\$195.00

## **Day Camp(#@)**

Campers experience a variety of activities and special theme days. Camp classrooms are air conditioned. Each camp includes indoor and outdoor sports, crafts, songs, cooperative games, and other fun activities. Extended care is available and must be purchased at the time of registration. The cost is \$41.57 per week and the hours are: 7:30am-9:00 and 4:30pm-6:00.

### **Amazing Race**

<a href="#">47057</a>	6-12yrs	John Dryden P.S.	4 day
Tue-Fri	Jul 4-Jul 7	9:00am-4:30pm	\$145.00

### **Discovery Week**

<a href="#">47058</a>	6-12yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 10-Jul 14	9:00am-4:30pm	\$180.00

### **Time Traveller**

<a href="#">47059</a>	6-12yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 17-Jul 21	9:00am-4:30pm	\$180.00

### **Mystery Week**

<a href="#">47062</a>	6-12yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 24-Jul 28	9:00am-4:30pm	\$180.00

### **All Around the World**

<a href="#">47056</a>	6-12yrs	John Dryden P.S.	5 days
Mon-Fri	Jul 31-Aug 4	9:00am-4:30pm	\$180.00

### **Here's to Hollywood**

<a href="#">47060</a>	6-12yrs	John Dryden P.S.	4 days
Tue - Fri	Aug 8-Aug 11	9:00am-4:30pm	\$145.00

### **Mission Impossible**

<a href="#">47061</a>	6-12yrs	John Dryden P.S.	5 days
Mon-Fri	Aug 14-Aug 18	9:00am-4:30pm	\$180.00

## **Counsellor in Training**

Counsellor in Training (CIT) registrants gain practical and leadership skills by working with campers ranging in age from 4 to 12 years. CITs will receive an evaluation and certificate upon completion of the program. This program is for students either currently in High School or going into grade 9 in September. The first week will consist of both classroom and in-camp training. The second week will be spent in a volunteer capacity assisting with camp activities and working with campers, under the supervision of camp staff. The second week will count as the Secondary School mandatory 40 hour Community Involvement Credit.

### **Session 1**

<a href="#">47070</a>	13-15yrs	John Dryden P.S.	10 days
Mon - Fri	Jul 10-Jul 21	9:00am-4:30pm	\$170.00

### **Session 2**

<a href="#">47071</a>	13-15yrs	John Dryden P.S.	10 days
Mon - Fri	Jul 24-Aug 4	9:00am-4:30pm	\$170.00

### **Session 3**

<a href="#">47072</a>	13-15yrs	John Dryden P.S.	9 days
Mon - Fri	Aug 8-Aug 18	9:00am-4:30pm	\$170.00

# Preschool Programs

## General Interest

### 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. Crafts are adjusted according to child's developmental level. Caregiver to tot ratio 1:1.

<a href="#">46857</a>	18mos-5yrs	Brooklin CC&L	10 weeks
Fri	Apr 14-Jun 16	9:15am-10:00am	\$85.52

### Parent and Tot Theme Days (%)

Kids and their parents get to join in seasonal and theme based activities every week! Activities may include crafts, stories, games, songs and more! Sign up for your favourite theme or sign up for them all!

#### Hello Spring

<a href="#">46855</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Apr 14-Apr 14	11:30am-12:15pm	\$8.55

#### Earth Day

<a href="#">46856</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Apr 21-Apr 21	11:30am-12:15pm	\$8.55

#### Take me out to the Ball Game

<a href="#">48034</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Apr 28-Apr 28	11:30am-12:15pm	\$8.55

#### The Very Hungry Caterpillar

<a href="#">48036</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 5-May 5	11:30am-12:15pm	\$8.55

#### Woodland Animals

<a href="#">48037</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 12-May 12	11:30am-12:15pm	\$8.55

#### Let's plant a flower

<a href="#">48038</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 19-May 19	11:30am-12:15pm	\$8.55

## Bugs and Insects

<a href="#">48039</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 26-May 26	11:30am-12:15pm	\$8.55

## Bumble Bees

<a href="#">48040</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jun 2-Jun 2	11:30am-12:15pm	\$8.55

## Beach Day

<a href="#">48041</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jun 9-Jun 9	11:30am-12:15pm	\$8.55

## Hello Summer

<a href="#">48042</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jun 16-Jun 16	11:30am-12:15pm	\$8.55

## 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, 2023, in order to register for this program.

<a href="#">46843</a>	4-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Apr 10-Jun 21	9:15am-11:15am	\$342.08
<a href="#">46858</a>	4-5yrs	McKinney Centre	20 classes
Mon,Wed	Apr 10-Jun 21	9:15am-11:15am	\$342.08
<a href="#">46842</a>	4-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Apr 11-Jun 15	9:15am-11:15am	\$342.08
<a href="#">46859</a>	4-5yrs	McKinney Centre	20 classes
Tue,Thu	Apr 11-Jun 15	9:15am-11:15am	\$342.08
<a href="#">46860</a>	4-5yrs	Brooklin CC&L	10 weeks
Fri	Apr 14-Jun 16	9:15am-11:15am	\$171.04

## Tot Music (%)

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

<a href="#">46861</a>	3-5yrs	Brooklin CC&L	9 weeks
Mon	Apr 17-Jun 19	11:30am-12:15pm	\$76.97

## 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.

<a href="#">46862</a>	3-5yrs	Brooklin CC&L	10 weeks
Wed	Apr 12-Jun 14	11:30am-12:15pm	\$85.52

## 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.

<a href="#">47318</a>	3-5yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	10:15am-10:55am	\$76.95

### 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.

<a href="#">47377</a>	3-5yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	11:45am-12:25pm	\$76.95

### 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.

<a href="#">47372</a>	2-3yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	11:00am-11:40am	\$76.95

## 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.

<a href="#">47369</a>	2-4yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	9:30am-10:10am	\$76.95

## Parent and Tot Rookie Sports (%)

Parents will partner with their mini-athlete in this introduction to sports. Children will learn basic skills like running, kicking, throwing and catching. Activities will focus on developing fundamentals they will use in sports throughout their life. This program will have structured learning and free-play for you and your little one.

<a href="#">47363</a>	18-30mos	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	9:00am-9:25am	\$51.30

# Childrens Programs

## Fitness

### Taekwondo 4-7 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.

<a href="#">47965</a>	4-7yrs	McKinney Centre	10 weeks
Sat	Apr 22-Jun 24	10:00am-10:55am	\$76.62

### Taekwondo 8-12 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.

<a href="#">47966</a>	8-12yrs	McKinney Centre	10 weeks
Sat	Apr 22-Jun 24	11:00am-11:55am	\$76.62

## Computer & Technology

### Kids Great Minds - Kindy Animation (#@%)

This course is geared towards JK and SK children introducing them to the fun and creative world of cartoon animation. Kids will learn to create simple and fun animations, helping them develop logical and fine motor skills, and stimulating creativity and self-expression.

<a href="#">47234</a>	4.5-7yrs	Brooklin CC&L	8 weeks
Tue	Apr 4-May 23	4:45pm-5:45pm	\$170.00

### Kids Great Minds - PC Interactive Game Creation (#@%)

Children will learn a visual programming language that allows them to create and play their own video games on a PC (with Windows® Operating System) using a simple language and entirely icon-based interface. They will learn advanced game design concepts in a simple, direct, and intuitive manner. There are more than 20 different characters with different abilities along with multiplayer and multi-level options. This intelligent screen time is an excellent opportunity to introduce kids to computer programming.

<a href="#">47235</a>	7-11yrs	Brooklin CC&L	8 weeks
Tue	Apr 4-May 23	5:50pm-7:20pm	\$270.00

### Kids Great Minds - Virtual Reality Character Design (#@%)

Children will be introduced to creating industry level, pixelated and textured 3D characters. These characters will be added to a basic but personalized environment that will be seen with a VR device. Note: KGM will bring in the VR goggles so children can enjoy their amazing work!

<a href="#">47236</a>	8-12yrs	Brooklin CC&L	8 weeks
Tue	Apr 4-May 23	7:30pm-9:00pm	\$270.00

## 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.

<a href="#">47330</a>	7-9yrs	Brooklin CC&L	13 weeks
Wed	Mar 29-Jun 21	6:00pm-6:25pm	\$55.58

## 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.

<a href="#">47326</a>	10-12yrs	Brooklin CC&L	13 weeks
Wed	Mar 29-Jun 21	6:30pm-7:25pm	\$111.15

## 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.

<a href="#">47333</a>	6-8yrs	Brooklin CC&L	13 weeks
Tue	Mar 28-Jun 20	5:00pm-5:55pm	\$111.15
<a href="#">47281</a>	6-8yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	3:00pm-3:55pm	\$102.60

## Basketball – Kids

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

<a href="#">47362</a>	9-11yrs	Brooklin CC&L	13 weeks
Thu	Mar 30-Jun 22	5:00pm-5:55pm	\$111.15
<a href="#">47282</a>	9-11yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	4:00pm-4:55pm	\$102.60

## 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.

<a href="#">47317</a>	6-8yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	2:00pm-2:55pm	\$102.60

## Multi-Sport – Kids

Each week your child will take part in fun activities and sports. There will be a variety of skills, drills, and games covered throughout the program for participants to enjoy.

<a href="#">47315</a>	7-10yrs	Brooklin CC&L	11 weeks
Mon	Mar 27-Jun 19	7:40pm-8:35pm	\$94.05

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

Children will participate in eight popular sports: soccer, hockey, baseball, basketball, football, tennis, volleyball and golf. The focus of this program is gross motor skills development.

<a href="#">47458</a>	3-5yrs	Brooklin CC&L	11 weeks
Mon	Mar 27-Jun 19	5:30pm-6:30pm	\$205.00
<a href="#">47459</a>	5-8yrs	Brooklin CC&L	11 weeks
Mon	Mar 27-Jun 19	6:30pm-7:30pm	\$205.00
<a href="#">47461</a>	3-5yrs	Brooklin CC&L	10 weeks
Sun	Apr 16-Jun 25	9:45am-10:45am	\$188.00
<a href="#">47462</a>	5-8yrs	Brooklin CC&L	10 weeks
Sun	Apr 16-Jun 25	10:45am-11:45am	\$188.00
<a href="#">47463</a>	3-5yrs	Brooklin CC&L	10 weeks
Sun	Apr 16-Jun 25	11:45am-12:45pm	\$188.00

## 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.

<a href="#">47460</a>	2-3yrs	Brooklin CC&L	11 weeks
Mon	Mar 27-Jun 19	4:45pm-5:30pm	\$205.00
<a href="#">47464</a>	2-3yrs	Brooklin CC&L	10 weeks
Sun	Apr 16-Jun 25	9:00am-9:45am	\$188.00

# Youth Programs

## First Aid & Safety

### Stay Safe! (#@%)

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.

<a href="#">47959</a>	9-13yrs	McKinney Centre	1 class
Sat	Apr 29-Apr 29	10:00am-4:00pm	\$71.00
<a href="#">47961</a>	9-13yrs	Brooklin CC&L	1 class
Fri	Jun 2-Jun 2	10:00am-4:00pm	\$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.

<a href="#">47960</a>	11-16yrs	Brooklin CC&L	1 class
Sat	May 6-May 6	9:00am-5:00pm	\$76.00
<a href="#">47962</a>	11-16yrs	McKinney Centre	1 class
Fri	Jun 9-Jun 9	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.

<a href="#">47322</a>	11-15yrs	Brooklin CC&L	13 weeks
Wed	Mar 29-Jun 21	7:30pm-8:25pm	\$111.15

## Basketball – Youth

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

<a href="#">47361</a>	11-14yrs	Brooklin CC&L	13 weeks
Thu	Mar 30-Jun 22	6:00pm-6:55pm	\$111.15
<a href="#">47283</a>	11-14yrs	Brooklin CC&L	12 weeks
Sat	Apr 1-Jun 24	5:00pm-5:55pm	\$102.60

## Swim Programs

### Youth

#### Swimming Lessons for Teens

Do you want to learn to swim, improve your existing skills, or get ready for leadership with your own age group? If so, this is the course for you! This is a program created specifically for teens customized to meet your individual goals.

