

Fall 2025 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.

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

All programs qualify for subsidy with the Access Program, Region of Durham Recreation Program Cards 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.

55+ Programs

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

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Join us for an evening of artistic expression as you paint, sip, and socialize with friends! Our friendly instructors will help you create your own masterpiece in a fun and relaxed atmosphere, surrounded by inspiring artworks in our galleries.	152
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Preschool Programs

Preschool General Interest

123 Come learn with me (%)

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

63863	30mos-5yrs	Brooklin CC&L	10 weeks
Wed	Sep 17-Nov 19	11:30am-12:15pm	\$90.74

ABC Come learn with me (%)

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

63864	30mos-5yrs	Brooklin CC&L	10 weeks
Tue	Sep 16-Nov 18	11:30am-12:15pm	\$90.74

Craft and Play (%)

Each week participants will make a craft, meet new friends and learn through play. Register for 1 or all 10 weeks! Please note this is not a parent and tot class.

64109	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Sep 16-Sep 16	5:20pm-6:20pm	\$9.07
64110	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Sep 23-Sep 23	5:20pm-6:20pm	\$9.07
64118	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Sep 30-Sep 30	5:20pm-6:20pm	\$9.07
64111	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 7-Oct 7	5:20pm-6:20pm	\$9.07
64112	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 14-Oct 14	5:20pm-6:20pm	\$9.07
64113	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 21-Oct 21	5:20pm-6:20pm	\$9.07
64114	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 28-Oct 28	5:20pm-6:20pm	\$9.07

64115	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Nov 4-Nov 4	5:20pm-6:20pm	\$9.07
64116	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Nov 11-Nov 11	5:20pm-6:20pm	\$9.07
64117	30mos-5yrs	Whitby Civic Rec Complex	1 class
Tue	Nov 18-Nov 18	5:20pm-6:20pm	\$9.07

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.

64595	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 5-Dec 5	9:15am-11:15am	\$18.14
64609	3-5yrs	Whitby Civic Rec Complex	1 class
Fri	Dec 5-Dec 5	9:15am-11:15am	\$18.14
64598	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 12-Dec 12	9:15am-11:15am	\$18.14
64610	3-5yrs	Whitby Civic Rec Complex	1 class
Fri	Dec 12-Dec 12	9:15am-11:15am	\$18.14
64599	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 19-Dec 19	9:15am-11:15am	\$18.14
64611	3-5yrs	Whitby Civic Rec Complex	1 class
Fri	Dec 19-Dec 19	9:15am-11:15am	\$18.14

Learning Adventures - Fall Harvest (%)

Each week participants will engage in a themed, hands on learning activity focusing on fall. Circle time and free play is included in this program.

64120	30mos-5yrs	Brooklin CC&L	5 weeks
Mon	Sep 15-Oct 20	5:30pm-7:00pm	\$68.10

Learning Adventures - Outer Space (%)

Each week participants will engage in a themed, hands on learning activity focusing on outer space. Circle time and free play is included in this program.

64119	30mos-5yrs	Brooklin CC&L	5 weeks
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Mon	Oct 27-Nov 24	5:30pm-7:00pm	\$68.10
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Messy Family Fun (%)

Each week participants and caregivers will create a new messy art project. Story time, songs and movement games may also be included.

63865	2-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 19-Nov 21	9:15am-10:00am	\$90.74

Paint and Play (%)

Each week participants will paint a new masterpiece, meet new friends and learn through play. Register for 1 or all 10 weeks! Please note this is not a parent and tot class.

64121	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Sep 16-Sep 16	6:25pm-7:30pm	\$9.83
64122	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Sep 23-Sep 23	6:25pm-7:30pm	\$9.83
64124	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Sep 30-Sep 30	6:25pm-7:30pm	\$9.83
64123	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 7-Oct 7	6:25pm-7:30pm	\$9.83
64125	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 14-Oct 14	6:25pm-7:30pm	\$9.83
64126	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 21-Oct 21	6:25pm-7:30pm	\$9.83
64127	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Oct 28-Oct 28	6:25pm-7:30pm	\$9.83
64128	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Nov 4-Nov 4	6:25pm-7:30pm	\$9.83
64129	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Nov 11-Nov 11	6:25pm-7:30pm	\$9.83
64130	3-6yrs	Whitby Civic Rec Complex	1 class
Tue	Nov 18-Nov 18	6:25pm-7:30pm	\$9.83

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.

63866	18mos-3yrs	Brooklin CC&L	10 weeks
Mon	Sep 15-Nov 24	11:30am-12:15pm	\$90.74

Play and Learn (%)

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

64131	30mos-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 18-Nov 20	9:15am-11:15am	\$181.47

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, 2025, in order to register for this program.

63869	3-5yrs	Brooklin CC&L	10 weeks
Mon,Wed	Sep 15-Nov 24	9:15am-11:15am	\$362.94
64132	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon,Wed	Sep 15-Nov 24	9:15am-11:15am	\$362.94
63868	3-5yrs	Brooklin CC&L	10 weeks
Tue,Thu	Sep 16-Nov 20	9:15am-11:15am	\$362.94
63870	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 19-Nov 21	9:15am-11:15am	\$181.47

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, 2025, in order to register for this program.

