

Fall 2023 Recreation Programs

How to Register for a Program?

Online at 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 ACTIVENet 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.

Whitby Civic Recreation Complex Update

You may notice that the Civic Recreation Complex pool isn't yet listed as a program location. Information on the reopening date, and registration timeline for swim lessons will be shared on Monday September 18. For more information on project updates, visit <https://connectwhitby.ca/crc>

Table of Contents

Fall 2023 Recreation Programs.....	1
How to Register for a Program?	1
Online at whitby.ca/active	1
Register In Person	1
Refunds, Transfers and Registration Policies.....	1
Subsidized Program Guide	2
Whitby Civic Recreation Complex Update.....	2
Preschool Programs.....	15
General Interest.....	15
Holiday Fun Days (%)	15
Messy Family Fun (%)	15
Parent and Tot Music (%)	15
Parent and Tot Theme Days- Fall Apples (%).....	15
Parent and Tot Theme Days- Fall leaves (%)	16
Parent and Tot Theme Days- Happy Thanksgiving (%).....	16
Parent and Tot Theme Days-Fall Harvest (%)	16
Parent and Tot Theme Days-Pumpkin Patch (%)	16
Parent and Tot Theme Days-Trick or Treat (%)	16
Parent and Tot Theme Days-Dinosaurs (%)	17
Parent and Tot Theme Days-Poppies (%)	17
Parent and Tot Theme Days-Superheroes (%).....	17
Parent and Tot Theme Days-Happy Holidays (%)	17
Ready for School (%).....	17
Ready for School Holiday Fun (%).....	18
Tot Science (%).....	18
Leagues and Sporting Groups.....	18
Parent and Tot Basketball.....	18
Parent and Tot Indoor Soccer	19
Parent and Tot Indoor Soccer (%).....	19
Parent and Tot Kinder Sports.....	19
Parent and Tot Rookie Sports (%)	19
Childrens Programs.....	20

Fitness	20
Taekwondo 4-6 YRS	20
Taekwondo 7-11 YRS	20
Computer & Technology	20
Kids Great Minds - 3D Modeling and Printing (#@%)	20
Kids Great Minds - Cartoon Computer Animation (#@%)	20
Kids Great Minds -Games and Animations Programming (#@%)	21
Leagues and Sporting Groups	21
Badminton - Basics for Kids	21
Badminton – Kids	21
Basketball - Basics for Kids.....	21
Basketball - Kids	22
Indoor Soccer – Kids.....	22
Multi-Sport – Kids.....	22
Sportball - Indoor Coach and Child Multi-Sport (#@).....	22
Sportball - Indoor Parent and Child Multi-Sport (#@%).....	23
Youth Programs	23
First Aid & SafetyStay.....	23
Safe! Course (#@%).....	23
Leadership and Training	23
Babysitting Course (#@%).....	23
Leagues and Sporting Groups	24
Badminton – Youth.....	24
Basketball – Youth	24
Community Connection Programs	24
Adult Programs.....	24
Dance	24
Hip Hop with Community Connection (@#).....	24
Leagues and Sporting Groups	25
Badminton for Adults (#@).....	25
Volleyball Adult Co-Ed Recreational (#@)	25
Children Programs.....	25
Dance	25

Ballet /Jazz (@#).....	25
Ballet 1 (#@).....	25
Dance Medley (#@).....	26
Hip Hop with Community Connection (@#).....	26
Drawing & Painting	27
Art Connection (#@%).....	27
General Interest.....	27
Lego Club (#@%).....	27
Leagues and Sporting Groups.....	27
Basketball with Community Connection (@#).....	27
Brooklin Martial Arts-Jr. Brooklin Buddies Beginner (@#).....	28
Brooklin Martial Arts-Sr. Brooklin Buddies Beginner (@#).....	28
Brooklin Martial Arts-Youth/Teen Beginner Class (@#).....	29
Brooklin Martial Arts-Youth/Teen Fundamentals Class (@#).....	29
Brooklin Martial Arts-Youth/Teen Inter. B.B.T. Class (#@).....	30
Dodgeball for Kids (@#).....	30
Soccer for Kids with Community Connection (@#).....	30
Volleyball Co-ed (#@).....	31
Music and Drama.....	31
Guitar For Kids- Level 1 (#@%).....	31
Guitar For Kids- Level 1+ (#@%).....	31
Piano Keyboarding-Level 1 (#@%).....	31
Piano Keyboarding-Level 1+(#@%).....	32
Swim Programs.....	32
Aquafit	32
Aquafit - Deep Water.....	32
Children	32
Swimmer 1 – AOP 6-13yrs	32
Swimmer 2 – AOP 6-13yrs	33
Swimmer 3 – AOP 6-13yrs	34
Swimmer 4 – AOP 6-13yrs	35
Swimmer 5 – AOP 6-13yrs	36
Swimmer 6 – AOP 6-13yrs	37

Private Swimming Lessons.....	38
Private Swimming Lessons- AOP (#@)	38
Semi-Private Swimming Lessons	40
Semi-Private Swimmer 1 - AOP (#@) 6-13yrs.....	40
Semi-Private Swimmer 2 - AOP (#@) 6-13yrs.....	40
Semi-Private Swimmer 3 - AOP (#@) 6-13yrs.....	41
Semi-Private Swimmer 4 - AOP (#@) 6-13yrs.....	41
Semi-Private Swimmer 5- AOP (#@) 6-13yrs.....	42
Semi-Private Swimmer 6 - AOP (#@) 6-13yrs.....	42
Preschool.....	42
Parent and Tot 1 - AOP (%) 4-12months	42
Parent and Tot 2 - AOP (%) 12-24months	43
Parent and Tot 3- AOP (%) 2-3yrs	43
Preschool 1 – AOP 3-5yrs	44
Preschool 2 – AOP 3-5yrs	45
Preschool 3 – AOP 3-5yrs	46
Preschool 4 – AOP 3-5yrs	46
Preschool 5 – AOP 3-5yrs	47
Semi-Private Swimming Lessons	48
Semi-Private Preschool 1 - AOP (#@) 3-5yrs.....	48
Semi-Private Preschool 2 - AOP (#@) 3-5yrs.....	48
Semi-Private Preschool 3 - AOP (#@) 3-5yrs.....	48
Semi-Private Preschool 4 - AOP (#@) 3-5yrs.....	49
Semi-Private Preschool 5 - AOP (#@) 3-5yrs.....	49
Youth	49
Lessons for Teens- AOP	49
Leadership.....	49
Bronze Cross and Emergency First Aid	49
Bronze Medallion	50
Bronze Star	50
Canadian Swim Patrol 1- Rookie	51
Canadian Swim Patrol 2- Ranger.....	51
Canadian Swim Patrol 3- Star.....	51

NLS & Standard First Aid & CPR 'C'	51
Swim for Life & Lifesaving & Emergency First Aid	52
Adult Programs	52
Fitness	52
ABT-Abs/Butt/Thighs.....	52
Beginner Dance	52
Beginner Jazz	53
Body Barre	53
Body Barre	53
Boot Camp	53
Boot Camp	54
Boot Camp	54
Cardio Circuit	54
Cut to the Core.....	55
Dance Fit.....	55
Dance Fit.....	55
Gentle Yoga	55
Gentle Yoga	56
Interval Training	56
Kettlebell Conditioning	56
Latin Dance Fit.....	56
Low Impact.....	57
Mom and Baby Fitness	57
Pilates	57
Power Yoga	58
Restorative Yoga.....	58
Rock Body.....	58
Sculpt & Stretch	58
Full Body Fitness.....	59
Spinning.....	59
Step and Sculpt.....	60
Strength & Conditioning	60
Stretch and Myofascial Release (SMR)	60

Tai Chi - Beginner with Mary Grace	61
Tai Chi - Level 2 with Mary Grace	61
Xpress ABT-Abs/Butt/Thighs	61
Xpress Dance Fit.....	61
Xpress Spin.....	62
Yoga Flow	62
Zumba Fit.....	62
Leagues and Sporting Groups.....	63
Badminton – Adult.....	63
Ball Hockey - Adult (%)	63
Pickleball - Adult Beginner	63
Pickleball - Adult Learn to Play	63
All Ages Fitness.....	64
Taekwondo 12+ YRS	64
55+ Programs.....	64
Online Virtual Programs.....	64
Osteo Weight Training - Level 3 with Carole - Virtual (%).....	64
Twenty, Twenty, Twenty with Carole - Virtual (%).....	64
Chair Yoga with Judy - Virtual.....	64
Mind & Body - Virtual - Relaxation with Julie.....	65
Blank Slate - Virtual.....	65
Card Bingo - Virtual.....	65
Finish the Line - Virtual	66
Holiday Trivia by the Decades - Virtual	66
Jeopardy - Virtual.....	66
Scattergories – Virtual.....	66
Way With Words - Virtual	67
Wheel of Fortune - Virtual	67
You be the Judge - Virtual.....	67
Creative Arts.....	67
Drawing from Observation with Marni (%).....	67
Graphite Pears with Chrissie (%)	68
Holiday Acrylic Painting with Barb (%)	68

Holiday Card-Making with Chrissie (%).....	68
Knitted Cable Hat and Headband with Tara (%)	68
Lino Printmaking Workshop with Marni (%)	69
Needle Felted Fall Decor with Tara (%)	69
Needle Felted Winter Decor with Tara (%).....	69
Pen and Ink Bird with Watercolour with Chrissie (%).....	69
Sketching with Acrylic Paint with David (%)	70
Watercolour Painting - Beginner with Barb (%).....	70
Watercolour Painting - Level 2 with Barb (%).....	70
Woodcarving - Open Studio (%).....	71
Dance	71
Ballet with Tracy (%)	71
Clogging - Beginner Plus with Sandy (%)	71
Dance Flow with Alison (%)	71
Social Ballroom Dance with Nicole - Level 1 (%)	72
Social Ballroom Dance with Nicole - Level 2 (%)	72
Tap Dance with Alison - Level 1 (%).....	72
Tap Dance with Alison - Level 2 (%).....	72
Traditional Line Dance - Level 2 with Nicole (%).....	73
Traditional Line Dance-Absolute Beginner with Nicole (%).....	73
Traditional Line Dance-Beginner with Nicole (%).....	73
Fitness	73
Arthritis Exercise with Karel (%).....	73
Arthritis Exercise with Kim (%).....	74
Arthritis Exercise with Mary (%)	74
Arthritis Exercise with Tracy (%)	74
Barre Fitness with Tracy (%).....	75
Body Sculpt with Kim (%).....	75
Build Your Own Bones with Cindy (%).....	75
Build Your Own Bones with Tracy (%)	75
Cardio and Core with Kim (%).....	76
Chair Body Conditioning with Nicole A. (%)	76
Chair Exercise with Cindy (%).....	76

Dance Fitness with Shari (%).....	76
Full Body Fit and Stretch with Kim (%).....	76
Let's Get Moving with Nicole A. (%).....	77
Light and Lively with Karen - Level 1 (%).....	77
Light and Lively with Karen - Level 2 (%).....	77
Light Circuit Training with Nicole A. (%).....	78
Low Impact Boot Camp with Kim (%).....	78
Men's Fitness with Tracy (%).....	78
Osteo Weight Training Level 1 with Kim (%).....	78
Pilates - Level 1 with Dennis (%).....	78
Pilates - Level 1 with Karen (%).....	79
Pilates - Level 2 with Karen (%).....	79
Resistance Training with Rose (%).....	79
Toning and Stretching with Carolina (%).....	79
Total Body Stretch with Dennis (%).....	79
Total Body Stretch with Nicole (%).....	80
Total Body Workout with Cindy (%).....	80
Total Body Workout with Dennis (%).....	80
Total Body Workout with Rose (%).....	80
Total Body Workout with Tracy (%).....	81
Twenty, Twenty, Twenty with Cindy (%).....	81
Twenty, Twenty, Twenty with Karel (%).....	81
Twenty, Twenty, Twenty with Tracy (%).....	81
Weight Training - Level 1 and Level 2 with Tracy (%).....	82
Weight Training - Level 2 with Tracy (%).....	82
Yoga - Chair with Judy (%).....	82
Yoga - Deep Relaxation with Nancy (%).....	82
Yoga - Detox Flow with Mary (%).....	83
Yoga - Dynamic with Mag (%).....	83
Yoga - Intermediate with Mag (%).....	83
Yoga - Mid Morning with Donna (%).....	83
Yoga - Relax and Restore with Dennis (%).....	84
Yoga - Relax and Restore with Nancy (%).....	84

Yoga - Rise and Shine with Dennis (%)	84
Yoga - Rise and Shine with Mag (%)	84
Yoga - Stretch and Sculpt with Cindy (%)	84
Yoga Arthritis with Judy (%)	85
Yoga Dance with Shari (%)	85
Yoga Flow with Annalisa (%)	85
Yoga Stretch with Dennis (%)	86
Yoga Stretch with Donna (%).....	86
Yoga Stretch with Judy (%).....	86
Yoga with Annalisa (%).....	86
Yoga with David (%).....	87
Yoga with Grace (%).....	87
Yoga with Mag (%).....	87
Yoga with Marian (%).....	87
Yogalates with Judy (%).....	87
Yogalates with Mag (%)	88
Yogalates with Nancy (%).....	88
Zumba Gold (lite) with Nicole (%).....	88
Zumba Gold with Carolina (%).....	89
Zumba Toning with Carolina (%).....	89
General Interest.....	89
55+ Photographic Club (%).....	89
Bridge - Absolute Beginner Part 1 with Jack (%).....	89
Bridge Workshop with Rea (%)	89
Guided Meditation with Julie (%).....	90
History (%)	90
Lifewriting (%)	90
Mindfulness Meditation with David (%)	90
Psychic Development with Julie (%)	91
Qigong with Dave (%)	91
Rise and Shine 55+ Walking Group	91
Tai Chi (Yang Style 24) with Dave (%).....	91
The Ideas Café.....	92

General Interest Workshops	92
Building Strong Business Relationships with Tim Westhead (%).....	92
Language.....	92
French - Advanced with Maurice (%).....	92
French - Beginner with Maurice (%).....	92
Spanish - Advanced with Tony (%).....	93
Spanish - Beginner with Tony (%).....	93
Spanish - Intermediate with Tony (%).....	93
Leagues and Sporting Groups.....	93
Badminton League (%).....	93
Pickleball - All Levels (%).....	94
Pickleball - Learn to Play Beginners (%).....	94
Pickleball - Level 1 (%).....	94
Pickleball - Level 2 (%).....	95
Pickleball - Level 2 and 3 (%).....	95
Pickleball - Level 3 (%).....	95
Leisure Programs	95
Book Club	95
Penny Bingo (%).....	96
Music and Drama.....	96
Drumming for Health with Julie (%).....	96
Ukulele - Level 1 with Arlene (%).....	96
Ukulele - Level 2 with Arlene (%).....	96
Ukulele - Level 3 with Arlene (%).....	97
Sciences.....	97
Biology Walk with Wilf - Fall Wildflowers and Fruits (%).....	97
Special Events.....	97
Holiday Bingo (%).....	97
Rotary Bingo (%).....	97
Wellness and Lifestyle.....	98
Powerful Tools for Caregivers.....	98
How to Get Healthy Proteins in your Diet with Sylvia (%).....	98
Living a Healthy Life with Chronic Pain Workshop.....	98

Power of Attorney 2 with Martin Franssen	98
Quick and Healthy Snack Foods with Sylvia (%).....	99
Wellness for Weight Loss Program with Sylvia Emmorey (%)	99
Wellness Seminar - The 5 Domains of Wellness	99
Wellness Seminar-Understanding Food Labels	100
Station Gallery Programs	100
AAC - Digital Sculpting with Ryan Durrell (#@%)	100
AAC - Hand Building Pottery with Paulette Goulard (#@%).....	100
AAC - Pottery Wheel with Jasmine Moncalvo (#@%).....	101
AAC - Portrait Painting with Catherine Mills (#@%).....	101
AAC -Abstract Figurative Painting with Randy Hryhorczuk(#@%).....	101
AAC -Pottery Wheel with Jasmine Moncalvo (#@%).....	102
AAW - Summer's Blossom with Hi-Sook (#@%).....	102
AAW - Capturing Moving Water with Hi-Sook (#@%).....	102
AAW - Capturing Sunlight with Hi-Sook (#@%)	103
AAW - Holiday Ceramics with Paulette Goulard (#@%)	103
AAW - Leaf Pottery Dish Set with Paulette Goulard (#@%).....	103
AAW - Marvelous Mugs with Jasmine Moncalvo (#@%)	104
AAW - Photography: Off-Camera Lighting with Keith White (#@%)	104
AAW - Stunning Colours of Autumn with Hi-Sook (#@%).....	104
KAC - Artscapes with Katherine Lavery (#@%)	105
KAC - Artscapes with Kerry Lovett (#@%).....	105
KAC - Artventure with Samia Khalifa (#@%)	105
KAC - Artventure with Samia Khalifa (#@%)	106
KAC - Exploring Paint: Kids with Bronwyn Gauley (#@%).....	106
KAW - Having Fun with 3D Printing with Ryan Durrell (#@%).....	106
YAC - Cartoons and Character Design with Katherine Lavery (#@%).....	107
YAC - Exploring Paint: Youth with Bronwyn Gauley (#@%)	107
AAW - Pouring Art with Izzat Vaid (#@%).....	107
Art as Therapy: Art and Mindfulness with Georgia F. (#@%).....	107
Art as Therapy: Art and Movement with Georgia F. (#@%).....	108
Art as Therapy: Dream Exploration with Georgia F. (#@%).....	108
Art as Therapy: Embodying Nature with Georgia F. (#@%).....	108

Art as Therapy: Exploring Self-Identity with Georgia F. (#@%) 109
Art as Therapy: Intuition and Inner Voice with Georgia F. (#@%)..... 109
Art as Therapy: Story Telling Through Art with Georgia F. (#@%) 109
Art as Therapy: Transforming Negative Emotions w/ Georgia F. (#@%)..... 110

Preschool Programs

General Interest

Holiday Fun Days (%)

Take some time to yourself to get shopping completed while your child joins us for a themed holiday fun day! Each day will feature a different craft, activity and holiday story.