<a href="#">47957</a>	14-18yrs	Anne Ottenbrite Pool	5 classes
Sun	Apr 2-May 7	1:30pm-2:30pm	\$57.77
<a href="#">47958</a>	14-18yrs	Anne Ottenbrite Pool	5 classes
Sun	May 14-Jun 18	1:30pm-2:30pm	\$57.77

### Adult

#### Adult Swimmer 1/2/3

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop with confidence and smooth recognizable strokes. Swimmers will be evaluated on week one to determine swimmer ability and accurate level placement.

<a href="#">47431</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Fri	Mar 31-May 5	2:30pm-3:15pm	\$57.77
<a href="#">47432</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Fri	Mar 31-May 5	3:15pm-4:00pm	\$57.77
<a href="#">47435</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Sat	Apr 1-May 6	7:30pm-8:15pm	\$57.77

<a href="#">47436</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Sat	Apr 1-May 6	8:15pm-9:00pm	\$57.77
<a href="#">47439</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Mon	Apr 3-May 8	8:30pm-9:15pm	\$57.77
<a href="#">47441</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Thu	Apr 6-May 4	2:30pm-3:15pm	\$57.77
<a href="#">47433</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Fri	May 12-Jun 16	2:30pm-3:15pm	\$57.77
<a href="#">47434</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Fri	May 12-Jun 16	3:15pm-4:00pm	\$57.77
<a href="#">47437</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Sat	May 13-Jun 17	7:30pm-8:15pm	\$57.77
<a href="#">47438</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Sat	May 13-Jun 17	8:15pm-9:00pm	\$57.77
<a href="#">47440</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Mon	May 15-Jun 19	8:30pm-9:15pm	\$57.77
<a href="#">47442</a>	14yrs+	Anne Ottenbrite Pool	5 classes
Thu	May 18-Jun 15	2:30pm-3:15pm	\$57.77

## Aquafit - Deep Water

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

<a href="#">48068</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Mon	Apr 3-Jun 19	9:00am-9:45am	\$87.02
<a href="#">48069</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Mon	Apr 3-Jun 19	9:45am-10:30am	\$87.02
<a href="#">48074</a>	13yrs+	Anne Ottenbrite Pool	11 classes
Tue	Apr 4-Jun 13	6:30pm-7:15pm	\$95.72
<a href="#">48070</a>	13yrs+	Anne Ottenbrite Pool	11 classes
Wed	Apr 5-Jun 14	9:45am-10:30am	\$95.72
<a href="#">48071</a>	13yrs+	Anne Ottenbrite Pool	11 classes
Wed	Apr 5-Jun 14	9:00am-9:45am	\$95.72

<a href="#">48075</a>	13yrs+	Anne Ottenbrite Pool	11 classes
Thu	Apr 6-Jun 15	6:30pm-7:15pm	\$95.72
<a href="#">48072</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Apr 14-Jun 16	9:00am-9:45am	\$87.02
<a href="#">48073</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Apr 14-Jun 16	9:45am-10:30am	\$87.02

## 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).

<a href="#">47025</a>	15yrs+	Anne Ottenbrite Pool	5 classes
Sat	Apr 1-May 6	7:30pm-8:30pm	\$57.77
<a href="#">47446</a>	15yrs+	Anne Ottenbrite Pool	5 classes
Mon	Apr 3-May 8	8:30pm-9:30pm	\$57.77
<a href="#">47444</a>	15yrs+	Anne Ottenbrite Pool	5 classes
Sat	May 13-Jun 17	7:30pm-8:30pm	\$57.77
<a href="#">47447</a>	15yrs+	Anne Ottenbrite Pool	5 classes
Mon	May 15-Jun 19	8:30pm-9:30pm	\$57.77

## Preschool - Group Swimming Lessons

### Parent and Tot 1 - AOP (%)

### 4-12months

Designed for the 4 to 12-month old to learn to enjoy the water with the parent.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$53.49</b>	
<a href="#">47010</a>	Fri	Mar 31-May 5	3:00pm-3:30pm
<a href="#">47097</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47100</a>	Sat	Apr 1-May 6	9:00am-9:30am
<a href="#">47102</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47103</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47107</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47109</a>	Wed	Apr 5-May 3	6:30pm-7:00pm

<a href="#">47111</a>	Thu	Apr 6-May 4	2:30pm-3:00pm
<a href="#">47052</a>	Fri	May 12-Jun 16	3:00pm-3:30pm
<a href="#">47098</a>	Fri	May 12-Jun 16	6:30pm-7:00pm
<a href="#">47101</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47105</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47106</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47108</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47110</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47112</a>	Thu	May 18-Jun 15	2:30pm-3:00pm

## Parent and Tot 2 - AOP (%)

## 12-24months

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

**5 classes**

**Anne Ottebrite Pool**

**\$53.49**

<a href="#">47011</a>	Fri	Mar 31-May 5	2:00pm-2:30pm
<a href="#">47113</a>	Fri	Mar 31-May 5	3:00pm-3:30pm
<a href="#">47116</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47118</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47119</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47122</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47123</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47126</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47128</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47130</a>	Thu	Apr 6-May 4	3:00pm-3:30pm
<a href="#">47114</a>	Fri	May 12-Jun 16	2:00pm-2:30pm
<a href="#">47115</a>	Fri	May 12-Jun 16	3:00pm-3:30pm
<a href="#">47117</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47120</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47121</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47124</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47125</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47127</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47129</a>	Wed	May 17-Jun 14	6:00pm-6:30pm

[47131](#) Thu May 18-Jun 15 3:00pm-3:30pm

### Parent and Tot 3- AOP (%)

**2-3yrs**

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

**5 classes**

**Anne Ottenbrite Pool**

**\$53.49**

<a href="#">47012</a>	Fri	Mar 31-May 5	2:00pm-2:30pm
<a href="#">47132</a>	Fri	Mar 31-May 5	6:00pm-6:30pm
<a href="#">47134</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47135</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47138</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47139</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47142</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47144</a>	Wed	Apr 5-May 3	7:00pm-7:30pm
<a href="#">47146</a>	Thu	Apr 6-May 4	3:30pm-4:00pm
<a href="#">47054</a>	Fri	May 12-Jun 16	2:00pm-2:30pm
<a href="#">47133</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47136</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47137</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47140</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47141</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47143</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47145</a>	Wed	May 17-Jun 14	7:00pm-7:30pm
<a href="#">47147</a>	Thu	May 18-Jun 15	3:30pm-4:00pm

### Preschool 1 – AOP

**3-5yrs**

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

**5 classes**

**Anne Ottenbrite Pool**

**\$53.49**

<a href="#">47013</a>	Fri	Mar 31-May 5	1:30pm-2:00pm
<a href="#">47148</a>	Fri	Mar 31-May 5	2:00pm-2:30pm
<a href="#">47149</a>	Fri	Mar 31-May 5	2:30pm-3:00pm
<a href="#">47153</a>	Fri	Mar 31-May 5	6:00pm-6:30pm

<a href="#">47154</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47155</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47156</a>	Fri	Mar 31-May 5	7:30pm-8:00pm
<a href="#">47161</a>	Sat	Apr 1-May 6	9:00am-9:30am
<a href="#">47162</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47164</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47165</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47166</a>	Sat	Apr 1-May 6	12:00pm-12:30pm
<a href="#">47167</a>	Sat	Apr 1-May 6	12:30pm-1:00pm
<a href="#">47174</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47175</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47176</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47177</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47178</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47179</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47186</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47187</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47188</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47192</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47193</a>	Wed	Apr 5-May 3	6:30pm-7:00pm
<a href="#">47194</a>	Wed	Apr 5-May 3	7:00pm-7:30pm
<a href="#">47195</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47200</a>	Thu	Apr 6-May 4	2:30pm-3:00pm
<a href="#">47201</a>	Thu	Apr 6-May 4	3:30pm-4:00pm
<a href="#">47202</a>	Thu	Apr 6-May 4	4:00pm-4:30pm
<a href="#">47150</a>	Fri	May 12-Jun 16	1:30pm-2:00pm
<a href="#">47151</a>	Fri	May 12-Jun 16	2:00pm-2:30pm
<a href="#">47152</a>	Fri	May 12-Jun 16	2:30pm-3:00pm
<a href="#">47157</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47158</a>	Fri	May 12-Jun 16	6:30pm-7:00pm
<a href="#">47159</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47160</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47168</a>	Sat	May 13-Jun 17	9:00am-9:30am

<a href="#">47169</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47170</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47171</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47172</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47173</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47180</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47181</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47182</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47183</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47184</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47185</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47189</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47190</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47191</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47196</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47197</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47198</a>	Wed	May 17-Jun 14	7:00pm-7:30pm
<a href="#">47199</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47203</a>	Thu	May 18-Jun 15	2:30pm-3:00pm
<a href="#">47204</a>	Thu	May 18-Jun 15	3:30pm-4:00pm
<a href="#">47205</a>	Thu	May 18-Jun 15	4:00pm-4:30pm

## Preschool 2 – AOP

## 3-5yrs

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$53.49</b>
<a href="#">47014</a>	Fri	Mar 31-May 5
<a href="#">47216</a>	Fri	Mar 31-May 5
<a href="#">47217</a>	Fri	Mar 31-May 5
<a href="#">47218</a>	Fri	Mar 31-May 5
<a href="#">47219</a>	Fri	Mar 31-May 5
<a href="#">47224</a>	Sat	Apr 1-May 6

<a href="#">47225</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47226</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47227</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47228</a>	Sat	Apr 1-May 6	12:30pm-1:00pm
<a href="#">47237</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47238</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47239</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47240</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47241</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47242</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47243</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47251</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47252</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47253</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47257</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47258</a>	Wed	Apr 5-May 3	6:30pm-7:00pm
<a href="#">47259</a>	Wed	Apr 5-May 3	7:00pm-7:30pm
<a href="#">47263</a>	Thu	Apr 6-May 4	3:00pm-3:30pm
<a href="#">47264</a>	Thu	Apr 6-May 4	3:30pm-4:00pm
<a href="#">47265</a>	Thu	Apr 6-May 4	4:00pm-4:30pm
<a href="#">47215</a>	Fri	May 12-Jun 16	1:30pm-2:00pm
<a href="#">47220</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47221</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47222</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47223</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47229</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47230</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47231</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47232</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47233</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47244</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47245</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47246</a>	Sun	May 14-Jun 18	10:00am-10:30am

<a href="#">47247</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47248</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47249</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47250</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47254</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47255</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47256</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47260</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47261</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47262</a>	Wed	May 17-Jun 14	7:00pm-7:30pm
<a href="#">47266</a>	Thu	May 18-Jun 15	3:00pm-3:30pm
<a href="#">47267</a>	Thu	May 18-Jun 15	3:30pm-4:00pm
<a href="#">47268</a>	Thu	May 18-Jun 15	4:00pm-4:30pm

### Preschool 3 – AOP

### 3-5yrs

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$53.49</b>	
<a href="#">47015</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47289</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47290</a>	Fri	Mar 31-May 5	7:30pm-8:00pm
<a href="#">47294</a>	Sat	Apr 1-May 6	9:00am-9:30am
<a href="#">47295</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47297</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47298</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47300</a>	Sat	Apr 1-May 6	12:00pm-12:30pm
<a href="#">47306</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47307</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47308</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47309</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47310</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47311</a>	Sun	Apr 2-May 7	12:00pm-12:30pm

<a href="#">47323</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47324</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47325</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47331</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47335</a>	Wed	Apr 5-May 3	6:30pm-7:00pm
<a href="#">47336</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47291</a>	Fri	May 12-Jun 16	6:30pm-7:00pm
<a href="#">47292</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47293</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47301</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47302</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47303</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47304</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47305</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47312</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47313</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47314</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47319</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47320</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47321</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47327</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47328</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47329</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47337</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47338</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47339</a>	Wed	May 17-Jun 14	7:30pm-8:00pm

## Preschool 4 – AOP

## 3-5yrs

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.