64596	3-5yrs	Brooklin CC&L	6 weeks
Mon,Wed	Dec 1-Dec 17	9:15am-11:15am	\$108.84
64600	3-5yrs	Whitby Civic Rec Complex	6 weeks
Mon,Wed	Dec 1-Dec 17	9:15am-11:15am	\$108.84
64597	3-5yrs	Brooklin CC&L	6 weeks
Tue,Thu	Dec 2-Dec 18	9:15am-11:15am	\$108.84

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.

64133	30mos-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 15-Nov 24	11:30am-12:15pm	\$90.74

Tot Theme Days- Wheels on the bus (%)

Participants 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!

64618	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Sep 19-Sep 19	11:30am-12:15pm	\$9.07

Tot Theme Days- Fall Scarecrows (%)

Participants 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!

64619	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Sep 26-Sep 26	11:30am-12:15pm	\$9.07

Tot Theme Days- Fall Leaves (%)

Participants 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!

64620	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Oct 3-Oct 3	11:30am-12:15pm	\$9.07

Tot Theme Days- Pumpkin Patch (%)

Participants 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!

64621	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Oct 10-Oct 10	11:30am-12:15pm	\$9.07

Tot Theme Days- The Very Hungry Caterpillar (%)

Participants 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!

64622	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Oct 17-Oct 17	11:30am-12:15pm	\$9.07

Tot Theme Days- Jack-O-Lanterns (%)

Participants 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!

64623	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Oct 24-Oct 24	11:30am-12:15pm	\$9.07

Tot Theme Days- Trick or Treat (%)

Participants 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!

64624	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Oct 31-Oct 31	11:30am-12:15pm	\$9.07

Tot Theme Days- Outer Space (%)

Participants 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!

64625	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Nov 7-Nov 7	11:30am-12:15pm	\$9.07

Tot Theme Days- Princess and Superheroes (%)

Participants 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!

64626	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Nov 14-Nov 14	11:30am-12:15pm	\$9.07

Tot Theme Days- Happy Holidays (%)

Participants 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!

64627	30mos-5yrs	Whitby Civic Rec Complex	1 class
Fri	Nov 21-Nov 21	11:30am-12:15pm	\$9.07

Preschool Leagues and Sporting Groups

Parent and Tot Basketball

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

63961	3-5yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	10:15am-10:55am	\$99.10

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.

63962	3-5yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	11:45am-12:25pm	\$99.10

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.

63963	2-3yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	11:00am-11:40am	\$99.10

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.

63964	2-4yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	9:30am-10:10am	\$99.10

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.

63965	18mos-30mos	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	9:00am-9:25am	\$66.07

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.

63952	2-4yrs	Brooklin CC&L	12 weeks
Sun	Sep 21-Dec 14	9:00am-9:45am	\$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.

63951	2-4yrs	Brooklin CC&L	12 weeks
Mon	Sep 22-Dec 15	4:45pm-5:30pm	\$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.

63953	2-4yrs	Brooklin CC&L	12 weeks
Wed	Sep 24-Dec 17	4:45pm-5:30pm	\$255.00

Children's Programs

Fitness

Taekwondo 4-6 YRS

Do you want to discover the dynamic sport of Olympic Taekwondo with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Then join this class! Our family training environment supports the recreational and performance streams. This program is for children 4-7 years old. This program is by registration only.

63665	4-6yrs	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	4:30pm-5:25pm	\$81.12
63674	4-6yrs	Whitby Civic Rec Complex	9 weeks
Sun	Oct 19-Dec 14	10:00am-10:55am	\$81.12

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.

63675	7-11yrs	Whitby Civic Rec Complex	9 weeks
Sun	Oct 19-Dec 14	11:00am-11:55am	\$81.12

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 and his team. Introduction to the sport, fundamental skills and structure are covered in the curriculum. This program is by registration only.

63666	7-11yrs	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	5:30pm-6:25pm	\$81.12

Computer & Technology

Engineering For Kids - Chem Kids (#@%)

Spark your child's curiosity and ignite their passion for science with an unforgettable journey through the captivating world of chemical engineering. Through playful activities

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

64604	4-7yrs	Brooklin CC&L	8 weeks
Thu	Oct 30-Dec 18	5:30pm-6:30pm	\$280.00

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

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

64629	8-12yrs	McKinney Centre	8 weeks
Mon	Sep 22-Nov 17	7:00pm-8:00pm	\$228.00

Engineering For Kids - Junior Inventors (#@%)

Junior Inventors Workshop (mechanical engineering)Unleash your imagination, as you tinker and invent a variety of mechanical gadgets! In this program, children become mechanical engineers as they learn to use gears and other components to make machines move. Each day, children will learn new concepts and engineering-related vocabulary using colorful picture books and by completing exciting, hands-on engineering challenges following EFK's Engineering Design Process. Students will become true inventors and leave with a take-home project that will inspire them to continue inventing long into the future.