49909	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 8-Dec 8	9:15am-11:15am	\$17.10
49910	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 15-Dec 15	9:15am-11:15am	\$17.10

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.

49911	18mos-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 22-Nov 24	9:15am-10:00am	\$85.52

Parent and Tot Music (%)

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

49929	30mos-5yrs	Brooklin CC&L	10 weeks
Mon	Sep 18-Nov 27	11:30am-12:15pm	\$85.52

Parent and Tot Theme Days- Fall Apples (%)

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!

49912	18mos-4yrs	Brooklin CC&L	1 class
Fri	Sep 22-Sep 22	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days- Fall leaves (%)

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!

49913	18mos-4yrs	Brooklin CC&L	1 class
Fri	Sep 29-Sep 29	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days- Happy Thanksgiving (%)

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!

49914	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 6-Oct 6	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Fall Harvest (%)

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!

49916	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 13-Oct 13	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Pumpkin Patch (%)

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!

49919	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 20-Oct 20	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Trick or Treat (%)

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!

49921	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 27-Oct 27	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Dinosaurs (%)

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!

49915	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 3-Nov 3	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Poppies (%)

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!

49918	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 10-Nov 10	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Superheroes (%)

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!

49920	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 17-Nov 17	11:30am-12:15pm	\$8.55

Parent and Tot Theme Days-Happy Holidays (%)

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!

49917	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 24-Nov 24	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 3 by December 31, 2023, in order to register for this program.

49923	3-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Sep 18-Nov 27	9:15am-11:15am	\$342.08
49922	3-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Sep 19-Nov 23	9:15am-11:15am	\$342.08
49924	3-5yrs	McKinney Centre	20 classes
Tue,Thu	Sep 19-Nov 23	9:15am-11:15am	\$342.08
49925	3-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 22-Nov 24	9:15am-11:15am	\$171.04

Ready for School Holiday Fun (%)

This program will allow your child to celebrate the upcoming holidays with their Ready for School playmates. Children should be toilet trained and out of diapers in order to join this class. Children must be three years of age by December 31, 2023, in order to register for this program.

49926	3-5yrs	Brooklin CC&L	6 classes
Mon,Wed	Dec 4-Dec 20	9:15am-11:15am	\$102.62
49927	3-5yrs	Brooklin CC&L	6 classes
Tue,Thu	Dec 5-Dec 21	9:15am-11:15am	\$102.62
49928	3-5yrs	McKinney Centre	6 classes
Tue,Thu	Dec 5-Dec 21	9:15am-11:15am	\$102.62

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.

49930	3-5yrs	Brooklin CC&L	10 weeks
Wed	Sep 20-Nov 22	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.

50011	3-5yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	10:15am-10:55am	\$102.60

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.

50012	3-5yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	11:45am-12:25pm	\$102.60

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.

50013	2-3yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	11:00am-11:40am	\$102.60

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.

50014	2-4yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	9:30am-10:10am	\$102.60

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.

50015	18-30mos	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	9:00am-9:25am	\$68.40

Childrens Programs

Fitness

Taekwondo 4-6 YRS

Do you want to discover the dynamic sport of Olympic Taekwondo with Provincial & National Team Coach, Master Rommel Cabanatan,ChPC. Then join this class! Our family training environment supports the recreational and performance streams. This program is for children 4-6 years old. This program is by registration only.

50197	4-6yrs	Whitby Civic Rec	10 weeks
Sun	Oct 15-Dec 17	10:00am-10:55am	\$76.50

Taekwondo 7-11 YRS

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

50198	7-11yrs	Whitby Civic Rec	10 weeks
Sun	Oct 15-Dec 17	11:00am-11:55am	\$76.50

Computer & Technology

Kids Great Minds - 3D Modeling and Printing (#@%)

Learn how to design and model 3D structures. By implementing an easy to use software, students will be able to create anything from 3D characters like Steve, Kirby, Millennium Falcon and more. Transform simple shapes into amazingly imaginative structures. Each participant will print 2 small 3D pieces to take home to show off to family and friends!<

49933	8-14yrs	Brooklin CC&L	8 weeks
Wed	Oct 4-Nov 22	7:25pm-8:55pm	\$270.00

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

Come unleash your imagination in this program 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.<

49931	6-11yrs	Brooklin CC&L	8 weeks
Wed	Oct 4-Nov 22	4:45pm-5:45pm	\$170.00

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

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.

49932	8-12yrs	Brooklin CC&L	8 weeks
Wed	Oct 4-Nov 22	5:50pm-7:20pm	\$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.

49995	7-9yrs	Brooklin CC&L	15 weeks
Wed	Sep 13-Dec 20	6:00pm-6:25pm	\$64.13

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.

49996	10-12yrs	Brooklin CC&L	15 weeks
Wed	Sep 13-Dec 20	6:30pm-7:25pm	\$128.25

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.

50000	6-8yrs	Brooklin CC&L	16 weeks
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Sat	Sep 9-Dec 23	3:00pm-3:55pm	\$136.80
49999	6-8yrs	Brooklin CC&L	15 weeks
Tue	Sep 12-Dec 19	5:00pm-5:55pm	\$128.25

Basketball - Kids

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

50001	9-11yrs	Brooklin CC&L	16 weeks
Thu	Sep 7-Dec 21	5:00pm-5:55pm	\$136.80
50002	9-11yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	4:00pm-4:55pm	\$136.80

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.<

50009	6-8yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	2:00pm-2:55pm	\$136.80

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.<

50010	7-10yrs	Brooklin CC&L	15 weeks
Tue	Sep 12-Dec 19	6:00pm-6:55pm	\$128.25

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.<

50020	3-5yrs	Brooklin CC&L	12 weeks
Sun	Sep 24-Dec 17	9:45am-10:45am	\$255.00
50021	5-8yrs	Brooklin CC&L	12 weeks
Sun	Sep 24-Dec 17	10:45am-11:45am	\$255.00
50022	3-5yrs	Brooklin CC&L	12 weeks

Sun	Sep 24-Dec 17	11:45am-12:45pm	\$255.00
50018	3-5yrs	Brooklin CC&L	12 weeks
Mon	Sep 25-Dec 18	5:30pm-6:30pm	\$255.00
50019	5-8yrs	Brooklin CC&L	12 weeks
Mon	Sep 25-Dec 18	6:30pm-7:30pm	\$255.00

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.

50023	2-3yrs	Brooklin CC&L	12 weeks
Sun	Sep 24-Dec 17	9:00am-9:45am	\$255.00
50024	2-3yrs	Brooklin CC&L	12 weeks
Mon	Sep 25-Dec 18	4:45pm-5:30pm	\$255.00

Youth Programs

First Aid & SafetyStay

Safe! Course (#@%)

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

50209	9-13yrs	McKinney Centre	1 class
Sat	Sep 30-Sep 30	10:00am-4:00pm	\$71.00
50213	9-13yrs	Brooklin CC&L	1 class
Fri	Nov 17-Nov 17	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.

50210	11-16yrs	Brooklin CC&L	1 class
Sat	Nov 4-Nov 4	9:00am-5:00pm	\$76.00
50211	11-16yrs	McKinney Centre	1 class
Fri	Nov 17-Nov 17	9:00am-5:00pm	\$76.00

Leagues and Sporting Groups

Badminton – Youth

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

49997	11-15yrs	Brooklin CC&L	15 weeks
Wed	Sep 13-Dec 20	7:30pm-8:25pm	\$128.25

Basketball – Youth

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

50003	11-14yrs	Brooklin CC&L	16 weeks
Thu	Sep 7-Dec 21	6:00pm-6:55pm	\$136.80
50004	11-14yrs	Brooklin CC&L	16 weeks
Sat	Sep 9-Dec 23	5:00pm-5:55pm	\$136.80

Community Connection Programs

Adult Programs

Dance

Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles. This program is for ages 11+.

50258	11+yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	7:30pm-8:15pm	\$60.00

Leagues and Sporting Groups

Badminton for Adults (#@)

Enjoy a game of pick-up badminton with other enthusiasts! Please bring indoor shoes and your own racquet.

50261	15yrs+	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	7:45pm-9:00pm	\$50.00

Volleyball Adult Co-Ed Recreational (#@)

Enjoy a pick up game of volleyball with other enthusiasts. All skill levels are welcome. Please wear non-marking shoes

50267	16 and up	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	7:45pm-9:00pm	\$50.00

Children Programs

Dance

Ballet /Jazz (@#)

Enjoy our new ballet/jazz class in a fun and relaxed atmosphere. Dress for comfort. We recommend bodysuit and footwear, such as slippers with a grip.

50235	6-7yrs	John Dryden P.S.	10 weeks
Mon	Sep 25-Dec 4	6:45pm-7:30pm	\$60.00
50256	7-10yrs	John Dryden P.S.	10 weeks
Mon	Sep 25-Dec 4	7:30pm-8:15pm	\$60.00

Ballet 1 (#@)

Enjoy a ballet class in a fun and relaxed atmosphere. Dress for comfort. We recommend bodysuit and footwear, such as slippers with a grip.

50276	4-5yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	6:00pm-6:45pm	\$60.00
50262	3-4yrs	Ormiston P.S.	10 week
Wed	Sep 27-Nov 29	6:00pm-6:30pm	\$49.00
50236	4-5yrs	John Dryden P.S.	10 weeks

Mon	Sep 25-Dec 4	6:00pm-6:45pm	\$60.00
50257	3-4yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	6:00pm-6:30pm	\$49.00

Dance Medley (#@)

Enjoy ballet, hip hop, modern and jazz with an emphasis on fun!

50263	5-7yrs	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	6:30pm-7:15pm	\$60.00
50264	7-10yrs	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	7:15pm-8:00pm	\$60.00
50274	6-7yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	6:45pm-7:30pm	\$60.00
50242	5-7yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	6:30pm-7:15pm	\$60.00
50243	7-10yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	7:15pm-8:00pm	\$60.00

Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles.

50275	7-10yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	7:30pm-8:15pm	\$60.00
50246	7-10yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:45pm-7:30pm	\$60.00
50247	11+yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	7:30pm-8:15pm	\$60.00
50248	6-7yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:00pm-6:45pm	\$60.00

Drawing & Painting

Art Connection (#@%)

Students will have the opportunity to explore a variety of art forms including drawing, manga, cartooning, oil pastels and watercolour. Please bring a sketchpad and pencils.

50272	6-7yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	6:00pm-6:45pm	\$65.00
50273	8-11yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	6:45pm-7:30pm	\$65.00
50254	6-7yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:00pm-6:45pm	\$65.00
50255	8-11yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:45pm-7:30pm	\$65.00

General Interest

Lego Club (#@%)

Join in the fun at Lego Club. We supply the bricks and you supply the creativity and imagination!

50259	6-11yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	6:00pm-6:45pm	\$49.00
50260	6-11yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	6:45pm-7:30pm	\$49.00

Leagues and Sporting Groups

Basketball with Community Connection (@#)

This program is a combination of skill development and games in a non competitive environment. Please wear comfortable clothing and non-marking running shoes.

50237	5-6yrs	John Dryden P.S.	10 weeks
Mon	Sep 25-Dec 4	6:00pm-6:45pm	\$60.00
50238	6-8yrs	John Dryden P.S.	10 weeks
Mon	Sep 25-Dec 4	6:45pm-7:30pm	\$60.00
50239	9-12yrs	John Dryden P.S.	10 weeks

Mon	Sep 25-Dec 4	7:30pm-8:15pm	\$60.00
50240	5-6yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:00pm-6:45pm	\$60.00
50241	7-8yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:45pm-7:30pm	\$60.00

Brooklin Martial Arts-Jr. Brooklin Buddies Beginner (@#)

The Brooklin Buddies Beginner class is our entry level class for any NEW student between the ages of 5 and 7. At this age, they are in their prime development of listening and functioning. While Brooklin Buddies will be learning foundational martial arts techniques, our main focus is in helping your child in developing key skills such as listening, focusing, cooperation, control, discipline, memory, and balance. The curriculum includes a variety of drills used to teach each skill. The Brooklin Buddies classes will help them use their body and mind to its fullest potential.

50039	5-7yrs	Meadowcrest P.S.	10 weeks
Wed	Sep 27-Nov 29	6:00pm-6:30pm	\$52.00
50042	5-7yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	6:00pm-6:30pm	\$52.00
50040	5-7yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	6:00pm-6:30pm	\$52.00
50041	5-7yrs	Pringle Creek P.S.	10 weeks
Thu	Sep 28-Nov 30	6:00pm-6:30pm	\$52.00

Brooklin Martial Arts-Sr. Brooklin Buddies Beginner (@#)

The Brooklin Buddies Senior class is for RETURNING Brooklin Buddies students who have earned a white belt with a coloured stripe belt. The Brooklin Buddies Senior class builds on skills learned in the Brooklin Buddies beginner classes. We will continue to develop important character development lessons around Focus, Self-Discipline, Self-Confidence and Self-control through fun martial arts lessons. We will positively challenge our Brooklin Buddies with drills for skills in order to build their balance. Note: Any Brooklin Buddies students who have just turned 8 years old need to sign up for the Youth/Teen FUNDAMENTALS Class.

50052	5-7yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	6:30pm-7:00pm	\$52.00
50051	5-7yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	6:30pm-7:00pm	\$52.00

50053	5-7yrs	Meadowcrest P.S.	10 weeks
Wed	Sep 27-Nov 29	6:30pm-7:00pm	\$52.00
50054	5-7yrs	Pringle Creek P.S.	10 weeks
Thu	Sep 28-Nov 30	6:30pm-7:00pm	\$52.00

Brooklin Martial Arts-Youth/Teen Beginner Class (@#)

The Brooklin Martial Arts Youth/Teen class is our entry level program for NEW students 8 years old and older. Our classes focus on attention and discipline, thus building a sense of accomplishment and fostering self-confidence. Our classes are an excellent full-body workout with a focus on self-discipline and confidence. This class teaches the students foundational martial arts and self-defence techniques, including blocks, punches, kicks and stances. Note: those students who have turned 8 years and have taken a Brooklin Buddies program already, must sign up for the Youth/Teen FUNDAMENTALS class.

50043	8-15yrs	Meadowcrest P.S.	10 weeks
Wed	Sep 27-Nov 29	7:15pm-7:45pm	\$52.00
50060	8-15yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	7:15pm-7:45pm	\$52.00
50044	8-15yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	7:15pm-7:45pm	\$52.00
50059	8-15yrs	Pringle Creek P.S.	10 weeks
Thu	Sep 28-Nov 30	7:15pm-7:45pm	\$52.00

Brooklin Martial Arts-Youth/Teen Fundamentals Class (@#)

The Brooklin Martial Arts Fundamentals class is for RETURNING students who are currently a yellow belt to Half Orange/Half Purple belt. This class builds on the foundations learned in the beginner classes. The Fundamentals class combines the benefits of physical activity with real-world self-defence and personal development in a highly supportive environment. Our students receive coaching in fitness, goal setting, confidence, performance, and self-discipline. This class teaches our students not only the fundamentals of martial arts, but techniques that are necessary to one day become a Black Belt.