**5 classes**

**Anne Ottenbrite Pool**

**\$53.49**

[47016](#)

Fri

Mar 31-May 5

6:00pm-6:30pm

<a href="#">47340</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47343</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47344</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47345</a>	Sat	Apr 1-May 6	12:00pm-12:30pm
<a href="#">47349</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47350</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47353</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47354</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47358</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47341</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47342</a>	Fri	May 12-Jun 16	6:30pm-7:00pm
<a href="#">47346</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47347</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47348</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47351</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47352</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47355</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47356</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47359</a>	Wed	May 17-Jun 14	6:00pm-6:30pm

## Preschool 5 – AOP

## 3-5yrs

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.

**5 classes**

**Anne Ottenbrite Pool**

**\$53.49**

<a href="#">47017</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47364</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47365</a>	Sat	Apr 1-May 6	12:30pm-1:00pm
<a href="#">47370</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47371</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47375</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47376</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47380</a>	Wed	Apr 5-May 3	7:00pm-7:30pm

<a href="#">47366</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47367</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47368</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47373</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47374</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47378</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47379</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47381</a>	Wed	May 17-Jun 14	7:00pm-7:30pm

## Children

### Swimmer 1 – AOP

### 6-13yrs

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.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$53.49</b>	
<a href="#">47018</a>	Fri	Mar 31-May 5	6:00pm-6:30pm
<a href="#">47382</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47383</a>	Fri	Mar 31-May 5	7:30pm-8:00pm
<a href="#">47384</a>	Fri	Mar 31-May 5	8:00pm-8:30pm
<a href="#">47389</a>	Sat	Apr 1-May 6	9:00am-9:30am
<a href="#">47390</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47391</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47392</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47393</a>	Sat	Apr 1-May 6	12:00pm-12:30pm
<a href="#">47394</a>	Sat	Apr 1-May 6	12:30pm-1:00pm
<a href="#">47401</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47402</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47403</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47404</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47405</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47406</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47413</a>	Mon	Apr 3-May 8	6:00pm-6:30pm

<a href="#">47414</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47415</a>	Mon	Apr 3-May 8	8:00pm-8:30pm
<a href="#">47416</a>	Mon	Apr 3-May 8	8:00pm-8:30pm
<a href="#">47421</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47422</a>	Wed	Apr 5-May 3	6:30pm-7:00pm
<a href="#">47423</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47424</a>	Wed	Apr 5-May 3	8:00pm-8:30pm
<a href="#">47429</a>	Thu	Apr 6-May 4	4:00pm-4:30pm
<a href="#">47385</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47386</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47387</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47388</a>	Fri	May 12-Jun 16	8:00pm-8:30pm
<a href="#">47395</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47396</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47397</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47398</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47399</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47400</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47407</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47408</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47409</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47410</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47411</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47412</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47417</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47418</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47419</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47420</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47425</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47426</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47427</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47428</a>	Wed	May 17-Jun 14	8:00pm-8:30pm
<a href="#">47430</a>	Thu	May 18-Jun 15	4:00pm-4:30pm

## Swimmer 2 – AOP

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres).

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$53.49</b>
<a href="#">47019</a>	Fri Mar 31-May 5	6:30pm-7:00pm
<a href="#">47471</a>	Fri Mar 31-May 5	7:30pm-8:00pm
<a href="#">47472</a>	Fri Mar 31-May 5	8:00pm-8:30pm
<a href="#">47473</a>	Fri Mar 31-May 5	8:00pm-8:30pm
<a href="#">47478</a>	Sat Apr 1-May 6	9:00am-9:30am
<a href="#">47479</a>	Sat Apr 1-May 6	9:30am-10:00am
<a href="#">47480</a>	Sat Apr 1-May 6	10:00am-10:30am
<a href="#">47481</a>	Sat Apr 1-May 6	11:00am-11:30am
<a href="#">47482</a>	Sat Apr 1-May 6	12:00pm-12:30pm
<a href="#">47483</a>	Sat Apr 1-May 6	12:30pm-1:00pm
<a href="#">47490</a>	Sun Apr 2-May 7	9:00am-9:30am
<a href="#">47491</a>	Sun Apr 2-May 7	9:30am-10:00am
<a href="#">47492</a>	Sun Apr 2-May 7	10:00am-10:30am
<a href="#">47493</a>	Sun Apr 2-May 7	11:30am-12:00pm
<a href="#">47498</a>	Mon Apr 3-May 8	6:00pm-6:30pm
<a href="#">47499</a>	Mon Apr 3-May 8	6:30pm-7:00pm
<a href="#">47500</a>	Mon Apr 3-May 8	7:30pm-8:00pm
<a href="#">47501</a>	Mon Apr 3-May 8	8:00pm-8:30pm
<a href="#">47506</a>	Wed Apr 5-May 3	6:30pm-7:00pm
<a href="#">47507</a>	Wed Apr 5-May 3	7:00pm-7:30pm
<a href="#">47508</a>	Wed Apr 5-May 3	7:30pm-8:00pm
<a href="#">47509</a>	Wed Apr 5-May 3	8:00pm-8:30pm
<a href="#">47514</a>	Thu Apr 6-May 4	4:00pm-4:30pm
<a href="#">47474</a>	Fri May 12-Jun 16	6:30pm-7:00pm
<a href="#">47475</a>	Fri May 12-Jun 16	7:30pm-8:00pm
<a href="#">47476</a>	Fri May 12-Jun 16	8:00pm-8:30pm
<a href="#">47477</a>	Fri May 12-Jun 16	8:00pm-8:30pm

<a href="#">47484</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47485</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47486</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47487</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47488</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47489</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47494</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47495</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47496</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47497</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47502</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47503</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47504</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47505</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47510</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47511</a>	Wed	May 17-Jun 14	7:00pm-7:30pm
<a href="#">47512</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47513</a>	Wed	May 17-Jun 14	8:00pm-8:30pm
<a href="#">47515</a>	Thu	May 18-Jun 15	4:00pm-4:30pm

## Swimmer 3 – AOP

## 6-13yrs

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metres of front crawl, back crawl and 10 metres of whip kick. Flutter kick interval training increases to 4 x 15 metres.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$55.05</b>	
<a href="#">47020</a>	Fri	Mar 31-May 5	6:00pm-6:30pm
<a href="#">47516</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47517</a>	Fri	Mar 31-May 5	8:00pm-8:30pm
<a href="#">47521</a>	Sat	Apr 1-May 6	9:00am-9:30am
<a href="#">47522</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47523</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47524</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47525</a>	Sat	Apr 1-May 6	12:00pm-12:30pm

<a href="#">47526</a>	Sat	Apr 1-May 6	12:30pm-1:00pm
<a href="#">47533</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47534</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47535</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47536</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47537</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47543</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47544</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47545</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47546</a>	Mon	Apr 3-May 8	8:00pm-8:30pm
<a href="#">47551</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47552</a>	Wed	Apr 5-May 3	7:00pm-7:30pm
<a href="#">47553</a>	Wed	Apr 5-May 3	8:00pm-8:30pm
<a href="#">47518</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47519</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47520</a>	Fri	May 12-Jun 16	8:00pm-8:30pm
<a href="#">47527</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47528</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47529</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47530</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47531</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47532</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47538</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47539</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47540</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47541</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47542</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47547</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47548</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47549</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47550</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47554</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47555</a>	Wed	May 17-Jun 14	7:00pm-7:30pm

[47556](#)

Wed

May 17-Jun 14

8:00pm-8:30pm

## Swimmer 4 – AOP

**6-13yrs**

These intermediate swimmers will swim 5 metres underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive Standard. They'll cap it all off with front crawl sprints over 25 metres and 4 x 25 metres front or back crawl interval training.

### 5 classes

### Anne Ottenbrite Pool

**\$55.05**

<a href="#">47021</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47618</a>	Fri	Mar 31-May 5	7:30pm-8:00pm
<a href="#">47619</a>	Fri	Mar 31-May 5	8:00pm-8:30pm
<a href="#">47623</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47624</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47625</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47626</a>	Sat	Apr 1-May 6	12:00pm-12:30pm
<a href="#">47627</a>	Sat	Apr 1-May 6	12:30pm-1:00pm
<a href="#">47633</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47634</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47635</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47636</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47642</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47643</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47644</a>	Mon	Apr 3-May 8	8:00pm-8:30pm
<a href="#">47648</a>	Wed	Apr 5-May 3	6:30pm-7:00pm
<a href="#">47649</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47650</a>	Wed	Apr 5-May 3	8:00pm-8:30pm
<a href="#">47620</a>	Fri	May 12-Jun 16	6:30pm-7:00pm
<a href="#">47621</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47622</a>	Fri	May 12-Jun 16	8:00pm-8:30pm
<a href="#">47628</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47629</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47630</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47631</a>	Sat	May 13-Jun 17	12:00pm-12:30pm

<a href="#">47632</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47638</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47639</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47640</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47641</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47645</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47646</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47647</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47689</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47690</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47691</a>	Wed	May 17-Jun 14	8:00pm-8:30pm

## Swimmer 5 – AOP

## 6-13yrs

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 metre swims of each, and breaststroke over 25 metres. Then they'll pick up the pace in 25 metre sprints and two interval-training bouts: 4 x 50 metre front or back crawl; and 4 x 15 metre breaststroke.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$55.05</b>	
<a href="#">47022</a>	Fri	Mar 31-May 5	6:00pm-6:30pm
<a href="#">47692</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47695</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47696</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47697</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47701</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47702</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47705</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47706</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47707</a>	Mon	Apr 3-May 8	8:00pm-8:30pm
<a href="#">47711</a>	Wed	Apr 5-May 3	7:00pm-7:30pm
<a href="#">47712</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47713</a>	Wed	Apr 5-May 3	8:00pm-8:30pm
<a href="#">47693</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47694</a>	Fri	May 12-Jun 16	6:30pm-7:00pm

<a href="#">47698</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47699</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47700</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47703</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47704</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47708</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47709</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47710</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47714</a>	Wed	May 17-Jun 14	7:00pm-7:30pm
<a href="#">47715</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47716</a>	Wed	May 17-Jun 14	8:00pm-8:30pm

## Swimmer 6 – AOP

## 6-13yrs

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metres. They'll easily swim lengths of front crawl, back crawl and breaststroke, and they'll complain about the 300 metre workout.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$55.05</b>	
<a href="#">47023</a>	Fri	Mar 31-May 5	6:00pm-6:30pm
<a href="#">47717</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47718</a>	Fri	Mar 31-May 5	8:00pm-8:30pm
<a href="#">47738</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47739</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47740</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47772</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47773</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47776</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47777</a>	Mon	Apr 3-May 8	8:00pm-8:30pm
<a href="#">47780</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47781</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47782</a>	Wed	Apr 5-May 3	8:00pm-8:30pm
<a href="#">47719</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47720</a>	Fri	May 12-Jun 16	7:00pm-7:30pm

<a href="#">47721</a>	Fri	May 12-Jun 16	8:00pm-8:30pm
<a href="#">47741</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47742</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47743</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47774</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47775</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47778</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47779</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47783</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47784</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47785</a>	Wed	May 17-Jun 14	8:00pm-8:30pm

## Private Swimming Lessons

### Private Swimming Lessons-AOP (#@)

**3-14yrs**

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.