64628	4-7yrs	McKinney Centre	8 weeks
Mon	Sep 22-Nov 17	5:30pm-6:30pm	\$280.00

Engineering For Kids - Mission to Mars (#@%)

Our junior engineers will be inspired by Mars-themed children's literature featured in these classes. The stories will deepen their knowledge and spark their imaginations as they engage in hands-on engineering challenges using EFK's Engineering Design Process. In the stories and challenges, students will explore various topics in science, as well as explore various topics in science, as well as mechanical, aerospace, geologic and environmental engineering. This course is sure to spark children's imagination and ignite their curiosity about the future and Mars exploration.

64605	4-7yrs	Brooklin CC&L	6 weeks
Thu	Sep 18-Oct 23	5:30pm-6:30pm	\$210.00

Engineering For Kids - Mysteries of Matter (#@%)

Welcome Join us for an exciting expedition through the world of molecules. This program is designed to ignite curiosity and inspire discovery while exploring topics such as chemical engineering states of matter, physical properties, chemical engineering states of matter, physical properties, chemical change, and acidity. Using hands-on projects and the EFK Engineering Design Process, students will unravel the mysteries of matter and discover the underlying principles shaping our universe.

64603	8-12yrs	Brooklin CC&L	6 weeks
Thu	Sep 18-Oct 23	7:00pm-8:00pm	\$228.00

Engineering For Kids - Rescue Robots (#@%)

Welcome to the Rescue Bot Operations Centre, a place where robots have fun, compete and go on exciting adventures. In this program students will use EFK's Engineering Design Process to take on a variety of rescue missions using the LEGO Spike Prime® robotics kit. Students will learn to build robots and use block coding to design a route through earthquake rubble, rescue a snowmobile from an avalanche, search a trail for lost hikers.

64606	8-12yrs	Brooklin CC&L	8 weeks
Thu	Oct 30-Dec 18	7:00pm-8:00pm	\$304.00

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.

63923	7-9yrs	Brooklin CC&L	14 weeks
Wed	Sep 17-Dec 17	6:00pm-6:25pm	\$63.50

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.

63928	10-12yrs	Brooklin CC&L	14 weeks
Wed	Sep 17-Dec 17	6:30pm-7:25pm	\$123.32

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.

63934	6-8yrs	Brooklin CC&L	14 weeks
Tue	Sep 16-Dec 16	5:00pm-5:55pm	\$123.32
63935	6-8yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	3:00pm-3:55pm	\$123.32

Basketball – Kids

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

63936	9-11yrs	Brooklin CC&L	14 weeks
Thu	Sep 18-Dec 18	5:00pm-5:55pm	\$123.32
63957	9-11yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	4:00pm-4:55pm	\$123.32

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.

63940	6-8yrs	Brooklin CC&L	13 weeks
Mon	Sep 15-Dec 15	7:45pm-8:40pm	\$111.00
63960	6-8yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	2:00pm-2:55pm	\$132.140

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.

63947	5-8yrs	Brooklin CC&L	12 weeks
Sun	Sep 21-Dec 14	10:45am-11:45am	\$255.00
63948	3-5yrs	Brooklin CC&L	12 weeks
Sun	Sep 21-Dec 14	11:45am-12:45pm	\$255.00
63944	3-5yrs	Brooklin CC&L	12 weeks

Mon	Sep 22-Dec 15	5:30pm-6:30pm	\$255.00
63945	5-8yrs	Brooklin CC&L	12 weeks
Mon	Sep 22-Dec 15	6:30pm-7:30pm	\$255.00
63949	3-5yrs	Heydenshore Pavilion	13 weeks
Wed	Sep 24-Dec 17	5:30pm-6:30pm	\$276.25
63950	5-8yrs	Heydenshore Pavilion	13 weeks
Wed	Sep 24-Dec 17	6:30pm-7:30pm	\$276.25

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. Canceled October 12

63946	3-5yrs	Brooklin CC&L	12 weeks
Sun	Sep 21-Dec 14	9:45am-10:45am	\$255.00

Youth

Youth Drawing & Painting

Youth Mixed Media Program

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

64102	12-18yrs	Brooklin CC&L	7 weeks
Thu	Sep 25-Dec 18	4:30pm-5:30pm	Free
64103	12-18yrs	McKinney Centre	7 weeks
Thu	Sep 25-Dec 18	4:30pm-5:30pm	Free

Youth First Aid & Safety

Stay Safe! Course (#@%)

The Canadian Red Cross Stay Safe! program provided by Durham First Aid Inc., Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being

safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

64594	9-13yrs	Brooklin CC&L	1 class
Sat	Sep 27-Sep 27	9:00am-3:00pm	\$71.00
64106	9-13yrs	McKinney Centre	1 class
Mon	Oct 20-Oct 20	9:00am-3:00pm	\$71.00
64143	9-13yrs	Brooklin CC&L	1 class
Fri	Nov 14-Nov 14	9:00am-3:00pm	\$71.00

Youth Fitness

Teen Weight Training

Is your teen interested in working out at the gym to keep fit? This course offers youth the opportunity to workout supervised by a personal trainer in the Health Club. Participants will learn proper exercise and breathing techniques, how to design an exercise program as well as gym etiquette. Teens will also participate in cross training activities such as spinning, interval and dryland training.

63669	14-18yrs	Whitby Civic Rec Complex	9 weeks
Sat	Oct 11-Dec 13	4:30pm-5:45pm	\$81.12

Youth Strength & Conditioning

This high energy strength and conditioning class is designed for the athlete in everyone. 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.