50048	8-15yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	7:45pm-8:15pm	\$52.00
50047	8-15yrs	Meadowcrest P.S.	10 weeks
Wed	Sep 27-Nov 29	7:45pm-8:15pm	\$52.00

50049	8-15yrs	Pringle Creek P.S.	10 weeks
Thu	Sep 28-Nov 30	7:45pm-8:15pm	\$52.00
50050	8-15yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	7:45pm-8:15pm	\$52.00

Brooklin Martial Arts-Youth/Teen Inter. B.B.T. Class (#@)

50066	8-17yrs	Brooklin Village P.S.	10 weeks
Mon	Sep 25-Dec 4	7:45pm-8:45pm	\$90.00
50069	8-17yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	7:45pm-8:45pm	\$90.00
50070	8-17yrs	Meadowcrest P.S.	10 weeks
Wed	Sep 27-Nov 29	7:45pm-8:45pm	\$90.00
50071	8-17yrs	Pringle Creek P.S.	10 weeks
Thu	Sep 28-Nov 30	7:45pm-8:45pm	\$90.00

Dodgeball for Kids (@#)

This high energy program focuses on the game of dodge ball and incorporates different versions such as King's Court, Elimination Dodgeball, Siege, and more.

50244	9-12yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	6:45pm-7:30pm	\$60.00
50245	6-8yrs	John Dryden P.S.	10 weeks
Tue	Sep 26-Dec 5	6:00pm-6:45pm	\$60.00

Soccer for Kids with Community Connection (@#)

Children learn the rules, improve skills and participate in drills and scrimmages. Please wear comfortable clothing and non-marking running shoes. Players do not require shin pads. Indoor soccer balls are used.

50249	5-6yrs	John Dryden P.S.	10 weeks
Mon	Sep 25-Dec 4	6:00pm-6:45pm	\$60.00
50250	6-8yrs	John Dryden P.S.	10 weeks
Mon	Sep 25-Dec 4	6:45pm-7:30pm	\$60.00
50251	5-6yrs	John Dryden P.S.	10 weeks

Wed	Sep 27-Nov 29	6:00pm-6:45pm	\$60.00
50252	6-8yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	6:45pm-7:30pm	\$60.00
50253	9-12yrs	John Dryden P.S.	10 weeks
Wed	Sep 27-Nov 29	7:30pm-8:15pm	\$60.00

Volleyball Co-ed (#@)

In this co-ed program, participants learn and improve their skills in a fun environment.

50268	12-14yrs	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	6:45pm-7:45pm	\$75.00
50269	11-12yrs	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	6:00pm-6:45pm	\$60.00

Music and Drama

Guitar For Kids- Level 1 (#@%)

Learn the fundamentals of reading sheet music by playing musical exercises and simple songs. Please bring your own acoustical guitar.

50265	7-10yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	6:00pm-7:00pm	\$75.00

Guitar For Kids- Level 1+ (#@%)

Learn the fundamentals of reading sheet music by playing musical exercises and simple songs. Please bring your own acoustical guitar.

50270	10-15yrs	Ormiston P.S.	10 weeks
Tue	Sep 26-Dec 5	7:00pm-8:00pm	\$75.00

Piano Keyboarding-Level 1 (#@%)

Our piano/keyboarding program offers an inexpensive opportunity for your child to see if this is the musical instrument for them! Students learn use of the keyboard and rhythm. A keyboard is required.

50266	8-10yrs	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	6:00pm-7:00pm	\$75.00

Piano Keyboarding-Level 1+ (#@%)

Our piano/keyboarding program offers an inexpensive opportunity for your child to see if this is the musical instrument for them! Students learn use of the keyboard and rhythm. A keyboard is required.

50271	10-15yrs	Ormiston P.S.	10 weeks
Wed	Sep 27-Nov 29	7:00pm-8:00pm	\$75.00

Swim Programs

Aquafit

Aquafit - Deep Water

For a challenging and effective workout, enjoy the natural resistance of this deep water class. Ideal for all fitness levels. Participants 55+yrs receive 50% discount pricing.

50699	13yrs+	Anne Ottenbrite Pool	13 classes
Tue	Sep 12-Dec 5	9:00am-9:45am	\$113.10
50700	13yrs+	Anne Ottenbrite Pool	13 classes
Tue	Sep 12-Dec 5	9:45am-10:30am	\$113.10
50701	13yrs+	Anne Ottenbrite Pool	13 classes
Wed	Sep 13-Dec 6	9:00am-9:45am	\$113.10
50702	13yrs+	Anne Ottenbrite Pool	13 classes
Wed	Sep 13-Dec 6	9:45am-10:30am	\$113.10
50703	13yrs+	Anne Ottenbrite Pool	13 classes
Fri	Sep 15-Dec 8	9:00am-9:45am	\$113.10
50704	13yrs+	Anne Ottenbrite Pool	13 classes
Fri	Sep 15-Dec 8	9:45am-10:30am	\$113.10

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.

10 classes Anne Ottenbrite Pool \$106.97

50229	Mon	Sep 25-Dec 4	11:00am-11:30am
50455	Mon	Sep 25-Dec 4	5:30pm-6:00pm
50456	Mon	Sep 25-Dec 4	6:00pm-6:30pm
50457	Mon	Sep 25-Dec 4	7:30pm-8:00pm
50458	Mon	Sep 25-Dec 4	8:00pm-8:30pm
50459	Tue	Sep 26-Dec 5	6:00pm-6:30pm
50460	Tue	Sep 26-Dec 5	7:00pm-7:30pm
50461	Tue	Sep 26-Dec 5	8:00pm-8:30pm
50462	Wed	Sep 27-Nov 29	5:30pm-6:00pm
50463	Wed	Sep 27-Nov 29	6:00pm-6:30pm
50464	Wed	Sep 27-Nov 29	6:30pm-7:00pm
50465	Wed	Sep 27-Nov 29	8:00pm-8:30pm
50466	Thu	Sep 28-Nov 30	11:00am-11:30am
50467	Thu	Sep 28-Nov 30	11:30am-12:00pm
50468	Thu	Sep 28-Nov 30	6:00pm-6:30pm
50469	Thu	Sep 28-Nov 30	7:00pm-7:30pm
50470	Thu	Sep 28-Nov 30	8:00pm-8:30pm
50471	Sat	Sep 30-Dec 9	9:00am-9:30am
50472	Sat	Sep 30-Dec 9	10:00am-10:30am
50473	Sat	Sep 30-Dec 9	11:00am-11:30am
50474	Sat	Sep 30-Dec 9	12:00pm-12:30pm
50475	Sun	Oct 1-Dec 10	9:00am-9:30am
50476	Sun	Oct 1-Dec 10	10:00am-10:30am
50477	Sun	Oct 1-Dec 10	11:00am-11:30am
50478	Sun	Oct 1-Dec 10	12:00pm-12:30pm

Swimmer 2 – AOP

6-13yrs

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)

10 classes

Anne Ottenbrite Pool

\$106.97

50230	Mon	Sep 25-Dec 4	6:30pm-7:00pm
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50479	Mon	Sep 25-Dec 4	7:00pm-7:30pm
50480	Mon	Sep 25-Dec 4	7:30pm-8:00pm
50481	Mon	Sep 25-Dec 4	8:00pm-8:30pm
50482	Tue	Sep 26-Dec 5	6:30pm-7:00pm
50483	Tue	Sep 26-Dec 5	7:30pm-8:00pm
50484	Tue	Sep 26-Dec 5	8:00pm-8:30pm
50485	Wed	Sep 27-Nov 29	5:30pm-6:00pm
50486	Wed	Sep 27-Nov 29	6:00pm-6:30pm
50487	Wed	Sep 27-Nov 29	6:30pm-7:00pm
50488	Wed	Sep 27-Nov 29	8:00pm-8:30pm
50489	Thu	Sep 28-Nov 30	11:30am-12:00pm
50490	Thu	Sep 28-Nov 30	6:30pm-7:00pm
50491	Thu	Sep 28-Nov 30	7:30pm-8:00pm
50492	Thu	Sep 28-Nov 30	8:00pm-8:30pm
50493	Sat	Sep 30-Dec 9	9:00am-9:30am
50494	Sat	Sep 30-Dec 9	9:30am-10:00am
50495	Sat	Sep 30-Dec 9	10:30am-11:00am
50496	Sat	Sep 30-Dec 9	11:30am-12:00pm
50497	Sun	Oct 1-Dec 10	9:30am-10:00am
50498	Sun	Oct 1-Dec 10	10:30am-11:00am
50499	Sun	Oct 1-Dec 10	11:30am-12:00pm
50500	Sun	Oct 1-Dec 10	12:30pm-1:00pm

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

10 classes

Anne Ottenbrite Pool

\$110.09

50231	Mon	Sep 25-Dec 4	5:30pm-6:15pm
50502	Mon	Sep 25-Dec 4	6:15pm-7:00pm
50503	Mon	Sep 25-Dec 4	7:00pm-7:45pm
50504	Tue	Sep 26-Dec 5	6:00pm-6:45pm
50505	Tue	Sep 26-Dec 5	6:45pm-7:30pm

50506	Tue	Sep 26-Dec 5	7:30pm-8:15pm
50507	Wed	Sep 27-Nov 29	6:15pm-7:00pm
50508	Wed	Sep 27-Nov 29	7:00pm-7:45pm
50509	Wed	Sep 27-Nov 29	7:45pm-8:30pm
50510	Thu	Sep 28-Nov 30	6:00pm-6:45pm
50511	Thu	Sep 28-Nov 30	6:45pm-7:30pm
50512	Thu	Sep 28-Nov 30	7:30pm-8:15pm
50513	Sat	Sep 30-Dec 9	9:00am-9:45am
50514	Sat	Sep 30-Dec 9	9:45am-10:30am
50515	Sat	Sep 30-Dec 9	10:30am-11:15am
50516	Sat	Sep 30-Dec 9	11:15am-12:00pm
50517	Sun	Oct 1-Dec 10	9:00am-9:45am
50518	Sun	Oct 1-Dec 10	10:30am-11:15am
50519	Sun	Oct 1-Dec 10	11:15am-12:00pm
50520	Sun	Oct 1-Dec 10	12:00pm-12:45pm

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

10 classes	Anne Ottenbrite Pool	\$110.09	
50232	Mon	Sep 25-Dec 4	5:30pm-6:15pm
50573	Mon	Sep 25-Dec 4	6:15pm-7:00pm
50574	Mon	Sep 25-Dec 4	7:00pm-7:45pm
50575	Mon	Sep 25-Dec 4	7:45pm-8:30pm
50576	Tue	Sep 26-Dec 5	6:00pm-6:45pm
50577	Tue	Sep 26-Dec 5	6:45pm-7:30pm
50578	Tue	Sep 26-Dec 5	7:30pm-8:15pm
50580	Wed	Sep 27-Nov 29	5:30pm-6:15pm
50581	Wed	Sep 27-Nov 29	6:15pm-7:00pm
50582	Wed	Sep 27-Nov 29	7:00pm-7:45pm
50583	Wed	Sep 27-Nov 29	7:45pm-8:30pm

50584	Thu	Sep 28-Nov 30	6:00pm-6:45pm
50585	Thu	Sep 28-Nov 30	6:45pm-7:30pm
50586	Thu	Sep 28-Nov 30	7:30pm-8:15pm
50587	Sat	Sep 30-Dec 9	9:00am-9:45am
50588	Sat	Sep 30-Dec 9	10:30am-11:15am
50589	Sat	Sep 30-Dec 9	11:15am-12:00pm
50590	Sat	Sep 30-Dec 9	12:00pm-12:45pm
50591	Sun	Oct 1-Dec 10	9:00am-9:45am
50592	Sun	Oct 1-Dec 10	9:45am-10:30am
50593	Sun	Oct 1-Dec 10	10:30am-11:15a
50594	Sun	Oct 1-Dec 10	11:15am-12:00pm

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.

10 classes	Anne Ottenbrite Pool	\$110.09	
50233	Mon	Sep 25-Dec 4	5:30pm-6:15pm
50596	Mon	Sep 25-Dec 4	7:00pm-7:45pm
50597	Mon	Sep 25-Dec 4	7:45pm-8:30pm
50598	Tue	Sep 26-Dec 5	6:00pm-6:45pm
50599	Tue	Sep 26-Dec 5	6:45pm-7:30pm
50600	Tue	Sep 26-Dec 5	7:30pm-8:15pm
50601	Wed	Sep 27-Nov 29	5:30pm-6:15pm
50602	Wed	Sep 27-Nov 29	7:00pm-7:45pm
50603	Wed	Sep 27-Nov 29	7:45pm-8:30pm
50604	Thu	Sep 28-Nov 30	6:00pm-6:45pm
50605	Thu	Sep 28-Nov 30	6:45pm-7:30pm
50606	Thu	Sep 28-Nov 30	7:30pm-8:15pm
50607	Sat	Sep 30-Dec 9	9:00am-9:45am
50608	Sat	Sep 30-Dec 9	9:45am-10:30am

50609	Sat	Sep 30-Dec 9	10:30am-11:15am
50610	Sat	Sep 30-Dec 9	12:00pm-12:45pm
50611	Sun	Oct 1-Dec 10	9:00am-9:45am
50612	Sun	Oct 1-Dec 10	9:45am-10:30am
50613	Sun	Oct 1-Dec 10	11:15am-12:00pm
50614	Sun	Oct 1-Dec 10	12:00pm-12:45pm

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.

10 classes	Anne Ottenbrite Pool		\$110.09
50234	Mon	Sep 25-Dec 4	6:15pm-7:00pm
50616	Mon	Sep 25-Dec 4	7:45pm-8:30pm
50617	Tue	Sep 26-Dec 5	6:00pm-6:45pm
50618	Tue	Sep 26-Dec 5	6:45pm-7:30pm
50619	Tue	Sep 26-Dec 5	7:30pm-8:15pm
50620	Wed	Sep 27-Nov 29	7:00pm-7:45pm
50621	Wed	Sep 27-Nov 29	7:45pm-8:30pm
50622	Thu	Sep 28-Nov 30	6:00pm-6:45pm
50623	Thu	Sep 28-Nov 30	6:45pm-7:30pm
50624	Thu	Sep 28-Nov 30	7:30pm-8:15pm
50625	Sat	Sep 30-Dec 9	9:45am-10:30am
50626	Sat	Sep 30-Dec 9	11:15am-12:00pm
50627	Sat	Sep 30-Dec 9	12:00pm-12:45pm
50628	Sun	Oct 1-Dec 10	9:45am-10:30am
50629	Sun	Oct 1-Dec 10	10:30am-11:15am
50630	Sun	Oct 1-Dec 10	12:00pm-12:45pm

Private Swimming Lessons

Private Swimming Lessons- AOP (#@)

One on one instruction. Swimmer's abilities will be assessed on the first week to determine the appropriate level, unless a previous progress card has been submitted to the instructor

10 classes	Anne Ottenbrite Pool	\$357.07
50393	Mon Sep 25-Dec 4	5:30pm-6:00pm
50394	Mon Sep 25-Dec 4	6:00pm-6:30pm
50395	Mon Sep 25-Dec 4	6:30pm-7:00pm
50396	Mon Sep 25-Dec 4	7:00pm-7:30pm
50727	Tue Sep 26-Nov 28	1:00pm-1:30pm
50728	Tue Sep 26-Nov 28	1:00pm-1:30pm
50729	Tue Sep 26-Nov 28	1:30pm-2:00pm
50730	Tue Sep 26-Nov 28	1:30pm-2:00pm
50731	Tue Sep 26-Nov 28	2:00pm-2:30pm
50732	Tue Sep 26-Nov 28	2:00pm-2:30pm
50733	Tue Sep 26-Nov 28	2:30pm-3:00pm
50734	Tue Sep 26-Nov 28	2:30pm-3:00pm
50397	Tue Sep 26-Dec 5	6:00pm-6:30pm
50398	Tue Sep 26-Dec 5	6:30pm-7:00pm
50399	Tue Sep 26-Dec 5	7:00pm-7:30pm
50400	Tue Sep 26-Dec 5	7:30pm-8:00pm
50401	Wed Sep 27-Nov 29	5:30pm-6:00pm
50402	Wed Sep 27-Nov 29	6:00pm-6:30pm
50403	Wed Sep 27-Nov 29	6:30pm-7:00pm
50404	Wed Sep 27-Nov 29	7:00pm-7:30pm
50405	Thu Sep 28-Nov 30	6:00pm-6:30pm
50406	Thu Sep 28-Nov 30	6:30pm-7:00pm
50407	Thu Sep 28-Nov 30	7:00pm-7:30pm
50408	Thu Sep 28-Nov 30	7:30pm-8:00pm
50409	Sat Sep 30-Dec 9	9:30am-10:00am
50410	Sat Sep 30-Dec 9	10:00am-10:30am

50411	Sat	Sep 30-Dec 9	10:30am-11:00am
50412	Sat	Sep 30-Dec 9	11:00am-11:30am
50413	Sat	Sep 30-Dec 9	11:30am-12:00pm
50414	Sat	Sep 30-Dec 9	12:00pm-12:30pm
50417	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50418	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50419	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50420	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50421	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50422	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50423	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50424	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50425	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50426	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50427	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50428	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50429	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50430	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50431	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50432	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50433	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50434	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50435	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50436	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50437	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50438	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50439	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50440	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50441	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50442	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50443	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50444	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50445	Sat	Sep 30-Dec 9	7:00pm-7:30pm