<b>5 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$178.54</b>	
<a href="#">47026</a>	Fri	Mar 31-May 5	6:00pm-6:30pm
<a href="#">47786</a>	Fri	Mar 31-May 5	6:30pm-7:00pm
<a href="#">47787</a>	Fri	Mar 31-May 5	7:00pm-7:30pm
<a href="#">47788</a>	Fri	Mar 31-May 5	7:30pm-8:00pm
<a href="#">47789</a>	Fri	Mar 31-May 5	8:00pm-8:30pm
<a href="#">47790</a>	Fri	Mar 31-May 5	8:00pm-8:30pm
<a href="#">47797</a>	Sat	Apr 1-May 6	9:00am-9:30am
<a href="#">47798</a>	Sat	Apr 1-May 6	9:30am-10:00am
<a href="#">47799</a>	Sat	Apr 1-May 6	10:00am-10:30am
<a href="#">47800</a>	Sat	Apr 1-May 6	10:30am-11:00am
<a href="#">47801</a>	Sat	Apr 1-May 6	11:00am-11:30am
<a href="#">47802</a>	Sat	Apr 1-May 6	11:30am-12:00pm
<a href="#">47803</a>	Sat	Apr 1-May 6	12:00pm-12:30pm
<a href="#">47804</a>	Sat	Apr 1-May 6	12:30pm-1:00pm

<a href="#">47813</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47814</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47815</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47816</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47817</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47818</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47819</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47820</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47821</a>	Sat	Apr 1-May 6	4:30pm-5:00pm
<a href="#">47822</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47823</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47824</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47825</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47826</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47827</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47828</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47829</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47830</a>	Sat	Apr 1-May 6	5:00pm-5:30pm
<a href="#">47831</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47832</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47833</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47834</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47835</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47836</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47837</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47838</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47839</a>	Sat	Apr 1-May 6	5:30pm-6:00pm
<a href="#">47840</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47841</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47842</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47843</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47844</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47845</a>	Sat	Apr 1-May 6	6:00pm-6:30pm

<a href="#">47846</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47847</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47848</a>	Sat	Apr 1-May 6	6:00pm-6:30pm
<a href="#">47849</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47850</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47851</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47852</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47853</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47854</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47855</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47856</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47857</a>	Sat	Apr 1-May 6	6:30pm-7:00pm
<a href="#">47858</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47859</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47860</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47861</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47862</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47863</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47864</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47865</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47866</a>	Sat	Apr 1-May 6	7:00pm-7:30pm
<a href="#">47921</a>	Sun	Apr 2-May 7	9:00am-9:30am
<a href="#">47922</a>	Sun	Apr 2-May 7	9:30am-10:00am
<a href="#">47923</a>	Sun	Apr 2-May 7	10:00am-10:30am
<a href="#">47924</a>	Sun	Apr 2-May 7	10:30am-11:00am
<a href="#">47925</a>	Sun	Apr 2-May 7	11:00am-11:30am
<a href="#">47926</a>	Sun	Apr 2-May 7	11:30am-12:00pm
<a href="#">47927</a>	Sun	Apr 2-May 7	12:00pm-12:30pm
<a href="#">47935</a>	Mon	Apr 3-May 8	6:00pm-6:30pm
<a href="#">47936</a>	Mon	Apr 3-May 8	6:30pm-7:00pm
<a href="#">47937</a>	Mon	Apr 3-May 8	7:00pm-7:30pm
<a href="#">47938</a>	Mon	Apr 3-May 8	7:30pm-8:00pm
<a href="#">47939</a>	Mon	Apr 3-May 8	8:00pm-8:30pm

<a href="#">47945</a>	Wed	Apr 5-May 3	6:00pm-6:30pm
<a href="#">47946</a>	Wed	Apr 5-May 3	6:30pm-7:00pm
<a href="#">47947</a>	Wed	Apr 5-May 3	7:00pm-7:30pm
<a href="#">47948</a>	Wed	Apr 5-May 3	7:30pm-8:00pm
<a href="#">47949</a>	Wed	Apr 5-May 3	8:00pm-8:30pm
<a href="#">47955</a>	Thu	Apr 6-May 4	3:30pm-4:00pm
<a href="#">47791</a>	Fri	May 12-Jun 16	6:00pm-6:30pm
<a href="#">47792</a>	Fri	May 12-Jun 16	6:30pm-7:00pm
<a href="#">47793</a>	Fri	May 12-Jun 16	7:00pm-7:30pm
<a href="#">47794</a>	Fri	May 12-Jun 16	7:30pm-8:00pm
<a href="#">47795</a>	Fri	May 12-Jun 16	8:00pm-8:30pm
<a href="#">47796</a>	Fri	May 12-Jun 16	8:00pm-8:30pm
<a href="#">47805</a>	Sat	May 13-Jun 17	9:00am-9:30am
<a href="#">47806</a>	Sat	May 13-Jun 17	9:30am-10:00am
<a href="#">47807</a>	Sat	May 13-Jun 17	10:00am-10:30am
<a href="#">47808</a>	Sat	May 13-Jun 17	10:30am-11:00am
<a href="#">47809</a>	Sat	May 13-Jun 17	11:00am-11:30am
<a href="#">47810</a>	Sat	May 13-Jun 17	11:30am-12:00pm
<a href="#">47811</a>	Sat	May 13-Jun 17	12:00pm-12:30pm
<a href="#">47812</a>	Sat	May 13-Jun 17	12:30pm-1:00pm
<a href="#">47867</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47868</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47869</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47870</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47871</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47872</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47873</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47874</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47875</a>	Sat	May 13-Jun 17	4:30pm-5:00pm
<a href="#">47876</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47877</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47878</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47879</a>	Sat	May 13-Jun 17	5:00pm-5:30pm

<a href="#">47880</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47881</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47882</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47883</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47884</a>	Sat	May 13-Jun 17	5:00pm-5:30pm
<a href="#">47885</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47886</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47887</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47888</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47889</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47890</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47891</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47892</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47893</a>	Sat	May 13-Jun 17	5:30pm-6:00pm
<a href="#">47894</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47895</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47896</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47897</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47898</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47899</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47900</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47901</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47902</a>	Sat	May 13-Jun 17	6:00pm-6:30pm
<a href="#">47903</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47904</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47905</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47906</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47907</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47908</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47909</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47910</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47911</a>	Sat	May 13-Jun 17	6:30pm-7:00pm
<a href="#">47912</a>	Sat	May 13-Jun 17	7:00pm-7:30pm

<a href="#">47913</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47914</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47915</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47916</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47917</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47918</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47919</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47920</a>	Sat	May 13-Jun 17	7:00pm-7:30pm
<a href="#">47928</a>	Sun	May 14-Jun 18	9:00am-9:30am
<a href="#">47929</a>	Sun	May 14-Jun 18	9:30am-10:00am
<a href="#">47930</a>	Sun	May 14-Jun 18	10:00am-10:30am
<a href="#">47931</a>	Sun	May 14-Jun 18	10:30am-11:00am
<a href="#">47932</a>	Sun	May 14-Jun 18	11:00am-11:30am
<a href="#">47933</a>	Sun	May 14-Jun 18	11:30am-12:00pm
<a href="#">47934</a>	Sun	May 14-Jun 18	12:00pm-12:30pm
<a href="#">47940</a>	Mon	May 15-Jun 19	6:00pm-6:30pm
<a href="#">47941</a>	Mon	May 15-Jun 19	6:30pm-7:00pm
<a href="#">47942</a>	Mon	May 15-Jun 19	7:00pm-7:30pm
<a href="#">47943</a>	Mon	May 15-Jun 19	7:30pm-8:00pm
<a href="#">47944</a>	Mon	May 15-Jun 19	8:00pm-8:30pm
<a href="#">47950</a>	Wed	May 17-Jun 14	6:00pm-6:30pm
<a href="#">47951</a>	Wed	May 17-Jun 14	6:30pm-7:00pm
<a href="#">47952</a>	Wed	May 17-Jun 14	7:00pm-7:30pm
<a href="#">47953</a>	Wed	May 17-Jun 14	7:30pm-8:00pm
<a href="#">47954</a>	Wed	May 17-Jun 14	8:00pm-8:30pm
<a href="#">47956</a>	Thu	May 18-Jun 15	3:30pm-4:00pm

## Leadership

### Bronze Cross and Emergency First Aid

Bronze Cross is a Lifesaving Society certification course for candidates who hold current Bronze Medallion certification. Bronze Cross is the prerequisite for the National Lifeguard Service Award. Upon successful completion of the course, candidates receive certification in Emergency First Aid and CPR 'B'. Please provide proof of prerequisite when registering. Topics include lifesaving vs. lifeguarding, teamwork and rescues, and management of spinal injuries. 100 per cent attendance is required. Candidates who are younger than fourteen years of age and hold a current Bronze Medallion must register in person at the CRC.

<a href="#">47209</a>	14yrs+	Anne Ottenbrite Pool	10 classes
Sun	Apr 2-Jun 18	4:30pm-7:30pm	\$213.88
<a href="#">47986</a>	14yrs+	Anne Ottenbrite Pool	10 classes
Wed	Apr 5-Jun 7	7:00pm-10:00pm	\$213.88

### Bronze Medallion

Candidates develop the judgement, skills, and fitness required for water rescues including tows, carries, defenses, and releases as well as resuscitation skills. Candidates develop stroke efficiency and endurance in a timed swim. As a prerequisite for this program, candidates must be thirteen years of age or have a current Bronze Star certification. Please bring prerequisite information to the first class. 100 per cent attendance is required.

<a href="#">47208</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Sun	Apr 2-Jun 18	4:30pm-7:30pm	\$205.44
<a href="#">47985</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Tue	Apr 4-Jun 6	7:00pm-10:00pm	\$205.44

### Bronze Star

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.

<a href="#">47207</a>	10-13yrs	Anne Ottenbrite Pool	5 classes
Sat	Apr 1-May 6	11:00am-1:00pm	\$115.17

<a href="#">47454</a>	10-13yrs	Anne Ottenbrite Pool	5 classes
Sun	Apr 2-May 7	10:30am-12:30pm	\$115.17
<a href="#">47456</a>	10-13yrs	Anne Ottenbrite Pool	5 classes
Wed	Apr 5-May 3	6:30pm-8:30pm	\$115.17
<a href="#">47453</a>	10-13yrs	Anne Ottenbrite Pool	5 classes
Sat	May 13-Jun 17	11:00am-1:00pm	\$115.17
<a href="#">47455</a>	10-13yrs	Anne Ottenbrite Pool	5 classes
Sun	May 14-Jun 18	10:30am-12:30pm	\$115.17
<a href="#">47457</a>	10-13yrs	Anne Ottenbrite Pool	5 classes
Wed	May 17-Jun 14	6:30pm-8:30pm	\$115.17

## Canadian Swim Patrol

Ability is the only prerequisite here! Content is challenging and achievable with effort and provides enriched training for participants who want to go beyond learn-to-swim. Participants earn Rookie, Ranger, or Star Patrol awards. This course is an excellent introduction to Bronze Star. The minimum prerequisite for this program is Swimmer 6 and 8 years of age.

<a href="#">47206</a>	8-12yrs	Anne Ottenbrite Pool	5 classes
Fri	Mar 31-May 5	6:30pm-8:30pm	\$115.17
<a href="#">47449</a>	8-12yrs	Anne Ottenbrite Pool	5 classes
Sat	Apr 1-May 6	9:00am-11:00am	\$115.17
<a href="#">47451</a>	8-12yrs	Anne Ottenbrite Pool	5 classes
Mon	Apr 3-May 8	6:30pm-8:30pm	\$115.17
<a href="#">47448</a>	8-12yrs	Anne Ottenbrite Pool	5 classes
Fri	May 12-Jun 16	6:30pm-8:30pm	\$115.17
<a href="#">47450</a>	8-12yrs	Anne Ottenbrite Pool	5 classes
Sat	May 13-Jun 17	9:00am-11:00am	\$115.17
<a href="#">47452</a>	8-12yrs	Anne Ottenbrite Pool	5 classes
Mon	May 15-Jun 19	6:30pm-8:30pm	\$115.17

## NLS & Standard First Aid & CPR 'C'

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. This course also certifies a candidate in Standard First Aid & CPR 'C'. Bronze Cross 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.

<a href="#">47210</a>	15yrs+	Anne Ottenbrite Pool	11 classes
Thu	Apr 6-Jun 15	5:30pm-10:00pm	\$352.19

## Swim for Life & Lifesaving & Emergency First Aid Instructor

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. 100% attendance is required.