63668	14-17yrs	Whitby Civic Rec Complex	9 weeks
Sat	Oct 11-Dec 13	12:30pm-1:25pm	\$81.12

Youth General Interest

Game On!Join the youth room Game On program every other Thursday for a tasty treat and interactive game. Each week participants will have the opportunity to explore a different game offered in the youth room such as Ping Pong, Pool, Mario Kart and Jeopardy while meeting new people and enjoying a treat.

64101	12-18yrs	Brooklin CC&L	7 weeks
Thu	Sep 18-Dec 11	4:30pm-5:30pm	Free
64104	12-18yrs	McKinney Centre	7 weeks
Thu	Sep 18-Dec 11	4:30pm-5:30pm	Free

Youth 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.

64593	11-16yrs	McKinney Centre	1 class
Sat	Oct 4-Oct 4	9:00am-5:00pm	\$76.00
64142	11-16yrs	Brooklin CC&L	1 class
Mon	Oct 20-Oct 20	9:00am-5:00pm	\$76.00
64105	11-16yrs	McKinney Centre	1 class
Fri	Nov 14-Nov 14	9:00am-5:00pm	\$76.00

Youth 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.

63929	11-15yrs	Brooklin CC&L	14 weeks
Wed	Sep 17-Dec 17	7:30pm-8:25pm	\$123.32

Basketball – Youth

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

63966	11-14yrs	Brooklin CC&L	15 weeks
Thu	Sep 11-Dec 18	6:00pm-6:55pm	\$132.14
63958	11-14yrs	Brooklin CC&L	14 weeks
Sat	Sep 20-Dec 20	5:00pm-5:55pm	\$132.14

Community Connection Programs

Adult Leagues and Sporting Groups

Badminton for Adults-Pick-up (#@%)

Enjoy a game of pick-up badminton with other enthusiasts! Please bring your own racquet and wear indoor shoes. There will be 4 players per court.

58466	18yrs+	John Dryden P.S.	14 weeks
Tue	Jan 14-Apr 22	8:00pm-9:15pm	\$112.00

Badminton for Adults-Pick-up (#@%)

Enjoy a game of pick-up badminton with other enthusiasts! Please bring your own racquet and wear indoor shoes. There will be 4 players per court.

64027	13yrs+	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	8:00pm-9:15pm	\$96.00

Brooklin Martial Arts-Advanced B.B.T. Class (@#)

The Brooklin Martial Arts Advanced B.B.T. Class is for students who have earned a Brooklin Martial Arts Brown Belt or higher. This class is for our dedicated students who are on the quest to be their best. The goal of our advanced classes is to help our student athletes reach their full potential. With an excellence mindset, we challenge our students demonstrate what they've learned with full passion and intensity. We incorporate more dynamic drills to build their skill and focused training to help them achieve their personal training goals. This is all in preparation for our students to test for their black belts, and prove they embody the Indomitable Spirit of a warrior!

64108	16yrs+	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	8:15pm-9:30pm	\$150.00
64077	16yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	8:15pm-9:30pm	\$150.00

Brooklin Martial Arts-Beginners/Fundamentals Class(@#)

The Brooklin Martial Arts Beginners & Fundamentals Class is our entry level program for NEW students 16 years 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. Returning students have the opportunity to refine

their fundamental martial arts skills to progress up the remaining fundamental belt ranks.

64135	16yrs+	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	8:15pm-9:00pm	\$90.00
64075	16yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	8:15pm-9:00pm	\$90.00

Brooklin Martial Arts-Black Belt Mastery Class (@#)

The Brooklin Martial Arts Black Belt Mastery Class is for students who have earned the rank of Black Belt. The training journey does not end upon earning a Black Belt. To earn a Black Belt a student must demonstrate they grasp a fundamental understanding of the foundational skills of the Martial Arts. Upon earning the Black Belt now one must strive for mastery. "A Black Belt is a White Belt that never gave up." In this class we challenge our Black Belts to embrace the beginner, or white belt, mindset to continue learning and growing as a Martial Artist. We will refine our techniques, test our knowledge and learn new skills. There is a comprehensive Black Belt curriculum that provides the opportunity for Black Belt students to progress to further ranks, degrees or dan of Black Belt.

64137	16yrs+	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	8:15pm-9:30pm	\$150.00
64076	16yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	8:15pm-9:30pm	\$150.00

Brooklin Martial Arts-Intermediate B.B.T Class (@#)

The Brooklin Martial Arts Intermediate B.B.T. Class is for students who have earned a Brooklin Martial Arts Green Belt or higher. This class will continue to build on our student's fundamental martial arts skills and refine the quality of their techniques. In addition to continued drilling of martial arts skills, real world self defence practice and our black belt excellence character development qualities; we will be introducing new aspects to our curriculum. We will be introducing safe and controlled sparring drills to work application of the martial arts while fostering the friendly competitive aspects of sport. We will also introduce our kobudo weapon curriculum into our practice, learning how to use these tools as an extension of the body.

64141	16yrs+	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	8:15pm-9:15pm	\$120.00
64074	16yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	8:15pm-9:15pm	\$120.00

Men's Basketball-Pick-up (#@%)

Enjoy a friendly pick-up game of basketball.