50446	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50447	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50448	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50697	Sat	Sep 30-Dec 9	12:00pm-12:30pm
50449	Sun	Oct 1-Dec 10	9:00am-9:30am
50450	Sun	Oct 1-Dec 10	10:00am-10:30am
50451	Sun	Oct 1-Dec 10	11:00am-11:30am
50452	Sun	Oct 1-Dec 10	11:30am-12:00pm
50453	Sun	Oct 1-Dec 10	12:00pm-12:30pm
50454	Sun	Oct 1-Dec 10	12:30pm-1:00pm

Semi-Private Swimming Lessons

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$218.13	
50501	Mon	Sep 25-Dec 4	5:30pm-6:00pm
50737	Tue	Sep 26-Nov 28	2:00pm-2:30pm
50632	Wed	Sep 27-Nov 29	5:30pm-6:00pm
50633	Sat	Sep 30-Dec 9	9:00am-9:30am
50634	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50635	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50636	Sun	Oct 1-Dec 10	9:00am-9:30am

Semi-Private Swimmer 2 - AOP (#@)

6-13yrs

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). Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$218.13	
50571	Mon	Sep 25-Dec 4	6:00pm-6:30pm

50738	Tue	Sep 26-Nov 28	2:30pm-3:00pm
50637	Wed	Sep 27-Nov 29	6:00pm-6:30pm
50638	Sat	Sep 30-Dec 9	9:30am-10:00am
50639	Sat	Sep 30-Dec 9	4:30pm-5:00pm
50640	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50641	Sun	Oct 1-Dec 10	9:30am-10:00am

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$218.13
50572	Mon	Sep 25-Dec 4	6:30pm-7:00pm
50642	Wed	Sep 27-Nov 29	6:30pm-7:00pm
50643	Sat	Sep 30-Dec 9	10:00am-10:30am
50644	Sat	Sep 30-Dec 9	5:00pm-5:30pm
50645	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50646	Sun	Oct 1-Dec 10	10:00am-10:30am

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$218.13
50595	Mon	Sep 25-Dec 4	7:00pm-7:30pm
50647	Wed	Sep 27-Nov 29	7:00pm-7:30pm
50648	Sat	Sep 30-Dec 9	10:30am-11:00am
50649	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50650	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50651	Sun	Oct 1-Dec 10	10:30am-11:00am

Semi-Private 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.

10 classes	Anne Ottenbrite Pool		\$218.13
50615	Mon	Sep 25-Dec 4	7:30pm-8:00pm
50652	Wed	Sep 27-Nov 29	7:30pm-8:00pm
50653	Sat	Sep 30-Dec 9	11:00am-11:30am
50654	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50655	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50656	Sun	Oct 1-Dec 10	11:00am-11:30am

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$218.13
50631	Mon	Sep 25-Dec 4	8:00pm-8:30pm
50657	Wed	Sep 27-Nov 29	8:00pm-8:30pm
50658	Sat	Sep 30-Dec 9	11:30am-12:00pm
50659	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50660	Sat	Sep 30-Dec 9	7:00pm-7:30pm
50661	Sun	Oct 1-Dec 10	11:30am-12:00pm

Preschool

Parent and Tot 1 - AOP (%)

4-12months

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

10 classes	Anne Ottenbrite Pool		\$106.97
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50130	Mon	Sep 25-Dec 4	9:30am-10:00am
50277	Mon	Sep 25-Dec 4	5:30pm-6:00pm
50278	Tue	Sep 26-Dec 5	6:00pm-6:30pm
50279	Wed	Sep 27-Nov 29	6:00pm-6:30pm
50280	Thu	Sep 28-Nov 30	10:00am-10:30am
50281	Thu	Sep 28-Nov 30	11:00am-11:30am
50282	Thu	Sep 28-Nov 30	6:00pm-6:30pm
50283	Sat	Sep 30-Dec 9	9:00am-9:30am
50284	Sun	Oct 1-Dec 10	9:00am-9:30am
50285	Sun	Oct 1-Dec 10	10:30am-11:00am

Parent and Tot 2 - AOP (%)

12-24months

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

10 classes

Anne Ottenbrite Pool

\$106.97

50131	Mon	Sep 25-Dec 4	10:00am-10:30am
50286	Mon	Sep 25-Dec 4	11:00am-11:30am
50287	Mon	Sep 25-Dec 4	6:00pm-6:30pm
50288	Tue	Sep 26-Dec 5	6:30pm-7:00pm
50289	Wed	Sep 27-Nov 29	5:30pm-6:00pm
50290	Thu	Sep 28-Nov 30	9:30am-10:00am
50291	Thu	Sep 28-Nov 30	6:30pm-7:00pm
50292	Sat	Sep 30-Dec 9	9:30am-10:00am
50293	Sun	Oct 1-Dec 10	9:30am-10:00am
50294	Sun	Oct 1-Dec 10	11:00am-11:30am

Parent and Tot 3- AOP (%)

2-3yrs

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

10 classes

Anne Ottenbrite Pool

\$106.97

50132	Mon	Sep 25-Dec 4	10:30am-11:00am
50295	Mon	Sep 25-Dec 4	6:30pm-7:00pm
50296	Tue	Sep 26-Dec 5	7:00pm-7:30pm
50297	Wed	Sep 27-Nov 29	6:30pm-7:00pm

50298	Thu	Sep 28-Nov 30	10:30am-11:00am
50299	Thu	Sep 28-Nov 30	11:30am-12:00pm
50300	Thu	Sep 28-Nov 30	7:00pm-7:30pm
50301	Sat	Sep 30-Dec 9	10:00am-10:30am
50302	Sun	Oct 1-Dec 10	10:00am-10:30am
50303	Sun	Oct 1-Dec 10	11:30am-12:00pm

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.

10 classes	Anne Ottenbrite Pool	\$106.97	
50133	Mon	Sep 25-Dec 4	9:30am-10:00am
50304	Mon	Sep 25-Dec 4	10:00am-10:30am
50305	Mon	Sep 25-Dec 4	11:00am-11:30am
50306	Mon	Sep 25-Dec 4	5:30pm-6:00pm
50307	Mon	Sep 25-Dec 4	6:00pm-6:30pm
50308	Mon	Sep 25-Dec 4	7:00pm-7:30pm
50309	Tue	Sep 26-Dec 5	6:00pm-6:30pm
50310	Tue	Sep 26-Dec 5	6:30pm-7:00pm
50311	Tue	Sep 26-Dec 5	7:30pm-8:00pm
50312	Wed	Sep 27-Nov 29	5:30pm-6:00pm
50313	Wed	Sep 27-Nov 29	6:00pm-6:30pm
50314	Wed	Sep 27-Nov 29	7:00pm-7:30pm
50315	Thu	Sep 28-Nov 30	9:30am-10:00am
50316	Thu	Sep 28-Nov 30	10:30am-11:00am
50317	Thu	Sep 28-Nov 30	11:00am-11:30am
50318	Thu	Sep 28-Nov 30	6:00pm-6:30pm
50319	Thu	Sep 28-Nov 30	6:30pm-7:00pm
50320	Thu	Sep 28-Nov 30	7:30pm-8:00pm
50321	Sat	Sep 30-Dec 9	9:00am-9:30am
50322	Sat	Sep 30-Dec 9	10:00am-10:30am
50323	Sat	Sep 30-Dec 9	11:00am-11:30am

50324	Sat	Sep 30-Dec 9	12:00pm-12:30pm
50325	Sun	Oct 1-Dec 10	9:00am-9:30am
50326	Sun	Oct 1-Dec 10	10:00am-10:30am
50327	Sun	Oct 1-Dec 10	12:00pm-12:30pm
50328	Sun	Oct 1-Dec 10	12:30pm-1:00pm

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.

10 classes	Anne Ottenbrite Pool		\$106.97
50134	Mon	Sep 25-Dec 4	9:30am-10:00am
50329	Mon	Sep 25-Dec 4	10:30am-11:00am
50330	Mon	Sep 25-Dec 4	5:30pm-6:00pm
50331	Mon	Sep 25-Dec 4	6:30pm-7:00pm
50332	Mon	Sep 25-Dec 4	7:30pm-8:00pm
50333	Tue	Sep 26-Dec 5	6:30pm-7:00pm
50334	Tue	Sep 26-Dec 5	7:00pm-7:30pm
50335	Tue	Sep 26-Dec 5	8:00pm-8:30pm
50336	Wed	Sep 27-Nov 29	5:30pm-6:00pm
50337	Wed	Sep 27-Nov 29	6:30pm-7:00pm
50338	Wed	Sep 27-Nov 29	7:30pm-8:00pm
50339	Thu	Sep 28-Nov 30	9:30am-10:00am
50340	Thu	Sep 28-Nov 30	10:00am-10:30am
50341	Thu	Sep 28-Nov 30	6:30pm-7:00pm
50342	Thu	Sep 28-Nov 30	7:00pm-7:30pm
50343	Thu	Sep 28-Nov 30	8:00pm-8:30pm
50344	Sat	Sep 30-Dec 9	9:00am-9:30am
50345	Sat	Sep 30-Dec 9	9:30am-10:00am
50346	Sat	Sep 30-Dec 9	10:30am-11:00am
50347	Sat	Sep 30-Dec 9	11:30am-12:00pm
50348	Sun	Oct 1-Dec 10	9:00am-9:30am
50349	Sun	Oct 1-Dec 10	9:30am-10:00am

50350	Sun	Oct 1-Dec 10	10:30am-11:00am
50351	Sun	Oct 1-Dec 10	12:30pm-1:00pm

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.

10 classes	Anne Ottenbrite Pool	\$106.97	
50135	Mon	Sep 25-Dec 4	10:00am-10:30am
50352	Mon	Sep 25-Dec 4	10:30am-11:00am
50353	Mon	Sep 25-Dec 4	6:00pm-6:30pm
50354	Mon	Sep 25-Dec 4	7:00pm-7:30pm
50355	Mon	Sep 25-Dec 4	8:00pm-8:30pm
50356	Tue	Sep 26-Dec 5	6:00pm-6:30pm
50357	Tue	Sep 26-Dec 5	7:30pm-8:00pm
50358	Wed	Sep 27-Nov 29	6:30pm-7:00pm
50359	Wed	Sep 27-Nov 29	7:00pm-7:30pm
50360	Wed	Sep 27-Nov 29	8:00pm-8:30pm
50361	Thu	Sep 28-Nov 30	10:00am-10:30am
50362	Thu	Sep 28-Nov 30	10:30am-11:00am
50363	Thu	Sep 28-Nov 30	6:00pm-6:30pm
50364	Thu	Sep 28-Nov 30	7:30pm-8:00pm
50365	Sat	Sep 30-Dec 9	9:30am-10:00am
50366	Sat	Sep 30-Dec 9	10:30am-11:00am
50367	Sat	Sep 30-Dec 9	11:30am-12:00pm
50368	Sun	Oct 1-Dec 10	9:30am-10:00am
50369	Sun	Oct 1-Dec 10	11:00am-11:30am

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

10 classes	Anne Ottenbrite Pool	\$106.97	
50136	Mon	Sep 25-Dec 4	6:30pm-7:00pm

50370	Mon	Sep 25-Dec 4	7:30pm-8:00pm
50371	Tue	Sep 26-Dec 5	7:00pm-7:30pm
50372	Tue	Sep 26-Dec 5	8:00pm-8:30pm
50373	Wed	Sep 27-Nov 29	6:00pm-6:30pm
50374	Wed	Sep 27-Nov 29	7:30pm-8:00pm
50375	Thu	Sep 28-Nov 30	7:00pm-7:30pm
50376	Thu	Sep 28-Nov 30	8:00pm-8:30pm
50377	Sat	Sep 30-Dec 9	10:00am-10:30am
50378	Sat	Sep 30-Dec 9	11:00am-11:30am
50379	Sun	Oct 1-Dec 10	10:00am-10:30am
50380	Sun	Oct 1-Dec 10	11:00am-11:30am
50381	Sun	Oct 1-Dec 10	11:30am-12:00pm

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

10 classes	Anne Ottenbrite Pool	\$106.97	
50137	Mon	Sep 25-Dec 4	7:00pm-7:30pm
50382	Mon	Sep 25-Dec 4	8:00pm-8:30pm
50383	Tue	Sep 26-Dec 5	7:30pm-8:00pm
50384	Tue	Sep 26-Dec 5	8:00pm-8:30pm
50385	Wed	Sep 27-Nov 29	7:00pm-7:30pm
50386	Wed	Sep 27-Nov 29	7:30pm-8:00pm
50387	Thu	Sep 28-Nov 30	7:30pm-8:00pm
50388	Thu	Sep 28-Nov 30	8:00pm-8:30pm
50389	Sat	Sep 30-Dec 9	10:30am-11:00am
50390	Sat	Sep 30-Dec 9	12:00pm-12:30pm
50391	Sun	Oct 1-Dec 10	10:30am-11:00am
50392	Sun	Oct 1-Dec 10	12:00pm-12:30pm

Semi-Private Swimming Lessons

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$218.13
50735	Tue Sep 26-Nov 28	1:00pm-1:30pm
50662	Sat Sep 30-Dec 9	11:00am-11:30am
50663	Sat Sep 30-Dec 9	4:30pm-5:00pm
50664	Sat Sep 30-Dec 9	6:00pm-6:30pm
50665	Sat Sep 30-Dec 9	6:30pm-7:00pm
50666	Sun Oct 1-Dec 10	9:30am-10:00am

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$218.13
50736	Tue Sep 26-Nov 28	1:30pm-2:00pm
50667	Sat Sep 30-Dec 9	11:30am-12:00pm
50668	Sat Sep 30-Dec 9	4:30pm-5:00pm
50669	Sat Sep 30-Dec 9	5:00pm-5:30pm
50670	Sun Oct 1-Dec 10	10:30am-11:00am

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool	\$218.13
50671	Sat Sep 30-Dec 9	12:00pm-12:30pm
50672	Sat Sep 30-Dec 9	5:00pm-5:30pm
50673	Sat Sep 30-Dec 9	5:30pm-6:00pm
50674	Sun Oct 1-Dec 10	11:30am-12:00pm

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$218.13
50675	Sat	Sep 30-Dec 9	5:30pm-6:00pm
50676	Sun	Oct 1-Dec 10	12:00pm-12:30pm

Semi-Private 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. Ratio 3:1

10 classes	Anne Ottenbrite Pool		\$218.13
50677	Sat	Sep 30-Dec 9	6:00pm-6:30pm
50678	Sat	Sep 30-Dec 9	6:30pm-7:00pm
50679	Sun	Oct 1-Dec 10	12:30pm-1:00pm

Youth

Lessons for Teens- AOP

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

50682	14-18yrs	Anne Ottenbrite Pool	10 classes
Mon	Sep 25-Dec 4	8:30pm-9:30pm	\$57.77
50683	14-18yrs	Anne Ottenbrite Pool	10 classes
Tue	Sep 26-Dec 5	8:15pm-9:15pm	\$57.77

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 one of our Town of Whitby recreational facilities

50688	14yrs+	Anne Ottenbrite Pool	10 classes
Thu	Sep 28-Nov 30	7:00pm-10:00pm	\$213.88
50693	14yrs+	Anne Ottenbrite Pool	10 classes
Sun	Oct 1-Dec 10	11:30am-2:30pm	\$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

50684	13yrs+	Anne Ottenbrite Pool	10 classes
Tue	Sep 26-Dec 5	7:00pm-10:00pm	\$205.44
50694	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Sep 29-Dec 8	5:30pm-8:30pm	\$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

50695	10-13yrs	Anne Ottenbrite Pool	10 classes
Fri	Sep 29-Dec 8	7:00pm-8:00pm	\$115.17
50696	10-13yrs	Anne Ottenbrite Pool	10 classes
Sun	Oct 1-Dec 10	2:30pm-3:30pm	\$115.17

Canadian Swim Patrol 1- Rookie

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. Canadian Swim Patrol consists of three levels; Rookie, Ranger and Star. Participants start at the Rookie level and graduate to Ranger then Star. This course is an excellent introduction to the Bronze Star Program. The minimum prerequisite for this program is Swimmer 6 and 8 years of age

50681	8-12yrs	Anne Ottenbrite Pool	10 classes
Mon	Sep 25-Dec 4	7:30pm-8:30pm	\$115.17

Canadian Swim Patrol 2- Ranger

Content is challenging and achievable with effort and provides enriched training for participants who want to go beyond learn-to-swim. Canadian Swim Patrol consists of three levels; Rookie, Ranger and Star. Participants registered in this level have successfully completed Rookie Patrol and are ready to move onto Ranger then Star. This course is an excellent introduction to the Bronze Star Program. The minimum prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie Patrol