<a href="#">47211</a>	15yrs+	Anne Ottenbrite Pool	10 classes
Sun	Apr 2-Jun 18	2:30pm-6:30pm	\$422.34

# Adult Programs

## Fitness

### 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!

<a href="#">47651</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 18-Jun 20	10:15am-11:10am	\$85.00
<a href="#">48047</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 21-Jun 23	10:15am-11:10am	\$85.00

## Beginner Jazz

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.

<a href="#">48053</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 21-Jun 23	11:15am-12:10pm	\$85.00

## Boot Camp

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.

<a href="#">47653</a>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 17-Jun 19	9:00am-9:55am	\$76.50
<a href="#">48048</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	10:15am-11:10am	\$85.00

## Cardio Circuit

Circuit 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.

<a href="#">47655</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	6:30pm-7:25pm	\$85.00

## Cut to the Core

Develop core body strength and improve your posture. In this muscle conditioning class you will stimulate the core muscles to stabilize and activate, using body weight exercises, BOSU balls, stability balls and foam rollers. All fitness levels are welcome. \*Proper gym shoes are required.

<a href="#">47656</a>	14yrs+	Brooklin CC&L	10 weeks
Thu	Apr 20-Jun 22	6:00pm-6:55pm	\$85.00

## 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.

<a href="#">47657</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 18-Jun 20	11:15am-12:10pm	\$85.00
<a href="#">47658</a>	14yrs+	Brooklin CC&L	10 weeks
Thu	Apr 20-Jun 22	7:00pm-7:55pm	\$85.00

## Deep Stretch and Myofascial Release

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.

<a href="#">47661</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 17-Jun 19	6:30pm-7:25pm	\$76.50
<a href="#">47662</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 18-Jun 20	12:15pm-1:10pm	\$85.00
<a href="#">47659</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	10:15am-11:10am	\$85.00
<a href="#">47663</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	12:15pm-1:10pm	\$85.00
<a href="#">47660</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 21-Jun 23	6:30pm-7:25pm	\$85.00

## 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.

<a href="#">47671</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 18-Jun 20	7:45pm-8:40pm	\$85.00
<a href="#">47673</a>	14yrs+	Brooklin CC&L	10 weeks
Wed	Apr 19-Jun 21	8:00pm-8:55pm	\$85.00
<a href="#">47664</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	9:00am-9:55am	\$85.00

## Interval Training

Improve the way you move! Raise your heart rate with cardio intervals followed by active recovery strength training. Core and abdominal intervals are also in the mix, making this a well balanced and effective workout. A well deserved stretch finishes the class. All fitness levels are welcome.

<a href="#">47665</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 21-Jun 23	9:00am-9:55am	\$85.00

## Kettlebell Conditioning

Kettlebell workouts develop movement skills, body awareness, core and grip strength. This class will train every major muscle group in the body in multiple movement planes for an effective and efficient workout. Improve your athleticism by building strength, power and endurance. Each week you will be motivated and guided through a variety of exercises and intervals that include variations suitable for all fitness levels.

<a href="#">47666</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	5:15pm-6:10pm	\$85.00

## 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.

<a href="#">47668</a>	14yrs+	Whitby Civic Rec Complex	9 weeks
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Mon	Apr 24-Jun 19	10:15am-11:10am	\$76.50
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## 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.

<a href="#">47669</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	11:15am-12:10pm	\$85.00

## Restorative Yoga

Leave your day behind and prepare for a restful evening. Move through gentle flows and stretches to let go of tension and melt into a calm and peaceful state ending with a meditation portion. Please bring your own blanket for the meditation portion.

<a href="#">47670</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	7:45pm-8:40pm	\$85.00

## Restorative Yoga

Let go of your day and prepare for a restful evening by first moving through the gentle flows and stretches to let go tension and melt into a calm and peaceful state ending with a meditation portion. Please bring your own blanket for the meditation portion.

<a href="#">47672</a>	14yrs+	Brooklin CC&L	9 weeks
Mon	Apr 17-Jun 19	8:00pm-8:55pm	\$76.50

## 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.

<a href="#">47675</a>	14yrs+	Brooklin CC&L	10 weeks
Tue	Apr 18-Jun 20	6:00pm-6:55pm	\$85.00
<a href="#">48051</a>	14yrs+	Brooklin CC&L	10 weeks
Wed	Apr 19-Jun 21	5:00pm-5:55pm	\$85.00

<a href="#">47674</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	5:15pm-6:10pm	\$85.00

## Slow Flow Yoga

A yoga class emphasizing breath-led movement, syncing our breathing with our yoga flow. Moving through many different poses at a slower relaxed pace. The breath emphasizes deepens the impact of each pose, bringing benefits of improved immunity, stress, anxiety and the daily tensions in body and mind. All levels of experience are welcomed.

<a href="#">47683</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	12:30pm-1:25pm	\$85.00
<a href="#">47684</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 21-Jun 23	12:30pm-1:25pm	\$85.00

## Spin and Stretch

Spin and Stretch is an indoor instructor lead cycle ride that will take you through a series of flats, hills and sprints, followed by a yoga and gym inspired stretch. This class will get your heart and legs pumping and give you the perfect balance of cardio, strength, and flexibility. Great for newbies and advanced participants.

<a href="#">47676</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 18-Jun 20	9:00am-9:55am	\$85.00

## Spinning

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 60 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.

<a href="#">47677</a>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 17-Jun 19	5:15pm-6:10pm	\$76.50
<a href="#">47679</a>	55 and up	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	2:00pm-2:55pm	\$85.00
<a href="#">47678</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 21-Jun 23	5:15pm-6:10pm	\$85.00

<a href="#">47680</a>	55 and up	Whitby Civic Rec Complex	10 weeks
Sat	Apr 22-Jun 24	8:00am-8:55am	\$85.00

## 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.

<a href="#">47682</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 18-Jun 20	6:30pm-7:25pm	\$85.00
<a href="#">47681</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	9:00am-9:55am	\$85.00

## 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 will be introduced depending on the level of participation. See you on the Mat!

<a href="#">47685</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 17-Jun 19	12:30pm-1:25pm	\$85.00

## 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.

<a href="#">47688</a>	14yrs+	Brooklin CC&L	10 weeks
Tue	Apr 18-Jun 20	7:00pm-7:55pm	\$85.00
<a href="#">47686</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 19-Jun 21	6:30pm-7:25pm	\$85.00
<a href="#">47687</a>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 20-Jun 22	11:15am-12:10pm	\$85.00

## 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.

<a href="#">47964</a>	12yrs+	McKinney Centre	10 weeks
Sat	Apr 22-Jun 24	12:00pm-12:55pm	\$76.62

## Leagues and Sporting Groups

### Badminton – Adult

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.

<a href="#">47276</a>	15 and up	Brooklin CC&L	13 weeks
Wed	Mar 29-Jun 21	8:30pm-9:55pm	\$153.37

### Ball Hockey - Adult (%)

You will play with other adults in a fully equipped gymnasium. This program is co-ed and 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.

<a href="#">47332</a>	18 and up	Brooklin CC&L	13 weeks
Thu	Mar 30-Jun 22	8:30pm-9:55pm	\$153.37

### 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. It is recommended you bring your own paddle, as paddles are limited.

<a href="#">47316</a>	16 and up	Brooklin CC&L	11 weeks
Mon	Mar 27-Jun 19	8:45pm-9:55pm	\$86.52

# 55+ Programs

## Creative Arts

### Acrylic Painting - Advanced with Marni (%)

This course is designed for the student who has completed the beginner course in Acrylic Painting. It is designed for students seeking more challenging projects provided by the instructor to further enhance and develop their skills and knowledge as painters. Working from observation (still life arrangements), painting to music for creative expression, and landscape through collage will be explored. Not suitable for beginners. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC & L.

<a href="#">46923</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 5-Jun 7	10:00am-12:00pm	\$51.93

### Beginner Watercolour Workshop with Kate (%)

In this class participants will learn the basics of watercolour technique; wet on wet, glazing and colour mixing. There is an additional fee of \$20.00, payable to the instructor, to cover cost of materials. Supplies needed for participants to bring are listed in the receipt notes.

<a href="#">48058</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Apr 20-Apr 20	1:00pm-3:00pm	\$20.00

### Drawing Workshop - Pebbles on the Beach with Chrissie (%)

Using graphite pencils and powder, learn how to create form and texture using a variety of drawing and mark-making techniques. With rich values and exciting textures, this beach covered in pebbles and smooth stones will come to life. You can also choose to give your piece extra meaning with a special word hidden amongst the pebbles. All supplies will be provided by the instructor.

<a href="#">46936</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Jun 15-Jun 15	10:00am-12:00pm	\$30.00

## **Drawing Workshop- Cat on Toned Paper with Chrissie (%)**

Learn how to use black and white charcoal on toned paper to create a beautiful cat portrait. Using step-by-step process, learn some drawing tips and tricks to make this cat come alive. Together we will create glowing eyes and soft fur that will be sure to make this piece "the cat's meow". All materials are provided by the instructor.

<a href="#">46938</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Apr 13-Apr 13	10:00am-12:00pm	\$30.00

## **Flower Collage Workshop with Kate (%)**

In this 2 session workshop participants will create a flower collage using mixed media, paper, magazines, paint and pastel. No previous art experience required, just a desire to have fun creating. There is an additional cost of \$20 payable to the instructor on the day of. List of Supplies participants need is provided on your receipt notes.

<a href="#">48057</a>	55yrs+	Whitby 55+ Rec Centre	2 classes
Thu	Apr 6-Apr 13	1:00pm-3:00pm	\$30.00

## **Introduction to Landscape Painting/Collage with Marni (%)**

This course is ideal for the beginner student and for those wanting to learn more about the diversity of working with acrylic paint. Students will learn to create the drama and beauty of land and waterscape painting through exploration of flat, graduated, drybrush, wet on wet, and other techniques appropriate for painting on cotton paper. Value, contrast, and aerial perspective will be emphasized throughout the learning process, and instruction will include daily demonstrations. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC & L.

<a href="#">46922</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 4-Jun 6	1:00pm-3:00pm	\$51.93

## **Knitting Patterns with Tara (%)**

This six-week workshop will cover a variety of patterns utilized in knitting. Cables, seed stitch, boxes, blocks and honeycomb patterns will be covered. You must have basic knitting knowledge to be able to participate in this class. Supplies required: see list on online notes and on your receipt. List also available at Whitby 55+ Rec Centre and Brooklin CC & L.

<a href="#">46826</a>	55yrs+	Brooklin CC & L	6 weeks
Thu	May 11-Jun 15	10:00am-12:00pm	\$40.00

### **Mixed Media and Collage Landscape with Chrissie (%)**

Explore your connection to our natural environment through this illustrative, collaged piece of art. Using decorative and textured papers as well as a little watercolour you will create a layered landscape conveying the depth, colours and elements of nature that surrounds us. All materials are provided by the instructor.

<a href="#">46931</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	May 11-May 11	10:00am-12:00pm	\$30.00

### **Open Studio-Advanced Acrylic Painting 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.

<a href="#">47055</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 4-Jun 6	10:00am-11:30am	\$50.06

### **Watercolour Painting - Beginner with Barb (%)**

Learn the basics of painting using watercolour paints in this step-by-step instructional class. Supplies to be purchased from the instructor for approximately \$25 to \$35. A supply list is included on the receipt notes and will be available for pick up at the front desk at the 55+ Recreation Centre and the Brooklin Community Centre and Library.

<a href="#">47469</a>	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Apr 17-May 8	1:00pm-3:00pm	\$30.00

## 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.

<a href="#">47009</a>	55yrs+	Brooklin CC & L	11 weeks
Fri	Mar 31-Jun 16	3:30pm-5:30pm	\$22.00

## Dance

### Ballet with Tracy (%)

Come and enjoy the benefits of a traditional ballet class, whether you are a beginner or revisiting a love from the past. You will work with a chair for the barre work section and then move into the center of the room for movement and easy repertoire from famous ballets. This class will help with posture and coordination. Soft, flexible shoes are suggested.