64023	30yrs+	Sinclair S.S.	15 weeks
Wed	Sep 10-Dec 17	7:45pm-9:45pm	\$90.00

Pickleball-Pick-up (#@%)

Enjoy a pick-up game with other enthusiasts. Rules and game play experience is required. Please bring your own paddle and indoor shoes. There will be 4 players per court.

64024	13yrs+	Donald A. Wilson S.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-7:00pm	\$96.00
64025	13yrs+	Donald A. Wilson S.S.	12 weeks
Wed	Sep 17-Dec 3	7:00pm-8:00pm	\$96.00
64026	13yrs+	Donald A. Wilson S.S.	12 weeks
Wed	Sep 17-Dec 3	8:00pm-9:00pm	\$96.00

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.

64063	13yrs+	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	7:45pm-9:00pm	\$96.00

Children Dance

Ballet /Jazz (@#)

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

64030	5-6yrs	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	7:00pm-7:30pm	\$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.

64054	3-4yrs	Brooklin Village P.S.	12 weeks
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Mon	Sep 15-Dec 8	6:00pm-6:30pm	\$60.00
64055	4-5yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	6:30pm-7:00pm	\$60.00
64056	3-4yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-6:30pm	\$60.00
64057	3-4yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	6:30pm-7:00pm	\$60.00
64031	3-4yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:00pm-6:30pm	\$60.00
64032	3-4yrs	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	6:00pm-6:30pm	\$60.00

Dance Medley (@#)

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

64042	6-7yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	7:00pm-7:30pm	\$60.00
64038	7-10yrs	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	7:30pm-8:15pm	\$90.00
64039	4-5yrs	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	6:30pm-7:00pm	\$70.00
64040	5-6yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-6:45pm	\$90.00
64041	7-10yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	7:30pm-8:15pm	\$90.00

Hip Hop with Community Connection (#@)

Participants learn basic hip-hop styles.

64060	7-10yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	7:30pm-8:15pm	\$90.00
64066	5-6yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	7:00pm-7:30pm	\$60.00
64043	7-10yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	7:30pm-8:15pm	\$90.00

64044	4-5yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:30pm-7:00pm	\$60.00
64053	6-8yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	7:00pm-7:45pm	\$90.00
64045	6-7yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	6:45pm-7:30pm	\$90.00

Children General Interest

Lego Club (#@%)

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

64046	6-11yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:00pm-6:45pm	\$66.00
64047	6-11yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:45pm-7:30pm	\$66.00
64061	6-11yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	6:00pm-6:45pm	\$66.00
64062	6-11yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	6:45pm-7:30pm	\$66.00

Children Leagues and Sporting Groups

Badminton for Kids (#@)

Have fun learning the rules and techniques of badminton in a non-competitive, friendly environment. Racquets are available, but you are welcome to bring your own.

64028	7-9yrs	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	6:15pm-7:00pm	\$90.00
64029	9-13yrs	John Dryden P.S.	12 weeks
Tue	Sep 16-Dec 2	7:00pm-8:00pm	\$120.00

Basketball with Community Connection (@#)

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

64033	5-6yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:00pm-6:45pm	\$90.00
64034	7-8yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:45pm-7:30pm	\$90.00
64035	9-12yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	7:30pm-8:15pm	\$90.00
64036	5-6yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-6:45pm	\$90.00
64037	7-8yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	6:45pm-7:30pm	\$90.00

Brooklin Martial Arts-Advanced B.B.T. Class (@#)

The Brooklin Martial Arts Advanced B.B.T. Class is for students who have earned a Brooklin Martial Arts Brown Belt or higher. This class is for our dedicated students who are on the quest to be their best. The goal of our advanced classes is to help our student athletes reach their full potential. With an excellence mindset, we challenge our students demonstrate what they've learned with full passion and intensity. We incorporate more dynamic drills to build their skill and focused training to help them achieve their personal training goals. This is all in preparation for our students to test for their black belts, and prove they embody the Indomitable Spirit of a warrior!

64107	8-15yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	7:00pm-8:15pm	\$150.00
64068	8-15yrs	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	7:00pm-8:15pm	\$150.00
64152	8yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	7:45pm-9:00pm	\$150.00
64093	8yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 17-Dec 3	7:45pm-9:00pm	\$150.00

Brooklin Martial Arts-Beginner/Fundamentals Class (@#)

The Brooklin Martial Arts Beginner & Fundamentals 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. Returning students have the opportunity to refine

their fundamental martial arts skills to progress up the remaining fundamental belt ranks.

64159	8yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	7:00pm-7:45pm	\$90.00
64094	8yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 17-Dec 3	7:00pm-7:45pm	\$90.00
64134	8-15yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	7:00pm-7:45pm	\$90.00
64069	8-15yrs	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	7:00pm-7:45pm	\$90.00

Brooklin Martial Arts-Black Belt Mastery Class (@#)

The Brooklin Martial Arts Black Belt Mastery Class is for students who have earned the rank of Black Belt. The training journey does not end upon earning a Black Belt. To earn a Black Belt a student must demonstrate they grasp a fundamental understanding of the foundational skills of the Martial Arts. Upon earning the Black Belt now one must strive for mastery. "A Black Belt is a White Belt that never gave up." In this class we challenge our Black Belts to embrace the beginner, or white belt, mindset to continue learning and growing as a Martial Artist. We will refine our techniques, test our knowledge and learn new skills. There is a comprehensive Black Belt curriculum that provides the opportunity for Black Belt students to progress to further ranks, degrees or dan of Black Belt.