50685	8-12yrs	Anne Ottenbrite Pool	10 classes
Wed	Sep 27-Nov 29	7:30pm-8:30pm	\$115.17

Canadian Swim Patrol 3- Star

Content is challenging and achievable with effort and provides enriched training for participants who want to go beyond learn-to-swim. Canadian Swim Patrol consists of three levels; Rookie, Ranger and Star. Participants registered in this level have successfully completed Rookie and Ranger Patrol and are ready to move onto the final level, Star Patrol. This course is an excellent introduction to the Bronze Star Program. The minimum prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie and Ranger Patrol

50686	8-12yrs	Anne Ottenbrite Pool	10 classes
Sun	Oct 1-Dec 10	12:00pm-1:00pm	\$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

50687	15yrs+	Anne Ottenbrite Pool	11 classes
Wed	Sep 27-Dec 6	6:00pm-10:30pm	\$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

50680	15yrs+	Anne Ottenbrite Pool	10 classes
Mon	Sep 25-Dec 4	6:00pm-10:00pm	\$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! Participants 14-17yrs and 55+yrs receive 50% discount pricing

50147	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	10:15am-11:10am	\$85.00
50148	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	10:15am-11:10am	\$85.00

Beginner Dance

Welcome aspiring Latin dancers! Learn the basics of Latin dance technique and variations while improving cardiovascular fitness, strength and flexibility. This is a great class to prepare for our Latin Dance Fit workouts. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

50150	14yrs+	Brooklin CC&L	11 weeks
Wed	Oct 11-Dec 20	7:30pm-8:25pm	\$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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50151	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	11:15am-12:10pm	\$85.00

Body Barre

This popular class combines athletic style yoga, Pilates and ballet. This full body workout uses a weighted body bar and Pilates ball for conditioning to help improve your overall flexibility, core strength and wellbeing. The class is set to energizing dance music that is certain to get your body moving. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50153	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	7:30pm-8:25pm	\$85.00

Body Barre

This popular class combines athletic style yoga, Pilates and ballet. This full body workout uses a weighted body bar and Pilates ball for conditioning to help improve your overall flexibility, core strength and wellbeing. The class is set to energizing dance music that is certain to get your body moving. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50152	14yrs+	Brooklin CC&L	11 weeks
Thu	Oct 12-Dec 21	7:00pm-7:55pm	\$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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50156	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	5:30pm-6:25pm	\$85.00

50155	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Oct 12-Dec 21	10:15am-11:10am	\$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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50157	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	9:00am-9:55am	\$85.00

Boot Camp

Don't let the name scare you! Boot Camp is a great way to kick start your fitness routine, increase your muscular strength and improve your cardiovascular efficiency. Drill work, circuit training, obstacle courses, use of med balls and free weights along with total body functional exercises are just a few of the highlights in this workout. Guaranteed to keep your body guessing and help you reach your fitness goals. All fitness levels are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50159	14yrs+	Brooklin CC&L	11 weeks
Wed	Oct 11-Dec 20	5:30pm-6:25pm	\$85.00

50154	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Oct 16-Dec 18	9:00am-9:55am	\$76.50

50160	14yrs+	Brooklin CC&L	10 weeks
Mon	Oct 16-Dec 18	5:30pm-6:25pm	\$76.50

Cardio Circuit

Cardio & Core Circuit 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50161	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Oct 12-Dec 21	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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50162	14yrs+	Brooklin CC&L	11 weeks
Thu	Oct 12-Dec 21	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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50163	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	11:15am-12:10pm	\$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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50164	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	12:15pm-1:10pm	\$85.00

Gentle Yoga

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. Learn about the history of yoga, how it improves your way of life and some Sanskrit along the way. Namaste (is a Sanskrit word) - meaning: a respectful greeting of one another. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50191	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	6:30pm-7:25pm	\$85.00
50193	14yrs+	Whitby Civic Rec Complex	10 weeks

Mon Oct 16-Dec 18 6:30pm-7:25pm \$76.50

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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

[50165](#) 14yrs+ Whitby Civic Rec Complex 11 weeks
Thu Oct 12-Dec 21 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

[50166](#) 14yrs+ Whitby Civic Rec Complex 11 weeks
Fri Oct 13-Dec 22 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

[50167](#) 14yrs+ Whitby Civic Rec Complex 11 weeks
Wed Oct 11-Dec 20 5:30pm-6:25pm \$85.00

Latin Dance Fit

Sweat and groove to the flavourful Latin rhythms of Salsa, Reggaeton, Samba and more! This fun and exciting high energy workout will burn calories, strengthen and tone

your body while energizing your body and mind. suitable for all fitness levels.
Participants 14-17yrs and 55+yrs receive 50% discount pricing

50171	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	7:30pm-8:25pm	\$85.00
50170	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Oct 16-Dec 18	7:30pm-8:25pm	\$76.50
50168	14yrs+	Brooklin CC&L	11 weeks
Wed	Oct 11-Dec 20	6:30pm-7:25pm	\$85.00
50172	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Oct 14-Dec 23	10:15am-11:10am	\$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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50173	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Oct 16-Dec 18	10:15am-11:10am	\$76.50

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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50174	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	11:15am-12:10pm	\$85.00

Pilates

This Pilates program will increase abdominal and back strength, functional stability, and flexibility while expanding your body awareness. This class is designed for all levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50175	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Oct 16-Dec 18	11:15am-12:10pm	\$76.50

Power Yoga

Join this dynamic style of yoga that's focused on building strength and endurance while linking your breathing to the different motions of your body. It is also an excellent form of yoga for burning calories and challenging the body and mind. Open to all levels of practice who are looking for a challenge. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50176	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Oct 12-Dec 21	7:30pm-8:25pm	\$85.00
50177	14yrs+	Whitby Civic Rec Complex	10 week
Mon	Oct 16-Dec 18	12:30pm-1:25pm	\$76.50

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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50178	14yrs+	Brooklin CC&L	10 weeks
Mon	Oct 16-Dec 18	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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50180	14yrs+	Brooklin CC&L	11 weeks
Tue	Oct 10-Dec 19	6:00pm-6:55pm	\$85.00
50179	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Oct 12-Dec 21	5:30pm-6:25pm	\$85.00

Sculpt & Stretch

This class will take you through a series of Yoga, Barre and Pilates inspired exercises with a strong focus on proper form, alignment, overall body strength and flexibility. Equipment will vary and will include dumbbells, Bender balls, resistance bands, gliders and stability balls. Open to all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50181	14yrs+	Whitby Civic Rec Complex	11 weeks
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Thu	Oct 12-Dec 21	1:30pm-2:25pm	\$85.00
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Full Body Fitness

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

50183	14yrs+	Whitby Civic Rec Complex	11 weeks
Tues	Oct 10-Dec 19	6:30am-7:25am	\$85.00
50182	14yrs+	Whitby Civic Rec Complex	11 weeks
Thurs	Oct 12-Dec 21	6:30am-7:25am	\$85.00

Spinning

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 45 minute indoor stationary cycling program. You will learn proper spin technique while increasing your cardiovascular endurance and stamina. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping. Rockin' music with a few laughs and tears. Bring a towel and water bottle and be prepared to sweat. This class is suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50185	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	5:30pm-6:15pm	\$85.00
50184	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Oct 16-Dec 18	5:30pm-6:15pm	\$76.50

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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50186	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Oct 14-Dec 23	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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50188	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	6:30pm-7:25pm	\$85.00
50187	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	9:00am-9:55am	\$85.00
50189	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Oct 14-Dec 23	9:15am-10:10am	\$85.00

Strength & Conditioning

This high energy strength and conditioning class is designed for the athlete in each of us. Improve your athleticism by building strength, power and endurance. Each week you will be motivated and guided through a variety of functional exercises and intervals that include variations suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50223	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	7:30pm-8:25pm	\$85.00
50224	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Oct 14-Dec 23	12:00pm-12:55pm	\$85.00

Stretch and Myofascial Release (SMR)

Myofascial Release is a safe and very effective technique that involves applying gentle sustained pressure into the Myofascial connective tissue where an adhesion, knot or trigger point exists to help release, eliminate pain and restore motion. This class will help improve flexibility, mobility and decrease muscle tension! Suitable for all fitness levels and abilities. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50194	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	12:15pm-1:10pm	\$85.00
50190	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	10:15am-11:10am	\$85.00
50195	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Oct 12-Dec 21	12:15pm-1:10pm	\$85.00

Tai Chi - Beginner with Mary Grace

Often referred to as “moving medication”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50199	14yrs+	Whitby 55+ Recreation Centre	12 weeks
Tue	Sep 19-Dec 5	6:00pm-6:55pm	\$76.50.

Tai Chi - Level 2 with Mary Grace

Often referred to as “moving medication”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50212	14yrs+	Whitby 55+ Recreation Centre	12 weeks
Tue	Sep 19-Dec 5	7:00pm-7:55pm	\$76.50

Xpress 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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50149	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	4:30pm-5:15pm	\$85.00

Xpress Dance Fit

Sweat and groove to the flavourful Latin rhythms of Salsa, Reggaeton, Samba and more! This 45 minute fun and exciting high energy workout will burn calories, strengthen and tone your body while energizing your body and mind. suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50201	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Oct 13-Dec 22	4:30pm-5:15pm	\$85.00
50200	14yrs+	Whitby Civic Rec Complex	10 weeks

Mon	Oct 16-Dec 18	4:30pm-5:15pm	\$76.50
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Xpress Spin

Hit your goals with this high intensity interval training cycling workout! Smaller in time commitment but not in results! This class is suitable for all fitness levels however experience setting up your bike is recommended. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50202	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Oct 10-Dec 19	4:30pm-5:15pm	\$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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50204	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	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. Participants 14-17yrs and 55+yrs receive 50% discount pricing

50207	14yrs+	Brooklin CC&L	11 weeks
Tue	Oct 10-Dec 19	7:00pm-7:55pm	\$85.00
50205	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Oct 11-Dec 20	6:30pm-7:25pm	\$85.00
50206	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Oct 12-Dec 21	11:15am-12:10pm	\$85.00

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.

49994	15yrs+	Brooklin CC&L	15 weeks
Wed	Sep 13-Dec 20	8:30pm-9:55pm	\$176.96

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.

49998	18yrs+	Brooklin CC&L	16 weeks
Thu	Sep 7-Dec 21	8:30pm-9:55pm	\$188.76

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.

50016	16-54yrs	Brooklin CC&L	14 weeks
Mon	Sep 11-Dec 18	8:45pm-9:55pm	\$110.11

Pickleball - Adult Learn to Play

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

50017	16-54yrs	Brooklin CC&L	14 weeks
Mon	Sep 11-Dec 18	7:45pm-8:45pm	\$110.11

All Ages Fitness

Taekwondo 12+ YRS

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

50196	12yrs+	Whitby Civic Rec Complex	10 weeks
Sun	Oct 15-Dec 17	12:00pm-12:55pm	\$76.50

55+ Programs

Online Virtual Programs

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 current 55+ membership is required.

50076	55yrs+	Online-Virtual Program	12 weeks
Wed	Sep 20-Dec 6	10:00am-11:00am	\$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 current 55+ membership is required.

50079	55yrs+	Online-Virtual Program	12 weeks
Thu	Sep 21-Dec 7	9:00am-10:00am	\$47.28

Chair Yoga with Judy - Virtual

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. You will experience numerous benefits including increased flexibility, better sleep, reduced stress and a general feeling of well being. No experience is required. Equipment Required: A chair, yoga mat and yoga strap. This class is available via Zoom only.

50100	55yrs+	Online-Virtual Program	1 class
Tue	Sep 12-Sep 12	10:00am-11:00am	Free
50101	55yrs+	Online-Virtual Program	1 class
Tue	Nov 14-Nov 14	10:00am-11:00am	Free

Mind & Body - Virtual - Relaxation with Julie

From the comfort of your own home, learn a variety of relaxation techniques that quiets the mind, including deep breathing, muscle relaxation and creative visualization. Focusing the mind on relaxation, reduces worrying, increases energy and improves sleep and memory. Feeling relaxed creates a positive perspective and enhances an overall sense of well-being and vitality. Participants can Zoom or Phone-In.

50141	55yrs+	Online-Virtual Program	1 class
Thu	Oct 12-Oct 12	11:00am-12:00pm	Free

Blank Slate - Virtual

The game where _____ minds think alike! Come virtually play the card game Blank Slate. Have your notebook ready to try and guess the same answers as your peers. Participants can Zoom or Phone-In.

50140	55yrs+	Online-Virtual Program	1 class
Tue	Oct 3-Oct 3	10:00am-11:00am	Free

Card Bingo - Virtual

Try your hand at Card Bingo. It is easy to play and all you need to join us is your own deck of playing cards. Participants can Zoom or Phone-In.

50104	55yrs+	Online-Virtual Program	1 class
Tue	Sep 26-Sep 26	10:00am-11:00am	Free
50105	55yrs+	Online-Virtual Program	1 class
Tue	Oct 31-Oct 31	10:00am-11:00am	Free
50106	55yrs+	Online-Virtual Program	1 class
Tue	Nov 28-Nov 28	10:00am-11:00am	Free

50107	55yrs+	Online-Virtual Program	1 class
Tue	Dec 12-Dec 12	10:00am-11:00am	Free

Finish the Line - Virtual

“There is no time like the _____”! Help fill in the blanks of famous quotes, expressions, song lyrics, movie titles and other categories. Participants can Zoom or Phone-In.

50145	55yrs+	Online-Virtual Program	1 class
Tue	Oct 17-Oct 17	10:00am-11:00am	Free

Holiday Trivia by the Decades - Virtual

How well do you know the Holidays in the 50's,60's,70's,80's,90's ,and 00's? Test your Trivia with popular decade questions featuring TV, Music, Movies and Pop Culture about the Holidays! Participants can Zoom or Phone-In.

50222	55yrs+	Online-Virtual Program	1 class
Tue	Dec 19-Dec 19	10:00am-11:00am	Free

Jeopardy - Virtual

Come join us for a virtual spin on everyone's favourite game show, Jeopardy! Jeopardy is a trivia style game that has a unique answer-and-question format. We will be using trivia questions from past Jeopardy shows, so let's test your knowledge while having fun with peers! Participants can Zoom or Phone-In.

50214	55yrs+	Online-Virtual Program	1 class
Tue	Nov 7-Nov 7	10:00am-11:00am	Free

Scattergories – Virtual

It's time to test your vocabulary. Attempt to list words that fit into different categories, but there is a twist.... they all have to start with the same letter. Come try to win against your peers and the timer. Bring your notebook and a pen to write down your answers. Participants can Zoom or Phone-In.

50139	55yrs+	Online-Virtual Program	1 class
Tue	Nov 21-Nov 21	10:00am-11:00am	Free

Way With Words - Virtual

Test your vocabulary with a variety of word games! These games will include rhyming words, or finding answers that begin with, end with, or contain a particular set of letters. Participants can Zoom or Phone-In.

50144	55yrs+	Online-Virtual Program	1 class
Tue	Dec 5-Dec 5	10:00am-11:00am	Free

Wheel of Fortune - Virtual

Spin the wheel, solve puzzles and train your brain as you play the popular game show Wheel of Fortune! In each round players compete to be the first to guess all of the unknown words in a visually displayed word puzzle. Participants can Zoom or Phone-In.

50146	55yrs+	Online-Virtual Program	1 class
Tue	Sep 19-Sep 19	10:00am-11:00am	Free

You be the Judge - Virtual

Come listen and hear all the facts about various court cases. Then you get to be the judge. After hearing all of the facts, you and your peers will get to decide what the outcome of the case should be. Once you have decided on your ruling find out if your outcome matches the real one. Participants can Zoom or Phone-In.

50080	55yrs+	Online-Virtual Program	1 class
Thu	Sep 14-Sep 14	10:00am-11:00am	Free
50081	55yrs+	Online-Virtual Program	1 class
Thu	Oct 5-Oct 5	10:00am-11:00am	Free
50082	55yrs+	Online-Virtual Program	1 class
Thu	Nov 2-Nov 2	10:00am-11:00am	Free
50084	55yrs+	Online-Virtual Program	1 class
Thu	Dec 7-Dec 7	10:00am-11:00am	Free

Creative Arts

Drawing from Observation with Marni (%)

Learn how to draw from observation and improve visual awareness through a series of "warm up" drawings, and three stages of a sketch. Tonal value and the handling of dramatic light will be addressed as students work from still life subjects in soft mediums on tinted paper. Suitable for students with little drawing experience. A supply list will be

available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L. In addition to the supply list, there is a material fee of \$10 payable to the instructor. This fee will cover specific papers and drawing mediums. A current 55+ membership is required.