<a href="#">46929</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Apr 14-Jun 9	12:00pm-1:00pm	\$31.52

### 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. Wear comfortable shoes, preferably a soft leather sole. Taps are not required at this time. Previous Clogging experience or completion of Clogging – Beginner is a prerequisite to participate in this class.

<a href="#">46846</a>	55yrs+	Brooklin CC & L	10 weeks
Thu	Apr 6-Jun 8	10:00am-11:00am	\$39.42

## Dance Flow with Alison (%)

Improve coordination, balance and flexibility through light stretching and various dance movements. This class is instructed by a Dance Instructor.

<a href="#">46986</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 6-Jun 22	9:00am-10:00am	\$47.28

## Social Ballroom Dance with Nicole - Level 1 (%)

Join this beginner class and learn at least three basic steps in each of the Waltz, Rhumba, Chacha, Foxtrot and Tango. You must have a partner to join.

<a href="#">46944</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 11-Jun 27	6:30pm-7:30pm	\$47.28

## Social Ballroom Dance with Nicole - Level 2 (%)

This intermediate class is designed to build on the skills learned in the Level 1 class. You will learn more challenging steps along with an introduction to technique. Although there will be some quick review of the basics, participants should only join this class if they have mastered the steps learned in Level 1. You must have a partner to join.

<a href="#">46945</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 11-Jun 27	7:30pm-8:30pm	\$47.28

## Tap Dance with Alison - Level 1 (%)

Come and have fun at this class for beginners. You will learn basic steps and easy routines. This will give you the skills to later move up to Level 2. Tap shoes or hard-soled shoes are required.

<a href="#">46950</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	10:30am-11:30am	\$39.42

## Tap Dance with Alison - Level 2 (%)

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

<a href="#">46987</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 6-Jun 22	10:15am-11:15am	\$47.28

## 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.

<a href="#">46813</a>	55yrs+	Brooklin CC & L	12 weeks
Tue	Apr 11-Jun 27	1:30pm-2:30pm	\$47.28

## Traditional Line Dance with Nicole-Absolute Beginner (%)

This class is for the absolute beginner who has never seen line dance before or for those that want to take things nice and slow. This class will feature weekly warm-ups reviewing the basic elements of line dancing and getting used to the dance language, also the review of all dances learned to date. You will be introduced to some of the classic dances, traditional dances, as well as some of the newest dances. The routines are simple, slower and with minimal turning.

<a href="#">46955</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 11-Jun 27	3:15pm-4:15pm	\$47.28

## Traditional Line Dance with Nicole-Beginner (%)

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.

<a href="#">46956</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 12-Jun 28	10:30am-11:30am	\$47.28

## 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.

<a href="#">46925</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 11-Jun 20	1:15pm-2:15pm	\$43.34
<a href="#">46926</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Apr 13-Jun 22	11:30am-12:30pm	\$43.34

<a href="#">46835</a>	55yrs+	Brooklin CC & L	9 weeks
Mon	Apr 17-Jun 19	9:00am-10:00am	\$35.46
<a href="#">46924</a>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Apr 17-Jun 19	1:45pm-2:45pm	\$35.46

### **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.

<a href="#">46969</a>	55yrs+	Centennial Building	11 weeks
Tue	Apr 4-Jun 20	9:00am-10:00am	\$43.34

### **Arthritis Exercise with Mary (%)**

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.

<a href="#">46853</a>	55yrs+	Brooklin CC & L	11 weeks
Fri	Apr 14-Jun 23	12:15pm-1:15pm	\$43.34

### **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.

<a href="#">46927</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	10:30am-11:30am	\$47.28
<a href="#">46928</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Apr 14-Jun 9	9:30am-10:30am	\$31.52

### **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.

<a href="#">46845</a>	55yrs+	Brooklin CC & L	12 weeks
Wed	Apr 5-Jun 21	12:15pm-1:15pm	\$47.28

## Body Sculpt with Kim (%)

This full body muscular conditioning class combines cardiovascular, strength and core exercises to help burn calories, increase flexibility, and tone muscles all at once. You can expect to move through a variety of low-impact exercises targeting all major muscle groups. Using dumbbells, resistance bands, balls, and body weight to improve your overall strength.

<a href="#">46971</a>	55yrs+	Centennial Building	10 weeks
Mon	Apr 3-Jun 26	9:00am-10:00am	\$39.42

## Build Your Own Bones with Cindy (%)

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.

<a href="#">46839</a>	55yrs+	Brooklin CC & L	11 weeks
Tue	Apr 4-Jun 20	11:15am-12:15pm	\$43.34

## 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.

<a href="#">46818</a>	55yrs+	Brooklin CC & L	12 weeks
Wed	Apr 5-Jun 21	1:30pm-2:30pm	\$47.28

## Cardio and Core with Kim (%)

This Cardio & Core workout puts your body through its paces testing your core and challenging your cardiovascular fitness. Whether you enjoy lower or higher intensity workouts this class is for everyone offering variations for each. These cardio exercises can provide health benefits your body will thank you for while working your core affects your balance, posture, and stability.

<a href="#">46972</a>	55yrs+	Centennial Building	10 weeks
Mon	Apr 3-Jun 26	10:15am-11:15am	\$39.42

## Chair Body Conditioning with Nicole A. (%)

Improve the strength in your core, arms, and back, and even your legs in this all-seated fitness class. You will get a full body workout, including some cardio. We will be using hand weights, balls, and resistance bands.

<a href="#">46973</a>	55yrs+	Centennial Building	11 weeks
Wed	Apr 5-Jun 14	9:00am-10:00am	\$39.42

## Chair Exercise with Cindy (%)

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.

<a href="#">46930</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Apr 5-Jun 28	2:45pm-3:45pm	\$43.34

## Circuit Training with Cindy (%)

This class will be a great workout combining cardio, strength, core and flexibility. Circuit Training will elevate your heart rate and keep it high due to the short rest periods, large muscles being worked and a combination of upper body, lower body and core exercises. It will be a more advanced class with some floor work. Perfect for those eager exercisers.

<a href="#">47047</a>	55yrs+	Brooklin CC & L	11 weeks
Tue	Apr 4-Jun 20	12:30pm-1:30pm	\$43.34

## Dance Cardio with Shari (%)

This class consists of a warmup and Cardio-dance to upbeat music to get your heart pumping. Work at your own pace to get the benefit of this fun and motivating class. End with a relaxing stretch to help release any tension and increase flexibility.

<a href="#">46974</a>	55yrs+	Centennial Building	11 weeks
Tue	Apr 4-Jun 13	3:15pm-4:15pm	\$43.34

## Dance Flow with Shari (%)

Dance Flow is a fusion of movement, mobility, different dance styles and stretching. Learn how to connect your breath with your movement to increase body awareness, de-stress and rejuvenate. It's all about finding your authentic healing movement.

<a href="#">46975</a>	55yrs+	Centennial Building	11 weeks
Thu	Apr 6-Jun 15	2:30pm-3:30pm	\$43.34

## Full Body Fit & Stretch with Kim (%)

Join us for this low impact total body strength class, suitable for all ages and abilities. This class will take you through a total body workout combining low intensity aerobic and strength training exercises. Core exercises that will improve your stability and balance. And finally, finishing off with safe stretching exercises to help loosen up those tight muscles.

<a href="#">46977</a>	55yrs+	Centennial Building	11 weeks
Tue	Apr 4-Jun 20	10:15am-11:15am	\$43.34

## Group Personal Training with Karel (%)

Through guidance and motivation from the instructor Group Personal Training is the fastest way to ensure that you are performing your exercises with the correct technique. This smaller fitness class will give you the confidence needed if you decide to take a group fitness class. The first class will begin with a short fitness assessment and discussion with the instructor in order to achieve a personal fitness goal. For optimal results this class is limited to six participants.

<a href="#">46814</a>	55yrs+	Brooklin CC & L	5 weeks
Tue	Apr 11-May 9	4:15pm-5:15pm	\$40.97
<a href="#">46916</a>	55yrs+	Brooklin CC & L	5 weeks
Tue	May 23-Jun 20	4:15pm-5:15pm	\$40.97

## HIIT with Cindy (%)

This intense class will get your heart pumping in only 30 minutes by using interval training and high intensity work with modifications for low intensity. HIIT involves quick, cardio and strength bursts followed by short recovery periods. We only use your body weight (aerobic moves, squats, planks, lunges, push ups, etc). This workout also includes a warm-up and cool down and stretching.

<a href="#">47357</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	10:30am-11:00am	\$19.70

## Let's Get Moving with Nicole A. (%)

Start a new fitness routine after a long pandemic hiatus with this friendly reintroduction. This class will focus on regaining the strength, co-ordination, balance, and confidence you may have lost over the last couple of years. We will use body weight, balls, weights and chairs for balance.

<a href="#">46981</a>	55yrs+	Centennial Building	12 weeks
Wed	Apr 5-Jun 21	10:15am-11:15am	\$47.28

## Light and Lively with Karen - Level 1 (%)

A 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.

<a href="#">46932</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	1:15pm-2:15pm	\$47.28

## Light and Lively with Karen - Level 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.

<a href="#">46933</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	12:00pm-1:00pm	\$47.28

## Light Circuit Training with Nicole A. (%)

A total body circuit training class to strengthen, improve posture, mobility and balance. Comprised of repeating sets of exercises including body weight exercises for upper and lower core as well as cardio. Hand weights and resistance bands will be used.

<a href="#">46982</a>	55yrs+	Centennial Building	12 weeks
Thu	Apr 6-Jun 22	11:30am-12:30pm	\$47.28

## Low Impact Boot Camp 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.

<a href="#">46934</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Apr 13-Jun 22	10:15am-11:15am	\$43.34

## 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.

<a href="#">46935</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 4-Jun 20	9:15am-10:15am	\$47.28

## Osteo Weight Training - Level 3 with Carole - Virtual (%)

This advanced class has a more aggressive approach than Osteo Weight Training - Level 1. Increased strength and endurance are the main components. A few days before the class date an email will be sent to you with a link to join the class which will allow you to participate live from your own home. In order to participate in this class a video capable device is required. Equipment needed: Sturdy chair, hand weights and resistance bands.

<a href="#">47744</a>	55yrs+	Online-Virtual Program	12 weeks
Wed	Apr 5-Jun 21	10:00am-11:00am	\$47.28

## Osteo Weight Training Level 1 with Kim (%)

This beginner class includes chair and flexibility exercises that increase muscle mass, strength and endurance.

<a href="#">47214</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 18-Jun 27	11:30am-12:30pm	\$43.34

## **Osteo Weight Training Level 3 with Cindy (%)**

This advanced class has a more aggressive approach than Osteo Weight Training- Level 1. Increased strength and endurance are the main components.

<a href="#">46937</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	11:05am-12:05pm	\$39.42

## **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.

<a href="#">46838</a>	55yrs+	Brooklin CC & L	12 weeks
Tue	Apr 4-Jun 20	9:00am-10:00am	\$47.28

## **Pilates with Karen - 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 beginners.

<a href="#">46939</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 4-Jun 20	9:00am-10:00am	\$47.28

## **Pilates with Karen - Level 2 (%)**

This intermediate class is designed for participants with previous Pilates experience.

<a href="#">46940</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 14-Jun 16	2:30pm-3:30pm	\$39.42

## **Rise and Shine Yoga with Mag (%)**

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

<a href="#">46943</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	8:45am-9:45am	\$47.28

## **Toning and Stretching with Carolina (%)**

Shapes, tones and strengthens the body as it combines the principals of Pilates ,yoga, dance and traditional interval strength training cardio. This is an hour of mindfully gentle Choreography class, that uses a chair, dumbbells thera bands, inflatable Pilates ball.

<a href="#">46988</a>	55yrs+	Centennial Building	10 weeks
Mon	Apr 3-Jun 19	12:45pm-1:45pm	\$39.42

<a href="#">46989</a>	55yrs+	Centennial Building	12 weeks
Thu	Apr 6-Jun 22	1:00pm-2:00pm	\$47.28

### **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 with 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!

<a href="#">46851</a>	55yrs+	Brooklin CC & L	11 weeks
Fri	Apr 14-Jun 23	9:45am-10:45am	\$43.34

### **Total Body Stretch with Nicole (%)**

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 also can alleviate stress. This class is suitable for all participant levels.