64160	8yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	7:45pm-9:00pm	\$150.00
64136	8-15yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	7:00pm-8:15pm	\$150.00
64095	8yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 17-Dec 3	7:45pm-9:00pm	\$150.00
64070	8-15yrs	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	7:00pm-8:15pm	\$150.00

Brooklin Martial Arts-Brooklin Buddies (@#)

The Brooklin Buddies class is our entry level class for any child 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. The same class is also offered at 6:30.

<u>64161</u>	5-7yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	6:00pm-6:30pm	\$60.00
<u>64097</u>	5-7yrs	Meadowcrest P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-6:30pm	\$60.00
<u>64162</u>	5-7yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	6:30pm-7:00pm	\$60.00
<u>64138</u>	5-7yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	6:30pm-7:00pm	\$60.00
<u>64098</u>	5-7yrs	Meadowcrest P.S.	12 weeks
Wed	Sep 17-Dec 3	6:30pm-7:00pm	\$60.00
<u>64073</u>	5-7yrs	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 4	6:30pm-7:00pm	\$60.00
<u>64139</u>	5-7yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	6:00pm-6:30pm	\$60.00
<u>64072</u>	5-7yrs	Pringle Creek P.S.	12 weeks
Thu	Sep 18-Dec 11	6:00pm-6:30pm	\$60.00

Brooklin Martial Arts-Intermediate B.B.T Class (@#)

The Brooklin Martial Arts Intermediate B.B.T. Class is for students who have earned a Brooklin Martial Arts Green Belt or higher. This class will continue to build on our student's fundamental martial arts skills and refine the quality of their techniques. In addition to continued drilling of martial arts skills, real world self defence practice and our black belt excellence character development qualities; we will be introducing new aspects to our curriculum. We will be introducing safe and controlled sparring drills to work application of the martial arts while fostering the friendly competitive aspects of sport. We will also introduce our kobudo weapon curriculum into our practice, learning how to use these tools as an extension of the body.

<u>64163</u>	8yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 15-Dec 8	7:45pm-8:45pm	\$120.00
<u>64140</u>	8-15yrs	Ormiston P.S.	12 weeks
Tue	Sep 16-Dec 2	7:00pm-8:00pm	\$120.00
<u>64096</u>	8yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 17-Dec 3	7:45pm-8:45pm	\$120.00
<u>64071</u>	8-15yrs	Pringle Creek P.S.	12 weeks

Thu	Sep 18-Dec 4	7:00pm-8:00pm	\$120.00
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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.

64048	5-6yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:00pm-6:45pm	\$90.00
64049	7-8yrs	John Dryden P.S.	12 weeks
Mon	Sep 15-Dec 8	6:45pm-7:30pm	\$90.00
64050	5-6yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-6:45pm	\$90.00
64051	7-8yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	6:45pm-7:30pm	\$90.00
64052	9-12yrs	John Dryden P.S.	12 weeks
Wed	Sep 17-Dec 3	7:30pm-8:15pm	\$90.00

Volleyball Co-ed (#@)

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

64064	12-14yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	6:45pm-7:45pm	\$120.00
64065	11-13yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-6:45pm	\$90.00

Children 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.

64058	7-10yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	6:00pm-7:00pm	\$120.00

Guitar For Kids-(#@%)

Continue learning to play the guitar. Please bring your own acoustical guitar.

64059	10-15yrs	Ormiston P.S.	12 weeks
Wed	Sep 17-Dec 3	7:00pm-8:00pm	\$120.00

Swimming Programs

Adult

Aquafit

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

64935	13yrs+	Whitby Civic Rec Complex	12 weeks
Mon	Sep 22-Dec 15	9:00am-9:45am	\$110.78
64936	13yrs+	Whitby Civic Rec Complex	12 weeks
Mon	Sep 22-Dec 15	9:45am-10:30am	\$110.78
64937	13yrs+	Whitby Civic Rec Complex	13 weeks
Tue	Sep 23-Dec 16	8:45am-9:30am	\$119.99
64938	13yrs+	Whitby Civic Rec Complex	13 weeks
Tue	Sep 23-Dec 16	7:15pm-8:00pm	\$119.99
64939	13yrs+	Whitby Civic Rec Complex	13 weeks
Thu	Sep 25-Dec 18	9:00am-9:45am	\$119.99
64940	13yrs+	Whitby Civic Rec Complex	13 weeks
Thu	Sep 25-Dec 18	9:45am-10:30am	\$119.99
64941	13yrs+	Whitby Civic Rec Complex	13 weeks
Thu	Sep 25-Dec 18	7:15pm-8:00pm	\$119.99
64942	13yrs+	Whitby Civic Rec Complex	13 weeks
Fri	Sep 26-Dec 19	8:45am-9:30am	\$119.99
64943	13yrs+	Whitby Civic Rec Complex	12 weeks
Sat	Sep 27-Dec 20	1:15pm-2:00pm	\$110.78

Aquafit- Low Impact

This class is designed to provide low impact activities to help recover from injuries and regain strength. Exercises are designed to be performed at a slower pace, and to focus

on building strength with water resistance training and minimal impact to your joint. No swimming experience is required.