49898	55yrs+	Whitby 55+ Rec Centre	2 weeks
Tue	Sep 5-Sep 12	10:00am-12:00pm	\$20.00

Graphite Pears with Chrissie (%)

Using graphite powder, you will create a beautiful still life of Autumn pears. With this medium you will be able to create the soft shadows, bright highlights and textures that will make this a wall-worthy work of art. All materials are provided by the instructor. A current 55+ membership is required.

49786	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Oct 17-Oct 17	1:00pm-3:00pm	\$30.00

Holiday Acrylic Painting with Barb (%)

Get in the festive spirit and join this workshop to create a unique Santa painting. Supplies are included at an additional cost of \$8. A sample will be on display in the showcase at the 55+ Recreation Centre. A current 55+ membership is required.

49993	55yrs+	Whitby 55+ Rec Centre	2 weeks
Mon	Nov 13-Nov 20	1:00pm-3:00pm	\$20.00

Holiday Card-Making with Chrissie (%)

Make one-of-a-kind holiday cards this year! Using a variety of techniques including Gelli-plate printing, collage, stenciling and embellishments, you will create an array of beautiful cards for the holiday season. The printmaking process using a Gelli plate is one of exploration and creativity that produce spectacular and unique results. An art smock is recommended. All supplies will be provided by the instructor. An additional material fee of \$15 is required, and payable to the instructor. A current 55+ membership is required.

49777	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Nov 16-Nov 16	9:30am-12:00pm	\$40.00

Knitted Cable Hat and Headband with Tara (%)

This class will cover two cable projects. A basic knowledge of knitting is needed to take this class. 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 CC&L. A current 55+ membership is required.

49880	55yrs+	Brooklin CC&L	3 weeks
Thu	Oct 19-Nov 2	10:00am-12:00pm	\$30.00

Lino Printmaking Workshop with Marni (%)

Enjoy a two-hour workshop with Marni, carving a design into a rubber block and learning how to apply the ink to its surface. You will produce a series of lovely original prints on a variety of papers, ready to be framed or turned into gift cards. Supplies are provided. A sample will be on display at the 55+ Recreation Centre. A current 55+ membership is required.

50055	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Oct 4-Oct 4	10:00am-12:00pm	\$40.00

Needle Felted Fall Decor with Tara (%)

In this workshop you will be making mini pumpkins and acorns for this fun and easy to learn craft. This workshop will cover the basics of needle felting. Fee includes supply kit. A current 55+ membership is required.

49883	55yrs+	Brooklin CC&L	1 class
Thu	Oct 5-Oct 5	10:00am-12:00pm	\$40.00

Needle Felted Winter Decor with Tara (%)

In this workshop you will be making tree ornaments with some simple bead embellishments for this fun and easy to learn craft. This workshop will cover the basics of needle felting using a styrofoam ball as your base. Fee includes supply kit. A current 55+ membership is required.

49899	55yrs+	Brooklin CC&L	1 class
Thu	Nov 23-Nov 23	10:00am-12:00pm	\$40.00

Pen and Ink Bird with Watercolour with Chrissie (%)

Learn how to create contrast and interest using varied line weights and values with pen and ink. In this workshop we will explore a variety of basic texturing techniques that will be used to create a beautiful drawing of a Northern Oriole. Add a splash of bold colour with a watercolour wash to finish off your piece. Look forward to leaving with new knowledge and inspiration to take your pen and ink drawings to the next level. All materials are provided by the instructor. A current 55+ membership is required.

49776	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Sep 19-Sep 19	1:00pm-3:00pm	\$30.00

Sketching with Acrylic Paint with David (%)

Accomplish a number of quick Acrylic Paintings using various limited palettes. The instructor will guide you through a wonderful workout, pushing paint in ways you have never painted before. Racing against a timer and with a loose approach, expressive sketches with a finished quality will result. Limited palettes, limited time, unlimited fun! Painting surfaces will be provided. 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 current 55+ membership is required.

50034	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Sep 26-Sep 26	9:30am-11:30am	\$30.00
50035	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Oct 10-Oct 10	9:30am-11:30am	\$30.00
50036	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Nov 7-Nov 7	9:30am-11:30am	\$30.00

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 \$30. A sample will be on display in the showcase at 55+ Recreation Centre. A current 55+ membership is required.

49992	55yrs+	Whitby 55+ Rec Centre	2 weeks
Mon	Sep 18-Sep 25	1:00pm-3:00pm	\$20.00

Watercolour Painting - Level 2 with Barb (%)

Learn more advanced techniques of painting using watercolour paints in this instructional class. Paint and paper supplies provided by the instructor for an additional \$8. Bring your brushes and any other favourite supplies. A sample will be on display in the showcase at 55+ Recreation Centre. A current 55+ membership is required.

49810	55yrs+	Whitby 55+ Rec Centre	2 weeks
Mon	Oct 23-Oct 30	1:00pm-3:00pm	\$20.00

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 current 55+ membership is required.

49725	55yrs+	Brooklin CC&L	14 weeks
Fri	Sep 15-Dec 15	3:30pm-5:30pm	\$28.00

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 current 55+ membership is required.

49773	55yrs+	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 22-Dec 8	12:00pm-1:00pm	\$47.28

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 current 55+ membership is required.

49708	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 21-Nov 23	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 current 55+ membership is required.

49775	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	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 current 55+ membership is required.

49794	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	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 current 55+ membership is required.

49795	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	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 current 55+ membership is required.

49798	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	11:30am-12:30pm	\$47.28

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 current 55+ membership is required.

49799	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	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 current 55+ membership is required.

49700	55yrs+	Brooklin CC&L	12 weeks
Tue	Sep 19-Dec 5	1:30pm-2:30pm	\$47.28

Traditional Line Dance-Absolute Beginner with Nicole (%)

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 current 55+ membership is required.

49804	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	3:15pm-4:15pm	\$47.28

Traditional Line Dance-Beginner with Nicole (%)

This class is for those who feel a little familiar with some of the basic steps and language of line dancing. You may not be quite ready for Level 2 but are interested in trying routines that are a little more challenging without being difficult or too strenuous. Weekly warm up and reviews continue at this level. A current 55+ membership is required.

49805	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49716	55yrs+	Brooklin CC&L	6 weeks
Mon	Oct 30-Dec 4	9:00am-10:00am	\$23.64
49748	55yrs+	Whitby 55+ Rec Centre	6 weeks

Mon	Oct 30-Dec 4	1:45pm-2:45pm	\$23.64
49749	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Oct 31-Dec 5	1:15pm-2:15pm	\$23.64
49754	55yrs+	Brooklin CC&L	5 weeks
Thu	Nov 2-Nov 30	8:45am-9:45am	\$19.70

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 current 55+ membership is required.

49841	55yrs+	Centennial Building	12 weeks
Tue	Sep 19-Dec 5	9:00am-10:00am	\$47.28
49770	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	11:30am-12:30pm	\$47.28

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 current 55+ membership is required.

49713	55yrs+	Brooklin CC&L	12 weeks
Fri	Sep 22-Dec 8	12:15pm-1:15pm	\$47.28

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 current 55+ membership is required.

49771	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	10:30am-11:30am	\$47.28
49772	55yrs+	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 22-Dec 8	9:30am-10:30am	\$47.28

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 current 55+ membership is required.

49705	55yrs+	Brooklin CC&L	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49842	55yrs+	Centennial Building	11
weeks	MonSep 18-Dec 4	9:00am-10:00am	\$43.34

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 current 55+ membership is required.

49698	55yrs+	Brooklin CC&L	11 weeks
Tue	Oct 3-Dec 12	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 current 55+ membership is required.

49707	55yrs+	Brooklin CC&L	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49843	55yrs+	Centennial Building	11 weeks
Mon	Sep 18-Dec 4	10:15am-11:15am	\$43.34

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 current 55+ membership is required.

49844	55yrs+	Centennial Building	12 weeks
Wed	Sep 20-Dec 6	9:00am-10:00am	\$47.28

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 current 55+ membership is required.

49774	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Oct 4-Dec 13	2:05pm-3:05pm	\$43.34

Dance Fitness 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 current 55+ membership is required.

49845	55yrs+	Centennial Building	12 weeks
Tue	Sep 19-Dec 5	3:15pm-4:15pm	\$47.28

Full Body Fit and Stretch with Kim (%)

This low impact total body strength class is suitable for all abilities. This class will take you through a total body workout combining low intensity aerobic and strength training

exercises including core exercises that will improve your stability and balance. This class finishes with safe stretching exercises to help loosen up those tight muscles. A current 55+ membership is required.

49847	55yrs+	Centennial Building	12 weeks
Tue	Sep 19-Dec 5	10:15am-11:15am	\$47.28
49779	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	9:00am-10:00am	\$47.28
49947	55yrs+	Centennial Building	12 weeks
Fri	Sep 22-Dec 8	9:00am-10:00am	\$47.28

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 current 55+ membership is required.

49849	55yrs+	Centennial Building	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49782	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49783	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49850	55yrs+	Centennial Building	12 weeks
Thu	Sep 21-Dec 7	3:30pm-4:30pm	\$47.28

Low Impact Boot Camp with Kim (%)

This class provides a mixture of strength and cardiovascular exercises with the use of weights, resistance, body-weight and circuit training. You will work the heart and lungs and give almost every muscle in your body a workout. Bootcamp sessions can be intense however, they are suitable for novice exercisers and fitness enthusiasts alike. You will work at your own personal level and intensity. A current 55+ membership is required.

49784	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	10:15am-11:15am	\$47.28

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 current 55+ membership is required.

49785	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	9:15am-10:15am	\$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 current 55+ membership is required.

49788	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	11:30am-12:30pm	\$47.28

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 current 55+ membership is required.

49696	55yrs+	Brooklin CC&L	12 weeks
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Tue	Sep 19-Dec 5	9:00am-10:00am	\$47.28
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Pilates - Level 1 with Karen (%)

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 current 55+ membership is required.

49790	55yrs+	Whitby 55+ Rec Centre	12 weeks
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Tue	Sep 19-Dec 5	9:00am-10:00am	\$47.28
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Pilates - Level 2 with Karen (%)

This intermediate class is designed for participants with previous Pilates experience. A current 55+ membership is required.

49791	55yrs+	Whitby 55+ Rec Centre	12 weeks
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Fri	Sep 22-Dec 8	2:30pm-3:30pm	\$47.28
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Resistance Training with Rose (%)

This low impact workout will allow you to move at your own pace while getting stronger. This resistance band strength and stretch class will help you achieve your goals. Build muscle, improve strength and flexibility. This class will include a total body workout using a resistance band to train every muscle group while improving your overall strength and range of motion. A current 55+ membership is required.

49801	55yrs+	Whitby 55+ Rec Centre	11 weeks
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Mon	Sep 25-Dec 11	5:15pm-6:15pm	\$43.34
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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 current 55+ membership is required.

49857	55yrs+	Centennial Building	9 weeks
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Thu	Oct 12-Dec 7	1:00pm-2:00pm	\$35.46
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Total Body Stretch with Dennis (%)

Complete Bliss! One hour of muscle and limb stretch that will improve flexibility from head to toe. Stretching is essential for healthy posture and functional movement. It

helps blood flow and can also alleviate stress. This class is suitable for all participant levels, the only requirement is that you can lie down on your mat! A current 55+ membership is required.

49711	55yrs+	Brooklin CC&L	12 weeks
Fri	Sep 22-Dec 8	9:45am-10:45am	\$47.28

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 current 55+ membership is required.

49800	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	4:30pm-5:30pm	\$47.28

Total Body Workout with Cindy (%)

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 current 55+ membership is required.

49699	55yrs+	Brooklin CC&L	11 weeks
Tue	Oct 3-Dec 12	12:30pm-1:30pm	\$43.34

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 current 55+ membership is required.

49721	55yrs+	Brooklin CC&L	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49802	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 27-Dec 13	5:15pm-6:15pm	\$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 current 55+ membership is required.

49688	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 18-Dec 11	9:15am-10:15am	\$47.28
49803	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 19-Dec 5	10:30am-11:30am	\$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 current 55+ membership is required.

49806	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Oct 4-Dec 13	11:45am-12:45pm	\$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 current 55+ membership is required.

49719	55yrs+	Brooklin CC&L	6 weeks
Tue	Oct 31-Dec 5	9:00am-10:00am	\$23.64

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 current 55+ membership is required.

49689	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 18-Dec 11	10:30am-11:30am	\$47.28
49808	55yrs+	Whitby 55+ Rec Centre	12 weeks

Fri	Sep 22-Dec 8	10:45am-11:45am	\$47.28
49809	55yrs+	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 22-Dec 8	1:15pm-2:15pm	\$47.28

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 current 55+ membership is required.

49701	55yrs+	Brooklin CC&L	12 weeks
Tue	Sep 19-Dec 5	1:45pm-2:45pm	\$47.28

Weight Training - Level 2 with Tracy (%)

This program will improve strength, range of motion and endurance. This class will focus on proper body alignment and technique to ensure a safe workout. This class is suitable for those with some weight training experience. A current 55+ membership is required.

49811	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49860	55yrs+	Centennial Building	11 weeks
Tue	Sep 19-Nov 28	12:45pm-1:45pm	\$43.34
49859	55yrs+	Centennial Building	11 weeks
Thu	Sep 21-Nov 30	9:00am-10:00am	\$43.34

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 current 55+ membership is required.

49812	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49714	55yrs+	Brooklin CC&L	12 weeks
Fri	Sep 22-Dec 8	1:30pm-2:30pm	\$47.28

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 current 55+ membership is required.

49861	55yrs+	Centennial Building	12 weeks
Fri	Sep 22-Dec 8	10:30am-11:30am	\$47.28

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 current 55+ membership is required.

49813	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	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 current 55+ membership is required.

49715	55yrs+	Brooklin CC&L	11 weeks
Tue	Sep 19-Nov 28	10:15am-11:00am	\$35.46
49702	55yrs+	Brooklin CC&L	11 weeks

Wed	Sep 20-Nov 29	10:00am-11:00am	\$43.34
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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 current 55+ membership is required.

49697	55yrs+	Brooklin CC&L	12 weeks
Tue	Sep 19-Dec 5	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 current 55+ membership is required.

49687	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 18-Dec 11	7:15pm-8:15pm	\$47.28

Yoga - Rise and Shine with Dennis (%)

Start your day right! Stretch, lengthen and tone your body in a calm and relaxed setting. A current 55+ membership is required.

49710	55yrs+	Brooklin CC&L	12 weeks
Fri	Sep 22-Dec 8	8:30am-9:30am	\$47.28

Yoga - Rise and Shine with Mag (%)

Start your day right! Stretch, lengthen and tone your body in a calm and relaxed setting. A current 55+ membership is required.

49814	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	8:45am-9:45am	\$47.28

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 current 55+ membership is required.

49815	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Oct 4-Dec 13	12:55pm-1:55pm	\$43.34

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 current 55+ membership is required.

49863	55yrs+	Centennial Building	11 weeks
Tue	Sep 19-Nov 28	2:00pm-3:00pm	\$43.34
49862	55yrs+	Centennial Building	11 weeks
Thu	Sep 21-Nov 30	10:15am-11:15am	\$43.34

Yoga Dance with Shari (%)

Yoga dance is a fusion of dance and standing yoga postures done in a fun, non-judgmental and safe environment. It's about getting out of our heads and finding our personal yoga dance. Feeling the music from the inside and just letting go. Using music and movement to release stiffness and tension is also a big part of this program. The benefits of music, dance, movement and yoga are endless for the body, mind and spirit. A current 55+ membership is required.

49846	55yrs+	Centennial Building	12 weeks
Thu	Sep 21-Dec 7	2:15pm-3:15pm	\$47.28

Yoga Flow with Annalisa (%)

Challenge yourself in a yoga practice. This class is designed to benefit the already active individual who is looking for a class that will help maintain or increase strength, flexibility, balance and a positive well-being. If you are looking for a relaxing, yet powerful yoga class to help deepen your practice, this is it. Some yoga experience is required. A current 55+ membership is required.

49825	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 18-Dec 4	3:45pm-4:45pm	\$39.42
49826	55yrs+	Whitby 55+ Rec Centre	11 weeks

Thu	Sep 21-Dec 7	3:45pm-4:45pm	\$43.34
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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 current 55+ membership is required.

49816	55yrs+	Whitby 55+ Rec Centre	11 weeks
Mon	Sep 18-Dec 4	9:00am-10:00am	\$43.34
49817	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	9:00am-10:00am	\$47.28

Yoga Stretch with Donna (%)

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 current 55+ membership is required.

49703	55yrs+	Brooklin CC&L	11 weeks
Wed	Sep 20-Nov 29	11:15am-12:00pm	\$35.46

Yoga Stretch with Judy (%)

This class will focus on a gentle, stretch yoga emphasizing breathing and coordinated with movement to assist in stretching and the release of stress. A current 55+ membership is required.