<a href="#">46951</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 11-Jun 27	4:30pm-5:30pm	\$47.28

### **Total Body Workout with Dennis (%)**

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.

<a href="#">46815</a>	55yrs+	Brooklin CC & L	12 weeks
Wed	Apr 5-Jun 21	9:00am-10:00am	\$47.28

### **Total Body Workout with Rose (%)**

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.

<a href="#">46952</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	5:30pm-6:30pm	\$39.42
<a href="#">46953</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	5:30pm-6:30pm	\$47.28

## **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.

<a href="#">46808</a>	55yrs+	Brooklin CC & L	10 weeks
Mon	Apr 3-Jun 19	9:15am-10:15am	\$39.42
<a href="#">46954</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 4-Jun 20	10:30am-11:30am	\$47.28

## **Twenty, Twenty, Twenty with Carole - Virtual (%)**

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. A few days before the class date an email will be sent to you with a link to join the class which will allow you to participate live from your own home. In order to participate in this class a video capable device is required. Equipment needed : Hand weights, resistance bands and exercise mat.

<a href="#">47745</a>	55yrs+	Online-Virtual Program	12 weeks
Thu	Apr 6-Jun 22	9:00am-10:00am	\$47.28

## **Twenty, Twenty, Twenty with Cindy (%)**

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.

<a href="#">46958</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	12:15pm-1:15pm	\$39.42
<a href="#">46957</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Apr 5-Jun 28	12:25pm-1:25pm	\$43.34

## **Twenty, Twenty, Twenty with Karel (%)**

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.

<a href="#">47967</a>	55yrs+	Brooklin CC & L	11 weeks
Tue	Apr 11-Jun 20	9:00am-10:00am	\$43.34

## 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.

<a href="#">46810</a>	55yrs+	Brooklin CC & L	10 weeks
Mon	Apr 3-Jun 19	10:30am-11:30am	\$39.42
<a href="#">46959</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Apr 14-Jun 9	10:45am-11:45am	\$31.52
<a href="#">47027</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Apr 14-Jun 9	1:15pm-2:15pm	\$31.52

## Urban Poling with Cindy (%)

Get your urban poles and join a certified instructor for a brisk afternoon walk. A brief refresher will be given at the first class. Some experience required. The walk each week will begin at the Whitby 55+ Rec Centre. Poles are available if needed.

<a href="#">47360</a>	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	May 29-Jun 19	1:20pm-2:20pm	\$15.76

## 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.

<a href="#">46841</a>	55yrs+	Brooklin CC & L	12 weeks
Tue	Apr 4-Jun 20	1:45pm-2:45pm	\$47.28

## Weight Training with Tracy - Level 2 (%)

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.

<a href="#">46960</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	9:15am-10:15am	\$47.28

## 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. Bring a water bottle, yoga mat, yoga strap. (all provided by the centre as well) You will experience numerous benefits including increased flexibility, better sleep, reduced stress and a general feeling of well being. No experience is required.

<a href="#">46991</a>	55yrs+	Centennial Building	11 weeks
Thu	Apr 13-Jun 22	9:00am-10:00am	\$43.34
<a href="#">46992</a>	55yrs+	Centennial Building	10 weeks
Tue	Apr 18-Jun 20	12:45pm-1:45pm	\$39.42

## Yoga - Deep Relaxation with Nancy (%)

This yoga practice will let you take a vacation from everyday stresses and experience an hour of deep relaxation and rejuvenation. Participants report experiencing better sleep, improved memory and an overall sense of well-being. Please bring a yoga mat, small cushion and blanket along with socks and a sweater for warmth and comfort.

<a href="#">46961</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 28	7:15pm-8:15pm	\$47.28

## Yoga - Detox Flow with Mary (%)

Every day we're exposed to toxins - through our food, environment, the air we breathe, and even our negative thoughts. This class is designed to detoxify your body and mind, through poses and breathing techniques proven to boost your immune system and renew your digestive health. This class is suited for all participant levels.

<a href="#">46854</a>	55yrs+	Brooklin CC & L	11 weeks
Fri	Apr 14-Jun 23	1:30pm-2:30pm	\$43.34

## 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.

<a href="#">48055</a>	55yrs+	Centennial Building	10 weeks
Fri	Apr 14-Jun 16	10:30am-11:30am	\$39.42

## 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.

<a href="#">47213</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 21	10:00am-11:00am	\$47.28

## Yoga - Mid Morning with Donna (%)

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

<a href="#">47090</a>	55yrs+	Brooklin CC & L	11 weeks
Wed	Apr 12-Jun 21	10:15am-11:15am	\$43.34

## 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.

<a href="#">46812</a>	55yrs+	Brooklin CC & L	12 weeks
Tue	Apr 4-Jun 20	10:15am-11:15am	\$47.28

## Yoga - Relax and Restore with Nancy (%)

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

<a href="#">46837</a>	55yrs+	Brooklin CC & L	5 weeks
Mon	Apr 3-May 15	7:15pm-8:15pm	\$19.70
<a href="#">47007</a>	55yrs+	Brooklin CC & L	10 weeks
Tue	Apr 4-Jun 20	7:15pm-8:15pm	\$39.42
<a href="#">47468</a>	55yrs+	Brooklin CC & L	4 weeks
Mon	Jun 5-Jun 26	7:15pm-8:15pm	\$15.76

## Yoga - Rise and Shine with Dennis (%)

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

<a href="#">46850</a>	55yrs+	Brooklin CC & L	11 weeks
Fri	Apr 14-Jun 23	8:30am-9:30am	\$43.34

## Yoga - Stretch and Sculpt with Cindy (%)

Improve your strength, flexibility and balance with this full body Yoga - Stretch and Sculpt class. Yoga poses, cardio and range of motion exercises will be incorporated at the beginning of each class. You will then transition to weights for strength training. The last component of class incorporates flexibility and balance and ends with total relaxation. You must be able to get down and up from the floor independently in order to take this class.

<a href="#">46962</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Apr 5-Jun 28	1:35pm-2:35pm	\$43.34

## Yoga - Therapeutic with Judy (%)

This class can be done from a chair or a yoga mat. Supports self-care, nurturing, stress and pain relief and allows you to feel more comfortable in both mind and body. You will be guided through inviting and unthreatening postures that are perfect especially if you are feeling overwhelmed. You will need a water bottle, yoga mat, cushions, blanket, yoga block and yoga strap.

<a href="#">46993</a>	55yrs+	Centennial Building	11 weeks
Thu	Apr 13-Jun 22	10:15am-11:15am	\$43.34

## Yoga 101 - The Basics with Nancy (%)

This class is perfect for anyone who is new to yoga. This class will provide you with a solid foundation in the essential yoga poses. Each session builds on the previous week's class, allowing you to absorb and apply what you have learned so that you will feel prepared for ongoing classes.

<a href="#">47006</a>	55yrs+	Brooklin CC & L	10 weeks
Tue	Apr 4-Jun 20	6:00pm-7:00pm	\$39.42

## Yoga Arthritis with Judy (%)

This class, which can be done on the mat or in a chair, will focus on poses that can help keep the joints moving. This class will increase your range of motion, agility, balance, and strength. Yoga Arthritis will improve your quality of life by decreasing pain, swelling and stiffness. It is suited for those with Osteo Arthritis, Rheumatoid Arthritis, and Fibromyalgia.

<a href="#">46994</a>	55yrs+	Centennial Building	10 weeks
Tue	Apr 18-Jun 20	2:00pm-3:00pm	\$39.42

## 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.

<a href="#">46963</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	9:00am-10:00am	\$39.42
<a href="#">46964</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 6-Jun 22	9:00am-10:00am	\$47.28

## Yoga with David (%)

If you would like to experience renewed physical, emotional, and mental well being then this class is for you! Yoga with David will show you how to combine gentle movement, breath, and mindfulness resulting in a new lease on life that is more balanced and has greater vitality.

<a href="#">46816</a>	55yrs+	Brooklin CC & L	11 weeks
Wed	Apr 12-Jun 21	11:00am-12:00pm	\$43.34

## Yoga with Grace (%)

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

<a href="#">46965</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	11:00am-12:00pm	\$39.42
<a href="#">46966</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Apr 4-Jun 20	12:00pm-1:00pm	\$43.34

## 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.

<a href="#">46967</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 14-Jun 16	9:00am-10:00am	\$39.42

## Yoga with Marian (%)

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

<a href="#">46852</a>	55yrs+	Brooklin CC & L	11 weeks
Fri	Apr 14-Jun 23	11:00am-12:00pm	\$43.34

## Yoga with Nancy (%)

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

<a href="#">47091</a>	55yrs+	Brooklin CC & L	4 weeks
Sun	Apr 16-May 7	12:30pm-1:30pm	\$15.76

## Yogalates with Mag (%)

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.

<a href="#">48056</a>	55yrs+	Centennial Building	11 weeks
Tue	Apr 11-Jun 20	11:30am-12:30pm	\$43.34

## Yogalates with Nancy (%)

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.

<a href="#">46836</a>	55yrs+	Brooklin CC & L	5 weeks
Mon	Apr 3-May 15	6:00pm-7:00pm	\$19.70
<a href="#">46968</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 5-Jun 28	6:00pm-7:00pm	\$47.28
<a href="#">47467</a>	55yrs+	Brooklin CC & L	4 weeks
Mon	Jun 5-Jun 26	6:00pm-7:00pm	\$15.76

## **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.

<a href="#">46995</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 13-Jun 29	5:00pm-6:00pm	\$47.28
<a href="#">46834</a>	55yrs+	Brooklin CC & L	10 weeks
Mon	Apr 17-Jun 26	11:00am-12:00pm	\$39.42

## **Zumba Gold with Carolina (%)**

This Zumba class builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with fun dance moves and variety of rhythms.

<a href="#">46996</a>	55yrs+	Centennial Building	10 weeks
Mon	Apr 3-Jun 19	11:30am-12:30pm	\$39.42

## **Zumba Toning with Carolina (%)**

Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs. Zumba Toning incorporates weights (1 pound). You'll be dancing and giving shaping and toning to your body.

<a href="#">46997</a>	55yrs+	Centennial Building	12 weeks
Wed	Apr 5-Jun 21	11:30am-12:30pm	\$47.28

## **General Interest**

### **55+ Photographic Club (%)**

Join the 55+ Photographic Club to share your photos and skills with other members. Meetings include educational discussions and the occasional field trip.

<a href="#">47334</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Apr 5-Jun 21	1:00pm-3:30pm	\$12.00

## Bridge - Absolute Beginner Part 3 with Jack (%)

This class is a continuation and final set of lessons for this series. We will explore competitive bidding, weak opening bids, slam bidding and other topics as time permits. This class is suitable for those who have already completed Bridge - Absolute Beginner Part2.

<a href="#">47085</a>	55yrs+	Brooklin CC & L	7 weeks
Thu	Apr 6-May 18	6:30pm-8:30pm	\$36.33

## 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.

<a href="#">46978</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 6-Jun 22	2:30pm-3:30pm	\$47.28

## History (%)

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

<a href="#">46979</a>	55yrs+	Centennial Building	7 weeks
Mon	Apr 17-Jun 5	2:30pm-4:00pm	\$35.07

## Lifewriting (%)

This writing program encourages you to use your personal history to create memoirs, fiction, non-fiction and poetry. As you write about your past, you may want to take time to analyse thoughts, feelings and actions, sharing a little wisdom with your readers. You do not have to be a writer to take this course-just enthusiasm, pen, and paper!

<a href="#">46819</a>	55yrs+	Brooklin CC & L	8 weeks
Thu	Apr 6-May 25	10:00am-12:30pm	\$8.00

## Mindfulness Meditation with David (%)

Mindfulness meditation offers the opportunity to improve your health, relieve and overcome stress, anxiety, fears and depression. Mindfulness activates natural abilities to bring contentment, confidence and joy into your daily interactions.