65026	13yrs+	Whitby Civic Rec Complex	13 weeks
Wed	Sep 24-Dec 17	8:45am-9:30am	\$119.99

Aquafit - Deep Water

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

64944	13yrs+	Anne Ottenbrite Pool	13 weeks
Tue	Sep 23-Dec 16	9:00am-9:45am	\$119.99
64945	13yrs+	Anne Ottenbrite Pool	13 weeks
Tue	Sep 23-Dec 16	9:45am-10:30am	\$119.99
64946	13yrs+	Anne Ottenbrite Pool	13 weeks
Wed	Sep 24-Dec 17	9:00am-9:45am	\$119.99
64947	13yrs+	Anne Ottenbrite Pool	13 weeks
Wed	Sep 24-Dec 17	9:45am-10:30am	\$119.99
64948	13yrs+	Anne Ottenbrite Pool	13 weeks
Wed	Sep 24-Dec 17	8:00pm-8:45pm	\$119.99
64949	13yrs+	Anne Ottenbrite Pool	13 weeks
Fri	Sep 26-Dec 19	9:00am-9:45am	\$119.99
64950	13yrs+	Anne Ottenbrite Pool	13 weeks
Fri	Sep 26-Dec 19	9:45am-10:30am	\$119.99

Adult Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP

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

63723	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	7:15pm-8:00pm	\$122.58
64767	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	8:00pm-8:45pm	\$122.58

64866	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:30pm-8:15pm	\$122.58
64867	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:30pm-9:15pm	\$122.58
64868	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:30pm-9:15pm	\$122.58

Adult Swimmer 1 - Beginner – CRC

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

63698	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	2:00pm-2:45pm	\$122.58
64307	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	1:30pm-2:15pm	\$122.58
64308	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:15pm-3:00pm	\$122.58
64419	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	1:30pm-2:15pm	\$122.58
64420	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:15pm-3:00pm	\$122.58
64507	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$122.58
64508	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$122.58

Adult Swimmer 2 - Intermediate – AOP

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

63724	14yrs+	Anne Ottenbrite Pool	10 weeks
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Fri	Sep 26-Nov 28	8:00pm-8:45pm	\$122.58
64768	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	8:45pm-9:30pm	\$122.58
64869	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:30pm-8:15pm	\$122.58
64870	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:15pm-9:00pm	\$122.58
64871	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:15pm-9:00pm	\$122.58

Adult Swimmer 2 - Intermediate – CRC

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

63699	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	2:00pm-2:45pm	\$122.58
64309	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	1:30pm-2:15pm	\$122.58
64421	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:15pm-3:00pm	\$122.58
64422	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	3:00pm-3:45pm	\$122.58
64516	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$122.58
64517	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$122.58

Adult Swimmer 3 - Advanced – AOP

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

63725	14yrs+	Anne Ottenbrite Pool	10 weeks
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Fri	Sep 26-Nov 28	8:45pm-9:30pm	\$122.58
64872	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:30pm-8:15pm	\$122.58
64873	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:15pm-9:00pm	\$122.58

Adult Swimmer 3 - Advanced – CRC

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

63700	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	2:00pm-2:45pm	\$122.58
64310	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:15pm-3:00pm	\$122.58
64423	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	1:30pm-2:15pm	\$122.58
64424	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	3:00pm-3:45pm	\$122.58
64518	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$122.58

Fitness Swimmer – AOP

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

63748	15yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 12	8:00am-9:00am	\$122.58

Fitness Swimmer – CRC

In this course a certified aquatic instructor will coach you through a 1 hour swim workout that will build endurance, strength, and cardio through a combination of lap swimming and drills. This is an excellent opportunity to practice swim strokes, build endurance and

meet new friends. Participants must be able to swim a minimum of 50m (2 consecutive lengths of the pool unassisted).

63701	15yrs+	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	4:30pm-5:30pm	\$122.58

Adult Private Swimming Lessons

Private Adult Swimmer - AOP (#@)

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

63750	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	8:00pm-8:30pm	\$378.82
64769	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	8:30pm-9:00pm	\$378.82
64770	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	9:00pm-9:30pm	\$378.82

Private Adult Swimmer- CRC (#@)

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

64244	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	9:30am-10:00am	\$378.82
64245	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:00am-10:30am	\$378.82
64246	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:30am-11:00am	\$378.82
64247	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	11:00am-11:30am	\$378.82
64304	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	1:30pm-2:00pm	\$378.82
64305	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:00pm-2:30pm	\$378.82
64306	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:30pm-3:00pm	\$378.82

64404	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	3:00pm-3:30pm	\$378.82
64405	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	3:00pm-3:30pm	\$378.82