49881	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Sep 19-Nov 28	11:15am-12:15pm	\$43.34

Yoga with Annalisa (%)

If you would like to experience renewed physical, emotional, and mental well being then this class is for you! This class 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 current 55+ membership is required.

49753	55yrs+	Brooklin CC&L	12 weeks
Tue	Sep 19-Dec 5	4:30pm-5:30pm	\$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 current 55+ membership is required.

49704	55yrs+	Brooklin CC&L	10 weeks
Wed	Sep 20-Nov 22	11:00am-12:00pm	\$39.42

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 current 55+ membership is required.

49818	55yrs+	Whitby 55+ Rec Centre	11 weeks
Mon	Sep 18-Dec 4	10:45am-11:45am	\$43.34
49819	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Sep 19-Dec 5	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 current 55+ membership is required.

49820	55yrs+	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 22-Dec 8	9:00am-10:00am	\$47.28

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 current 55+ membership is required.

49712	55yrs+	Brooklin CC&L	12 weeks
Fri	Sep 22-Dec 8	11:00am-12:00pm	\$47.28

Yogalates with Judy (%)

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 current 55+ membership is required.

49882	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Sep 21-Nov 30	11:45am-12:45pm	\$43.34

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 current 55+ membership is required.

49864	55yrs+	Centennial Building	12 weeks
Tue	Sep 19-Dec 5	11:30am-12:30pm	\$47.28

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 current 55+ membership is required.

49686	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 18-Dec 11	6:00pm-7:00pm	\$47.28
49821	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 20-Dec 6	6:00pm-7:00pm	\$47.28

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 current 55+ membership is required.

49717	55yrs+	Brooklin CC&L	11 weeks
Mon	Sep 18-Dec 4	11:15am-12:15pm	\$43.34
49822	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	5:00pm-6:00pm	\$47.28

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 current 55+ membership is required.

49865	55yrs+	Centennial Building	9 weeks
Mon	Oct 16-Dec 11	11:30am-12:30pm	\$35.46

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 current 55+ membership is required.

49866	55yrs+	Centennial Building	9 weeks
Wed	Oct 11-Dec 6	11:30am-12:30pm	\$35.46

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 current 55+ membership is required.

49726	55yrs+	Whitby 55+ Rec Centre	7 weeks
Wed	Sep 20-Dec 20	1:00pm-3:30pm	\$14.00

Bridge - Absolute Beginner Part 1 with Jack (%)

This is an introduction to the game of bridge for brand new players. You are required to purchase a student text "Bidding in the 21st Century" by Audrey Grant for approximately \$35.00 available at your local bookstore. A current 55+ membership is required.

49823	55yrs+	Brooklin CC&L	7 weeks
Tue	Oct 10-Nov 21	3:30pm-5:30pm	\$36.33

Bridge Workshop with Rea (%)

This two-week workshop will be all about Improving your Defense! This class will feature Opening Leads and Attitude Signals. This workshop is most suitable as a review for those who have previously studied these techniques. A current 55+ membership is required.

49829	55yrs+	Brooklin CC&L	2 weeks
Wed	Sep 6-Sep 13	9:30am-11:30am	\$20.00

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 current 55+ membership is required.

49780	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	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 current 55+ membership is required.

49848	55yrs+	Centennial Building	7 weeks
Mon	Sep 18-Nov 6	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 current 55+ membership is required.

49709	55yrs+	Brooklin CC&L	8 weeks
Thu	Sep 21-Nov 9	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 current 55+ membership is required.

49706	55yrs+	Brooklin CC&L	10 weeks
Wed	Sep 20-Nov 22	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 current 55+ membership is required.

49855	55yrs+	Centennial Building	10 weeks
Wed	Sep 20-Nov 22	2:30pm-4:00pm	\$50.06

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 current 55+ membership is required.

49793	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 19-Nov 21	4:00pm-5:30pm	\$50.06
49792	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Sep 22-Nov 24	9:30am-11:00am	\$50.06

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 current 55+ membership is required.

49740	55yrs+	Town of Whitby	30
sessions			
Tue,Thu	Sep 12-Dec 21	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 current 55+ membership is required.

49797	55yrs+	Whitby 55+ Rec Centre	11 weeks
Mon	Sep 18-Dec 4	9:00am-10:00am	\$43.34

The Ideas Café

Around the corner or around the world, bring your own views on current affairs to The Ideas Café! A current 55+ membership is required.

49681	55yrs+	Brooklin CC&L	11 weeks
Mon	Sep 18-Dec 4	9:30am-11:00am	Free

General Interest Workshops

Building Strong Business Relationships with Tim Westhead (%)

Building Your Business, for Senior Entrepreneurs"– Created for seniors enthusiastic about starting their own business or expanding their existing venture in retirement, this presentation with practical content will help cultivate your entrepreneurial interests. Try Tim's simple-to-use but powerful approaches that build trust and business connections with motivational basics. Please Note: This session does not focus on financial details or information about government start-up initiatives.

49888	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Nov 6-Nov 6	2:00pm-3:30pm	Free

Language

French - Advanced with Maurice (%)

Advanced French is a course designed for students who have already studied French and whose level of comprehension and verbal expression is more advanced. The focus of the course will be the development of oral communication with the expansion of vocabulary and language structures related to everyday situations. Fee includes printed materials. A current 55+ membership is required.

49890	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Sep 21-Nov 23	11:15am-12:15pm	\$42.42

French - Beginner with Maurice (%)

The French Beginner class is designed for participants with little or no previous knowledge of French. You will learn basic French language skills to communicate orally in simple social situations (asking for information, ordering food in a restaurant, etc.). The language learned will be standard international French with occasional references to Quebec French. Fee includes printed materials. A current 55+ membership is required.

49889	55yrs+	Whitby 55+ Rec Centre	10 weeks
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Thu	Sep 21-Nov 23	10:00am-11:00am	\$42.42
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Spanish - Advanced with Tony (%)

This advanced class is geared to those wishing to combine all the skills learned from the Beginner and Intermediate Spanish classes. Fee includes printed materials. A current 55+ membership is required.

49768	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 19-Nov 21	9:00am-10:30am	\$53.06

Spanish - Beginner with Tony (%)

This introductory course is designed for those of you with no previous knowledge of the language, are travelling to Spanish speaking countries or for your own interest. This class is mostly conversational, but some grammar study will be required. A workbook is required for an additional \$30.00. A current 55+ membership is required.

49796	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 18-Nov 27	9:00am-10:30am	\$50.06

Spanish - Intermediate with Tony (%)

Special emphasis is placed on conversational Spanish by expanding your vocabulary with idioms and expressions as well as your listening and writing skills. Topics to include grammar (indicative mood verb tenses) conjugation, translations, games, songs, Hispanic culture and literature. Fee includes printed materials. A current 55+ membership is required.

49767	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 19-Nov 21	10:45am-12:15pm	\$53.06

Leagues and Sporting Groups

Badminton League (%)

Join this league for some fun and exercise. Price includes shuttlecock fee. A current 55+ membership is required.

49758	55yrs+	Brooklin CC&L	13 weeks
Mon	Sep 11-Dec 11	9:00am-11:30am	\$29.00
49759	55yrs+	Brooklin CC&L	14 weeks
Tue	Sep 12-Dec 12	9:00am-11:30am	\$31.00

49762	55yrs+	Brooklin CC&L	14 weeks
Wed	Sep 13-Dec 13	9:00am-11:30am	\$31.00

Pickleball - All Levels (%)

This Pickleball League is designed for those who already know how to play the game and keep score as no formal instruction will be given. This league combines Beginner, Intermediate and Advanced levels of players. Price includes ball fee. A current 55+ membership is required.

49763	55yrs+	Brooklin CC&L	7 weeks
Thu	Sep 14-Oct 26	9:00am-11:00am	\$17.00
49764	55yrs+	Brooklin CC&L	7 weeks
Thu	Nov 2-Dec 14	9:00am-11:00am	\$17.00

Pickleball - Learn to Play Beginners (%)

This program is designed for those 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 current 55+ membership is required.

49984	55yrs+	Heydenshore Pavilion	5 weeks
Thu	Sep 28-Oct 26	9:00am-11:00am	\$25.95
49854	55yrs+	Heydenshore Pavilion	7 weeks
Wed	Nov 1-Dec 13	9:30am-11:30am	\$36.33

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 current 55+ membership is required.

49852	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Sep 18-Dec 4	9:30am-12:00pm	\$25.00
50025	55yrs+	Heydenshore Pavilion	12 weeks
Wed	Sep 20-Dec 6	1:00pm-3:30pm	\$27.00

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 current 55+ membership is required.

49901	55yrs+	Brooklin CC&L	14 weeks
Wed	Sep 13-Dec 13	3:00pm-5:15pm	\$31.00
49851	55yrs+	Heydenshore Pavilion	11 weeks
Fri	Sep 22-Dec 1	9:30am-12:00pm	\$25.00

Pickleball - Level 2 and 3 (%)

This combined Intermediate and Advanced program is designed for those who already know how to play the game and keep score as no informal instruction will be given. Price includes ball fee. A current 55+ membership is required.

49853	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Sep 19-Dec 5	9:00am-11:30am	\$27.00
49760	55yrs+	Brooklin CC&L	14 weeks
Tue	Sep 12-Dec 12	12:45pm-3:00pm	\$31.00

Pickleball - Level 3 (%)

This program is designed for those who are advanced Pickleball players. This program is for those at the advanced level of play. Price includes ball fee. A current 55+ membership is required.

49761	55yrs+	Brooklin CC&L	14 weeks
Wed	Sep 13-Dec 13	12:30pm-2:45pm	\$31.00

Leisure Programs

Book Club

This group meets once a month and generates a stimulating discussion on a current novel. A current 55+ membership is required.

49682	55yrs+	Brooklin CC&L	4 weeks
Mon	Sep 11-Dec 11	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 current 55+ membership is required.

49683	55yrs+	Brooklin CC&L	1 class
Mon	Sep 25-Sep 25	1:00pm-3:00pm	\$1.00
49684	55yrs+	Brooklin CC&L	1 class
Mon	Oct 30-Oct 30	1:00pm-3:00pm	\$1.00
49685	55yrs+	Brooklin CC&L	1 class
Mon	Nov 27-Nov 27	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 current 55+ membership is required.

49778	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 21-Dec 7	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 current 55+ membership is required.

49722	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 21-Nov 23	2:30pm-3:30pm	\$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 current 55+ membership is required.

49723	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 21-Nov 23	1:00pm-2:00pm	\$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 current 55+ membership is required.

49724	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 21-Nov 23	4:00pm-5:00pm	\$42.42

Sciences

Biology Walk with Wilf - Fall Wildflowers and Fruits (%)

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 by the bocce courts. Rain Date: Thursday, September 14. A current 55+ membership is required.

49766	55yrs+	Cullen Central Park	1 class
Tue	Sep 12-Sep 12	9:30am-11:30am	\$8.00

Special Events

Holiday Bingo (%)

Join us for a morning of fun in keeping with the holiday spirit and trust your luck at winning some gift cards!!! Wear your ugly holiday sweater and have the chance to win some prizes. Light refreshments will be served. A current 55+ membership is required.

49828	55yrs+	Brooklin CC&L	1 class
Tue	Dec 19-Dec 19	10:00am-12:00pm	\$2.00

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 current 55+ membership is required.

49900	55yrs+	Brooklin CC&L	1 class
Wed	Sep 27-Sep 27	7:00pm-9:00pm	\$2.00

Wellness and Lifestyle

Powerful Tools for Caregivers

Caregiver participants learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment.

49906	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Oct 19-Nov 23	9:30am-11:00am	Free

How to Get Healthy Proteins in your Diet with Sylvia (%)

Are you curious about protein? Wondering if you are getting enough and how much do you actually need? Join nutritionist Sylvia Emmorey to learn how you can meet your needs in a healthy way. Discussion will include traditional sources as well as a variety of others, there's more to protein than just meat!

49958	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Nov 23-Nov 23	1:00pm-2:00pm	\$6.50

Living a Healthy Life with Chronic Pain Workshop

Do you live with challenges and complications because of chronic pain? Living a Healthy Life with Chronic Pain is a free workshop series that helps people better cope with pain symptoms and activities of daily life. Learn tools like pacing and planning, managing fatigue, effective communication skills, and working in partnership with your healthcare providers. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD or MP3 audio file. Classes are 2.5 hours each, one-day a week, for six weeks

49905	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Sep 19-Oct 24	10:00am-12:30pm	Free

Power of Attorney 2 with Martin Franssen

Are you prepared for the possibility of a time when you may have to rely upon someone else to make decisions that affect your life and well-being? Did you know a Powers of Attorney document may be the most important document you will ever sign. Are you prepared to present and protect your wishes when your faced the enviable? Do you know why a Last Will and Testament may be the second most important document you

will ever sign. Join Martin Franssen on Thursday the 20 of October and the 23 of November 2023 as we explore the importance of having Powers of Attorney documentation and a Last Will and Testament.

49960	All Ages	Whitby 55+ Rec Centre	1 class
Thu	Nov 23-Nov 23	2:30pm-4:00pm	Free

Quick and Healthy Snack Foods with Sylvia (%)

Do you like to snack? Snacking is not a bad thing and can actually be an important part of a healthy diet. If you would like to learn more about snack foods that are both convenient and healthy, join nutritionist Sylvia Emmorey who will discuss how we can use snacks to our advantage while still keeping some treats in our life. Sylvia will give a demonstration of how to make a healthy trail mix, samples will be included. All ingredients are provided by the instructor for an additional cost of \$5, payable to the instructor.

49957	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Nov 16-Nov 16	1:00pm-2:00pm	\$6.50

Wellness for Weight Loss Program with Sylvia Emmorey (%)

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. Facilitated by: Certified Nutritionist Sylvia Emmorey. Sylvia has 20 yrs. of experience, works throughout the Durham Region and is also a professor at Durham college.

49858	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Sep 21-Nov 9	1:00pm-2:00pm	\$50.00

Wellness Seminar - The 5 Domains of Wellness

Explores health in the areas of physical, emotional, spiritual, intellectual and social wellness. How do you gauge how well you are doing in each area, and what can you do to improve your life in areas you would like to feel better.

49908	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Nov 14-Nov 14	10:00am-11:30am	Free

Wellness Seminar-Understanding Food Labels

Presented by The Central East Local Health Integration Network-The workshop explores food buying habits, helping us to understand how marketing and food labels may be influencing what we buy. Tips on how to know if the food you are buying is a healthy choice, and what we can do to eat healthier. Understand what each food label means, including the Nutrition Facts Table, List of Ingredients, Nutrition Claims, Nutrient content claims and the Percentage Daily Value.

49907	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 20-Oct 20	10:00am-11:30am	Free

Station Gallery Programs

AAC - Digital Sculpting with Ryan Durrell (#@%)

Immerse yourself in the world of digital sculpting as you learn essential design skills and concepts in this class to bring them to life. Discover how to create, prepare, and then print 3D projects using the fundamental techniques. By the end of the class, you will possess the necessary skills to bring your ideas to life, whether for fun or functional purposes. This hands-on experience will equip you with the knowledge of 3D computer design and provide you with the skills to bring them into the physical world through 3D printing. *All materials provided*Intermediate level of computer knowledge required

50129	12yrs+	Station Gallery	4 weeks
Mon	Oct 30-Nov 20	4:15pm-6:15pm	\$150/\$160

AAC - Hand Building Pottery with Paulette Goulard (#@%)

In this class, we focus on providing students with fundamental technical knowledge and practical skills in hand building pottery. Through hands-on experience, you'll explore various methods like pinching, coiling, and slabbing. Additionally, you'll learn diverse decorating techniques such as under glazing, appliqué, cut-out, graffito, and glazing. By mastering these techniques, you'll be able to complete several unique projects that will become cherished keepsakes. Join us in this enriching class to discover the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. *Last session is 3-hours long to include glazing*All materials provided*Suitable for all levels of expertise

50083	16yrs+	Station Gallery	6 weeks
Fri	Oct 13-Nov 17	7:00pm-9:00pm	\$260/ \$270

AAC - Pottery Wheel with Jasmine Moncalvo (#@%)

In this class, students will delve into the fundamentals of working with clay on the pottery wheel. You'll learn essential techniques such as wedging, centering, opening, and throwing a ball of clay to create a cylinder form. As you gain proficiency in shaping cylinders, you'll then explore transforming them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touch to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces. *Last session is 3-hours long to include glazing*All materials provided*Suitable for all levels of expertise

50102	16yrs+	Station Gallery	6 weeks
Fri	Oct 13-Nov 17	1:00pm-3:00pm	\$290/\$300

AAC - Portrait Painting with Catherine Mills (#@%)

Discover the art of portrait painting in this 8-week class focused on the human head. Learn techniques for mixing skin tones, capturing facial features, rendering hair, and understanding the form and mass of the head. Engage in discussions on the importance of backgrounds in portraiture, exploring historical and contemporary approaches. Develop your skills and gain a deeper understanding of portrait artistry.*A list of the required art materials will be provided via email 7-10 days prior to the workshop. *Suitable for all levels of expertise. *No class on November 2nd.