<a href="#">46817</a>	55yrs+	Brooklin CC & L	10 weeks
Wed	Apr 12-Jun 14	12:30pm-1:30pm	\$39.42

## Psychic Development with Julie (%)

In this course, you will have the opportunity discover your psychic abilities, learn to receive universal messages and connect to the spirit world. Psychic abilities remain dormant until we unlock these gifts. Each week offers instruction and practice on a variety of psychic modalities. Developing your and psychic abilities solving and expands awareness and compassion, giving your life greater flow and meaning.

<a href="#">46980</a>	55yrs+	Centennial Building	11 weeks
Wed	Apr 5-Jun 14	2:30pm-4:00pm	\$55.11

## 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 acupuncture, mild stretching and relaxation of body and mind.

<a href="#">46942</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Apr 4-Jun 20	4:30pm-5:30pm	\$47.28
<a href="#">46941</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 14-Jun 16	9:30am-10:30am	\$39.42

## 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 Heber Down Conservation Area on 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 be put in touch with the convenor after it closes.

<a href="#">47040</a>	55yrs+	Town of Whitby	26 weeks
Tue,Thu	Apr 4-Jun 29	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.

<a href="#">46949</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	9:00am-10:00am	\$39.42

## The Ideas Café

Around the corner or around the world, bring your own views on current affairs to The Ideas Café!

<a href="#">46809</a>	55yrs+	Brooklin CC & L	10 weeks
Mon	Apr 3-Jun 19	9:30am-11:00am	Free

## Language

### Spanish with Tony - Level 1 (%)

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.

<a href="#">46946</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Apr 3-Jun 19	9:00am-10:30am	\$50.06

### Spanish with Tony - Level 2 (%)

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.

<a href="#">46947</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 4-Jun 6	10:45am-12:15pm	\$53.06

## Spanish with Tony - Level 3 (%)

This advanced class is geared to those wishing to combine all the skills learned from Level 1 and 2. Fee includes printed materials.

<a href="#">46948</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 4-Jun 6	9:00am-10:30am	\$53.06

## Leagues and Sporting Groups

### Advanced Tennis League

Join the Whitby Seniors' Services Advanced Tennis League for recreational tennis. Days of play are Monday and Wednesday 8:00 a.m. to 10:00 a.m. An additional ball fee will be collected on the first day of play.

<a href="#">48076</a>	55yrs+	Peel Park	22 weeks
Mon,Wed	May 1-Sep 27	8:00am-10:00am	\$20.00

### Badminton League (%)

Join this league for some fun and exercise. Price includes shuttlecock fee.

<a href="#">46820</a>	55yrs+	Brooklin CC & L	10 weeks
Mon	Apr 3-Jun 19	9:00am-11:30am	\$23.00
<a href="#">46821</a>	55yrs+	Brooklin CC & L	12 weeks
Tue	Apr 4-Jun 20	9:00am-11:30am	\$27.00

### Golf - Level 1

This class is for beginners who would like to learn the basics. Golf exercises are included to improve your skills and your swing. All classes are held at a local driving range. You will be contacted before the class with the location. Please bring a five iron, seven iron, and a putter to the first class.

<a href="#">48085</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Apr 25-May 23	11:00am-12:00pm	\$34.16

### **Golf - Level 3**

This advanced class is for the seasoned golfer. Improve your swing and skills so you are ready for the golf course. All classes are held at a local driving range. You will be contacted before the class with the location. Please bring a five iron, seven iron, and a putter to the first class.

<a href="#">48086</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Apr 25-May 23	12:00pm-1:00pm	\$34.16

### **Pickleball - Level 1 (%)**

Pickleball is one of the fastest growing sports in North America. This Pickleball sporting group is designed for those who already know how to play as no formal instruction will be given. This program is for those at the introductory to junior level of play. Price includes ball fee.

<a href="#">46983</a>	55yrs+	Heydenshore Pavilion	11 weeks
Fri	Apr 14-Jun 23	9:30am-12:00pm	\$25.00

### **Pickleball - Level 2 (%)**

You MUST know how to play pickleball and keep score as no formal instruction will be given. This program is for those at the intermediate level of play. Price includes ball fee.

<a href="#">46824</a>	55yrs+	Brooklin CC & L	12 weeks
Wed	Apr 5-Jun 21	3:00pm-5:15pm	\$27.00

### **Pickleball - Level 2 and 3 (%)**

Pickleball is one of the fastest-growing sports in North America. This combined Intermediate and Advanced program is designed for those who already know how to play the game and keep score. Price includes ball fee. Participants are encourage to assist with set-up and take-down.

<a href="#">46984</a>	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Apr 4-Jun 20	9:00am-11:30am	\$27.00

## 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. Price includes ball fee.

<a href="#">46822</a>	55yrs+	Brooklin CC & L	12 weeks
Tue	Apr 4-Jun 20	12:45pm-3:00pm	\$27.00

## Pickleball - Level 3 (%)

This program is designed for those who are experienced Pickleball players. This program is for those at the advanced level of play. Price includes ball fee.

<a href="#">46823</a>	55yrs+	Brooklin CC & L	12 weeks
Wed	Apr 5-Jun 21	12:30pm-2:45pm	\$27.00

## Pickleball-Learn to Play Beginners (%)

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. Group and individual instruction will be given. Paddles are provided but you are welcome to bring your own. Please note that participants are encouraged to assist with set-up and take-down.

<a href="#">46985</a>	55yrs+	Heydenshore Pavilion	8 weeks
Wed	May 3-Jun 21	9:30am-11:30am	\$19.00

## Tennis League

Join the Whitby Seniors' Services Tennis League for recreational tennis and some planned tournaments. Days of play are Tuesday and Thursday 8:00 - 10:00 a.m. and Friday 7:00 - 9:00 a.m. An additional ball fee will be collected on the first day of play.

<a href="#">48066</a>	55yrs+	Iroquois Park Sports Centre	22 weeks
Tue,Thu,Fri	May 2-Sep 29	8:00am-9:00am	\$20.00

## Leisure Programs

### Book Club

This group meets once a month and generates a stimulating discussion on a current novel.

<a href="#">46830</a>	55yrs+	Brooklin CC & L	3 weeks
Mon	May 8-Jun 12	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!

<a href="#">46831</a>	55yrs+	Brooklin CC & L	1 class
Mon	Apr 3-Apr 3	1:00pm-3:00pm	\$1.00
<a href="#">46832</a>	55yrs+	Brooklin CC & L	1 class
Mon	May 15-May 15	1:00pm-3:00pm	\$1.00
<a href="#">46833</a>	55yrs+	Brooklin CC & L	1 class
Mon	Jun 19-Jun 19	1:00pm-3:00pm	\$1.00

## Music and Drama

### Drumming For Health 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.

<a href="#">46976</a>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 6-Jun 22	1:00pm-2:00pm	\$47.28

## 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.

<a href="#">46847</a>	55yrs+	Brooklin CC & L	10 weeks
Thu	Apr 6-Jun 8	1:30pm-2:30pm	\$42.42

## 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 key of songs. We'll also develop your knowledge of the fretboard and different fingerings for some chords. Price includes music booklet.

<a href="#">46848</a>	55yrs+	Brooklin CC & L	10 weeks
Thu	Apr 6-Jun 8	12:00pm-1:00pm	\$42.42

## 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.

<a href="#">46849</a>	55yrs+	Brooklin CC & L	10 weeks
Thu	Apr 6-Jun 8	3:00pm-4:00pm	\$42.42

## Sciences

### Biology Walk with Wilf - Spring Wildflowers (%)

Walk from the north end of Cullen Central Park along the asphalt trail into Heber Down Conservation Area. This walk will be led by an experienced guide. Meet at the north end of the Cullen Central Park parking lot. Rain Date: Friday, May 12.

<a href="#">47008</a>	55yrs+	Cullen Central Park	1 class
Wed	May 10-May 10	9:30am-11:30am	\$8.00

## Special Events

### Rotary Bingo (%)

Join us for a night of Bingo! Lots of prizes to be won. Refreshments will be served. This event is sponsored by the Rotary Club of Whitby.

<a href="#">47470</a>	55yrs+	Brooklin CC & L	1 class
Wed	Jun 7-Jun 7	7:00pm-9:00pm	\$2.00

## Wellness and Lifestyle

### Accident Awareness Workshop: Part 3:Walking to Drive

Bob Annan Is a retired Police Officer who served 38 years with the Toronto Police Service and Durham Regional Police. This important third part of the You and the Road event will introduce some new information about driving and walking while reviewing the information from part one and part two.

<a href="#">48084</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 18-Apr 18	10:00am-11:30am	Free

### Cancer Prevention Workshop

The Cancer Prevention and Screening Team will provide education on cancer prevention and highlight the four cancer screening programs that are available for cervical, breast, colorectal, and lung cancers. Individuals will understand the importance of being routinely screened to detect cancer earlier when it is most treatable with better outcomes. Through this education session, individuals will feel more encouraged and empowered to advocate for their own health.

<a href="#">46914</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 18-Apr 18	10:00am-11:30am	Free

### Detoxing your Body Naturally With Sylvia (%)

Are you feeling run down? Suffering with low energy, headaches, poor digestion, skin problems & cravings? Join Nutritionist Sylvia Emmorey to "Reboot Your Health!"

<a href="#">48060</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Jun 8-Jun 8	1:00pm-2:00pm	\$6.50

## How to Eat Healthy over the Summer With Sylvia (%)

Summer is finally here! And it's time to enjoy all the season has to offer, whether that means road trips, camping, cottaging or staycations with barbecues, summer often also brings with it more treats and indulgences that can often derail a healthy diet. In this seminar nutritionist Sylvia Emmorey will discuss strategies and options to help you enjoy summer foods while still maintaining a healthy diet.

<a href="#">48061</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Jun 22-Jun 22	1:00pm-2:00pm	\$6.50

## 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. Classes are 2.5 hours each, one-day a week, for six weeks

<a href="#">47610</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	May 16-Jun 20	9:30am-12:00pm	Free

## Therapeutic Touch Self Care Series With Lynn (%)

Therapeutic Touch® for Self-care - Therapeutic Touch (TT) is a gentle, healing therapy that affects the body, mind, emotions and spirit. Over 40 years of clinical practice and research support its effectiveness. It can be used in daily life and to complement medical care. During this 6 week series you will learn several TT techniques that will help you to relax, manage pain, reduce stress, feel calm, sleep better and heal? more quickly. Participants will have the option of purchasing (\$20) the book Be Your Own Healer: Self-Care with Therapeutic Touch by Crystal Hawk and Alison Cook.

<a href="#">48050</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Apr 6-May 18	9:00am-11:00am	\$30.00

## Wellness for Weight Loss Program with Sylvia Emmorey (%)

Facilitated by: Certified Nutritionist Sylvia Emmorey. Sylvia has 20yrs. of experience, works throughout the Durham Region and is also a professor at Durham college/OT. This 8 week Nutrition program will start you on your way to a healthier and more energetic you! Sylvia will guide you through holistic weight loss techniques including simple, healthy, and effective ways to improve your eating habits and reach your goals. This program will include (optional) weigh ins and food tracking to help with accountability.

<a href="#">46990</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Apr 13-Jun 1	12:00pm-1:00pm	\$50.00

## Wellness Seminar-Practical Planning for your Health

Presented by The Central East Local Health Integration Network-The workshop explores how the Five Domains of Wellness contribute to your health: Physical, Emotional, Intellectual, Spiritual and Social. Watch an inspirational video 'Arthur's Journey'. Learn how to make small changes to support your larger health goals by making plans.

<a href="#">47615</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 25-Apr 25	10:00am-11:30am	Free

## Wellness Seminar-Understanding Medications

Presented by The Central East Local Health Integration Network-The workshop explores tips on how to take Medications safely, Cautions for ordering medications on the internet, how to manage the challenge of taking medications. Why a personal record of medications is important and what should be included. The role of your pharmacist to support you

<a href="#">47614</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 14-Jun 14	10:00am-11:30am	Free