50192	16yrs+	Station Gallery	8 weeks
Thu	Oct 12-Dec7	7:00pm-9:00pm	\$215/\$225

AAC -Abstract Figurative Painting with Randy Hryhorczuk(#@%)

This class is ideal for artists interested in exploring figurative and portraiture through abstract painting. We take a relaxed and flexible approach, incorporating creative warm-up exercises and discussions to ease any painting anxiety. Whether you have an existing abstract practice or want to complement another artistic pursuit, this class encourages experimentation, risk-taking, and individuality. Join us to embrace the world of abstract explorations with a foundation in figurative and portraiture. *A list of the required art materials will be provided via email 7-10 days prior to the workshop*Suitable for all levels of expertise

50121	16yrs+	Station Gallery	8 weeks
Thu	Oct 12-Nov 30	7:00pm-9:00pm	\$215/\$225

AAC -Pottery Wheel with Jasmine Moncalvo (#@%)

In this class, students will delve into the fundamentals of working with clay on the pottery wheel. You'll learn essential techniques such as wedging, centering, opening, and throwing a ball of clay to create a cylinder form. As you gain proficiency in shaping cylinders, you'll then explore transforming them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touch to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces. *Last session is 3-hours long to include glazing*All materials provided*Suitable for all levels of expertise

50086	16yrs+	Station Gallery	6 weeks
Thu	Oct 12-Nov 16	1:00pm-3:00pm	\$290/\$300

AAW - Summer's Blossom with Hi-Sook (#@%)

In this floral painting workshop, participants will have the opportunity to enhance their skills in capturing the beauty of flowers by delving into their intricate anatomy. Led by a skilled instructor, the workshop aims to improve the ability to observe and depict accurate values, ultimately aiding in the creation of successful paintings. With a primary focus on roses, participants will closely follow the instructor's comprehensive demonstration, from the initial sketch to the final masterpiece. Throughout the workshop, guidance and support will be readily available, allowing participants to explore their own artistic endeavors and embark on a fulfilling creative journey.*A list of the required art materials will be provided via email 7-10 days prior to the workshop. *Suitable for all levels of expertise.

50061	16yrs+	Station Gallery	1 class
Sat	Oct 28-Oct 28	12:00pm-4:00pm	\$95/\$100

AAW - Capturing Moving Water with Hi-Sook (#@%)

This comprehensive workshop is designed to deepen participants' understanding of capturing the movement of water, with a particular focus on waterfalls. Led by an experienced instructor, the workshop explores the essential four primary washes of watercolor technique to achieve this captivating effect. Beginning with a detailed demonstration encompassing the entire artistic process from sketch to finished work, participants will have the opportunity to follow along and apply the demonstrated techniques to create their own unique artworks. Throughout the workshop, guidance and assistance will be readily available, ensuring a rewarding and successful experience for all attendees. *A list of the required art materials will be provided via email 7-10 days prior to the workshop. *Suitable for all levels of expertise.

50064	16yrs+	Station Gallery	1 class
Sat	Nov 18-Nov 18	12:00pm-4:00pm	\$95/\$100

AAW - Capturing Sunlight with Hi-Sook (#@%)

In this workshop, participants will immerse themselves in honing the skills needed to capture the captivating essence of vibrant sunlight in landscape compositions. The exploration of color mixing theory and the art of assessing shade and light values will be at the forefront. Led by an experienced instructor, the workshop will showcase a comprehensive demonstration, guiding participants from the initial sketch to the creation of stunning finished artworks. Throughout the journey, participants will have the exciting opportunity to closely follow the instructor's process while receiving assistance along the way. *A list of the required art materials will be provided via email 7-10 days prior to the workshop. *Suitable for all levels of expertise.

50062	16yrs+	Station Gallery	1 class
Sat	Nov 4-Nov 4	12:00pm-4:00pm	\$95/\$100

AAW - Holiday Ceramics with Paulette Goulard (#@%)

Immerse yourself in the art of hand building pottery in this engaging workshop, where you'll create three-dimensional cone shapes using templates. Decorate the cones with under glazing colors and the "appliqué" technique, giving them a festive touch. By utilizing a "cut-out" technique of various shapes and sizes, the cones will be perforated, allowing candlelight to shine through, creating stunning luminaries resembling trees. This hands-on workshop is a perfect opportunity to unleash your creativity, crafting unique holiday decor or table centerpieces. Combining pottery techniques, decorative elements, and the warm glow of candlelight, you'll bring a touch of elegance and festive ambiance to your home or table setting. *Last session is 2-hours long, solely dedicated to glazing*All materials provided*Suitable for all levels of expertise

50118	16yrs+	Station Gallery	2 weeks
Sat	Nov 11-Nov 18	12:00pm-4:00pm	\$95/\$100

AAW - Leaf Pottery Dish Set with Paulette Goulard (#@%)

Immerse yourself in the art of hand building pottery in this engaging workshop. Students will select from a variety of leaf templates and create a set of 3-5 unique leaf-shaped dishes. Using techniques like under glazing (painting), carving, and graffito, participants can personalize and decorate their dishes. The end result will be a collection of functional yet visually appealing dishes that are food safe. Unleash your creativity, explore different decorating options, and elevate your dining experience with these nature-inspired pottery creations. Join us for this hand building pottery workshop and let

your artistic skills flourish.*Last session is 2-hours long, solely dedicated to glazing*All materials provided* Suitable for all levels of expertise

50127	16yrs+	Station Gallery	2 weeks
Sat	Oct 14-Oct 21	12:00pm-4:00pm	\$95/\$100

AAW - Marvelous Mugs with Jasmine Moncalvo (#@%)

Unleash your creativity and join us in crafting a set of stunning, custom-made mugs that are both beautiful and functional. In this hands-on workshop, you'll have the opportunity to tap into your artistic flair and create mugs that are truly unique and made with love. Let your imagination run wild as you design and shape each mug, infusing them with your personal touch. Get ready to embark on a creative journey and craft one-of-a-kind mugs that will bring joy and warmth to your everyday life.*Last session is 2-hours long, solely dedicated to glazing*All materials provided* Suitable for all levels of expertise

50103	16yrs+	Station Gallery	2 weeks
Sat	Oct 28-Nov 4	12:00pm-4:00pm	\$95/\$100

AAW - Photography: Off-Camera Lighting with Keith White (#@%)

Led by Keith White, this comprehensive workshop is an ideal introduction to off-camera lighting for photographers seeking to explore this captivating realm. Participants will gain valuable insights into camera setup, equipment, and the distinctions between constant light, flash, and strobe. The workshop covers essential topics such as E TTL versus manual modes, sync speeds, and maximizing the potential of flash or strobe units. Light placement, modifiers, and the impact of light on mood and aesthetics will also be discussed. Spanning two days, this workshop provides ample time to practice and refine techniques, with the second day dedicated to addressing participant questions. Designed to equip photographers with essential knowledge and skills, this workshop elevates photography to new heights. *All materials provided. Participants may bring their own camera, but it's not required.*Elementary camera knowledge required.

50067	16yrs+	Station Gallery	2 weeks
Fri	Nov 3-Nov 10	7:00pm-9:00pm	\$90/\$100

AAW - Stunning Colours of Autumn with Hi-Sook (#@%)

This professional and structured workshop is dedicated to capturing the synonymous imagery of the Autumn season. Participants will explore color mixing theory to discover the harmonious interplay of autumnal hues, while also delving into foundational watercolor wash techniques to establish a solid artistic foundation. Led by an experienced instructor, the workshop begins with a comprehensive demonstration,

guiding participants through the step-by-step process from initial sketch to a polished finished work. Armed with new knowledge and skills, participants will then have the opportunity to apply what they have learned and complete their own unique artworks, reflecting the beauty of Autumn. *A list of the required art materials will be provided via email 7-10 days prior to the workshop. *Suitable for all levels of expertise.

50063	16yrs+	Station Gallery	1 class
Sat	Nov 11-Nov 11	12:00pm-4:00pm	\$95/\$100

KAC - Artscapes with Katherine Lavery (#@%)

Unleash your creativity as you explore a wide range of art mediums and experiment with various styles. Drawing inspiration from contemporary artists, you'll complete exciting projects that develop your artistic techniques and introduce you to new mediums. Expand your repertoire and discover your unique artistic voice in this dynamic program.*All materials provided *Suitable for all levels of expertise

50074	8-11yrs	Station Gallery	6 weeks
Fri	Oct 13-Nov 17	4:00pm-6:00pm	\$165/\$170

KAC - Artscapes with Kerry Lovett (#@%)

Unleash your creativity as you explore a wide range of art mediums and experiment with various styles. Drawing inspiration from contemporary artists, you'll complete exciting projects that develop your artistic techniques and introduce you to new mediums. Expand your repertoire and discover your unique artistic voice in this dynamic program.*All materials provided *Suitable for all levels of expertise

50142	8-11yrs	Station Gallery	6 weeks
Sat	Oct 14-Nov 18	2:00pm-4:00pm	\$165/\$170

KAC - Artventure with Samia Khalifa (#@%)

Immerse yourself in a diverse and captivating program using a variety of mediums and influences. Get ready to ignite your creativity as we delve into the awe-inspiring works of contemporary artists, using their art as a catalyst for inspiration. Create art projects designed to explore a wide range of artistic techniques, allowing you to expand your artistic repertoire and push the boundaries of your creativity. This engaging program promises to be a stimulating and enriching experience for all participants. *All materials provided*Suitable for our youngest age group and art beginners

50143	4-6yrs	Station Gallery	6 weeks
Sat	Oct 14-Nov 18	11:00am-12:00pm	\$125/\$130

KAC - Artventure with Samia Khalifa (#@%)

Immerse yourself in a diverse and captivating program using a variety of mediums and influences. Get ready to ignite your creativity as we delve into the awe-inspiring works of contemporary artists, using their art as a catalyst for inspiration. Create art projects designed to explore a wide range of artistic techniques, allowing you to expand your artistic repertoire and push the boundaries of your creativity. This engaging program promises to be a stimulating and enriching experience for all participants. *All materials provided. *Suitable for our youngest age group and art beginners

50072	4-6yrs	Station Gallery	6 weeks
Thu	Oct 12-Nov 16	4:15pm-5:15pm	\$125/\$130

KAC - Exploring Paint: Kids with Bronwyn Gauley (#@%)

Dive into the world of art and let your creativity soar! Join this hands-on class where you'll work with a diverse range of mediums, including acrylic, watercolor, gouache, and water-soluble oil paint. Gain valuable studio skills, explore unique materials, and most importantly, have fun! Whether you're a beginner or an experienced young painter, this class offers a wonderful opportunity to expand your artistic horizons and unleash your talent. *All materials provided*Suitable for all levels of expertise

50075	8-11yrs	Station Gallery	6 weeks
Fri	Oct 13-Nov 17	4:15pm-6:15pm	\$165/\$170

KAW - Having Fun with 3D Printing with Ryan Durrell (#@%)

In this exciting 2-day workshop, kids will embark on a journey into the innovative realm of 3D printing. Guided by their art instructor, students will not only learn about the current applications and future significance of 3D printing but also have the opportunity to create their own personalized 3D printed trinket. This hands-on experience will empower young minds to explore the endless possibilities of this emerging technology while fostering their creativity and curiosity. Join us for a captivating workshop where imagination and technology converge to bring unique creations to life. *All materials provided*Knowledge on how to use a computer keyboard, mouse and web browser required

50128	8-11yrs	Station Gallery	2 weeks
Mon	Oct 16-Oct 23	4:15pm-6:15pm	\$75/\$80

YAC - Cartoons and Character Design with Katherine Lavery (#@%)

Join our exciting class and unlock the secrets of creating captivating cartoon characters! Dive into the world of techniques and elements that bring these characters to life. Discover the art of form and design while unleashing your boundless imagination into your unique creations. It's a fantastic opportunity to delve into the art of cartoons and develop your artistic skills. Let your imagination run wild and bring your characters to life in this engaging class.*All materials provided*Suitable for all levels of expertise

50078	12-16yrs	Station Gallery	6 weeks
Thu	Oct 12-Nov 16	4:00pm-6:00pm	\$180/\$185

YAC - Exploring Paint: Youth with Bronwyn Gauley (#@%)

Refine your artistic skills and connect with fellow young creatives in this painting class. Explore acrylic, watercolor, gouache, and water-soluble oil paint to create your own unique pieces. Learn diverse art styles and techniques in a supportive environment, and receive valuable tips to enhance your paintings. Join us for an enriching experience that will elevate your artistic journey.*All materials provided*Suitable for all levels of expertise

50077	12-16yrs	Station Gallery	6 weeks
Fri	Oct 13-Nov 17	7:00pm-9:00pm	\$180/\$185

AAW - Pouring Art with Izzat Vaid (#@%)

During this immersive two-day art workshop, participants will embark on a journey into the enchanting realm of texture art. Using various techniques, including open-up pouring with acrylic paint, water, and floetrol, attendees will discover the transformative power of textures in their artistic creations. *A list of the required art materials will be provided via email 7-10 days prior to the workshop. *Suitable for all levels of expertise.

50068	16yrs+	Station Gallery	2 weeks
Sat	Oct 14-Oct 21	12:00pm-4:00pm	\$175/\$185.00

Art as Therapy: Art and Mindfulness with Georgia F. (#@%)

This class will introduce the principles of mindfulness and demonstrate how these can be incorporated into the creative process. Using simple, meditative art activities such as mandala drawing or Zen doodling, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm. In addition, an art piece from the gallery's permanent collection will be presented with the group for

discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50120	16yrs+	Station Gallery	1 class
Thu	Oct 26-Oct 26	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Art and Movement with Georgia F. (#@%)

This session we will explore the connection between physical movement and creativity. Taking a look at the creative habit and nurturing it through the art of movement will be the focus. Participants will combine inspirational sounds with movement of the body and mark-making. In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50125	16yrs+	Station Gallery	1 class
Thu	Nov 23-Nov 23	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Dream Exploration with Georgia F. (#@%)

This session is about understanding personal dreams and aspirations. With the use of specific art materials, participants will discover how to use their dreams to build a dream board and/or dream scenes with mixed art materials. Our harvesting discussion will involve sharing the images and stories that arise from the process. In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50126	16yrs+	Station Gallery	1 class
Thu	Nov 30-Nov 30	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Embodying Nature with Georgia F. (#@%)

This session will focus on reconnecting with the natural world through art. Participants will use natural materials like leaves, flowers, and stones to create art that reflects their personal relationship with nature. Through art and discussion, the group will explore the healing power of nature and how it can be used to promote wellbeing. In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50119	16yrs+	Station Gallery	1 class
Thu	Oct 19-Oct 19	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Exploring Self-Identity with Georgia F. (#@%)

This session aims to help participants explore and express their own identities. Through portrait painting, self-reflection exercises and group discussion, members will delve into their self-perception and how they present themselves to the world. Art materials and health education information will guide the exploration of the multi-faceted aspects of identity. In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50117	16yrs+	Station Gallery	1 class
Thu	Oct 12-Oct 12	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Intuition and Inner Voice with Georgia F. (#@%)

This session will explore the concept of intuition and the inner voice through the lens of art. Participants will be encouraged to let go of preconceived ideas about what their artwork should look like and instead, let their intuition guide their creative process. This session aims to create a deeper understanding of one's intuitive voice and how it can be expressed and strengthened through art. In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50124	16yrs+	Station Gallery	1 class
Thu	Nov 16-Nov 16	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Story Telling Through Art with Georgia F. (#@%)

This class will explore the concept of narrative in art. Participants will be guided in creating visual stories that express their personal experiences, dreams, and ideas. Through a combination of drawing, painting, and collage, participants will learn to use symbolism, metaphor, and personal iconography to tell their own unique stories. Absolutely, here is an idea for a class focusing on "Intuition and Inner Voice". In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50123	16yrs+	Station Gallery	1 class
Thu	Nov 9-Nov 9	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Transforming Negative Emotions w/ Georgia F. (@#%)

This session will provide a safe space for participants to express and transform negative emotions through art. The group will explore how colors, textures, and forms can represent different feelings, and will learn how to use art as a tool for emotional regulation. The goal of this session is to turn negative emotions into a source of creative inspiration. In addition, an art piece from the gallery's permanent collection will be presented with the group for discussion as part of our art infused program. *All materials provided. *Suitable for all levels of expertise. *This is not psychotherapy

50122	16yrs+	Station Gallery	1 class
Thu	Nov 2-Nov 2	7:00pm-9:00pm	\$30/\$35