Children

Children Group Swimming Lessons

Swimmer 1 – AOP

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

63731	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64647	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64648	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:30pm-8:00pm	\$113.48
64649	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:00pm-8:30pm	\$113.48
64683	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64684	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:00pm-7:30pm	\$113.48
64685	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	8:00pm-8:30pm	\$113.48
64713	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64714	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64715	6-13yrs	Anne Ottenbrite Pool	10 weeks

Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64716	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:30pm-8:00pm	\$113.48
64740	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64741	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:00pm-7:30pm	\$113.48
64742	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	8:00pm-8:30pm	\$113.48
64743	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	8:00pm-8:30pm	\$113.48
64785	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64786	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64787	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:30pm	\$113.48
64895	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64896	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64897	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64898	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$113.48
64899	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$113.48

Swimmer 1 – CRC

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

63705	6-13yrs	Whitby Civic Rec Complex	10 weeks
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Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$113.48
64213	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48
64214	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64215	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64216	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64217	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64218	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64271	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64272	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64273	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64274	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64275	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64276	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64277	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64338	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64339	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64340	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48

64341	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64342	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64343	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64344	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64345	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64346	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64347	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64381	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64382	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64383	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64384	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64385	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64386	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64387	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64448	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64449	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64450	6-13yrs	Whitby Civic Rec Complex	10 weeks

Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64451	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64452	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64453	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64454	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48
64455	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48
64499	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64500	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64501	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64502	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64503	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64504	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64505	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64506	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64554	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64555	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64556	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48

64557	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64558	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64559	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48
64560	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Swimmer 2 – AOP

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

63732	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64650	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64651	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:30pm-8:00pm	\$113.48
64652	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:00pm-8:30pm	\$113.48
64653	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:00pm-8:30pm	\$113.48
64686	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64687	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:00pm-7:30pm	\$113.48
64688	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:00pm	\$113.48
64689	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	8:00pm-8:30pm	\$113.48
64717	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48

64718	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64719	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64720	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64721	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:30pm-8:00pm	\$113.48
64744	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64745	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:00pm-7:30pm	\$113.48
64746	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:00pm	\$113.48
64747	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	8:00pm-8:30pm	\$113.48
64788	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64789	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64790	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64900	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64901	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64902	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48
64903	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$113.48

Swimmer 2 – CRC

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

63706	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$113.48
64219	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48
64220	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64221	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64222	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64223	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64278	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64279	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64280	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64281	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64282	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64350	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64351	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48
64352	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64353	6-13yrs	Whitby Civic Rec Complex	10 weeks

Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64354	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64355	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.4
64356	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64357	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64388	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64389	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64390	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64391	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64392	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64393	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64456	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64457	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64458	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64459	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64460	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64461	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48

<u>64509</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
<u>64510</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
<u>64511</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
<u>64512</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
<u>64513</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
<u>64514</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
<u>64515</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
<u>64561</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
<u>64562</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
<u>64563</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
<u>64564</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
<u>64565</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
<u>64566</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Swimmer 3 – AOP

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

<u>63733</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:15pm	\$116.79

64661	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:15pm-7:00pm	\$116.79
64662	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:45pm	\$116.79
64690	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:45pm	\$116.79
64691	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:45pm-7:30pm	\$116.79
64692	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:15pm	\$116.79
64722	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:15pm	\$116.79
64723	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:15pm-7:00pm	\$116.79
64724	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:45pm	\$116.79
64754	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:45pm	\$116.79
64755	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:45pm-7:30pm	\$116.79
64756	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:15pm	\$116.79
64803	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:45am	\$116.79
64804	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:45am-10:30am	\$116.79
64805	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:15am	\$116.79
64806	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:15am-12:00pm	\$116.79
64917	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:45am	\$116.79
64918	6-13yrs	Anne Ottenbrite Pool	10 weeks

Sun	Sep 28-Dec 7	10:30am-11:15am	\$116.79
64919	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:15am-12:00pm	\$116.79
64920	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:45pm	\$116.79

Swimmer 4 – AOP

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

63734	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:15pm	\$116.79
64664	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:15pm-7:00pm	\$116.79
64665	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:45pm	\$116.79
64666	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:45pm-8:30pm	\$116.79
64693	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:45pm	\$116.79
64694	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:45pm-7:30pm	\$116.79
64695	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:15pm	\$116.79
64725	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:15pm	\$116.79
64726	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:15pm-7:00pm	\$116.79
64727	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:45pm	\$116.79
64757	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:45pm	\$116.79
64758	6-13yrs	Anne Ottenbrite Pool	10 weeks

Thu	Sep 25-Nov 27	6:45pm-7:30pm	\$116.79
64759	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:15pm	\$116.79
64760	6-13yrs	Anne Ottenbrite Pool	10 week
Thu	Sep 25-Nov 27	7:30pm-8:15pm	\$116.79
64807	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:45am	\$116.79
64808	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:15am	\$116.79
64809	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:15am-12:00pm	\$116.79
64810	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$116.79
64921	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:45am	\$116.79
64922	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:45am-10:30am	\$116.79
64923	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:15am	\$116.79
64924	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:15am-12:00pm	\$116.79

Swimmer 5 – AOP

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

63735	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:15pm	\$116.79
64667	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:45pm	\$116.79
64668	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:45pm-8:30pm	\$116.79
64696	6-13yrs	Anne Ottenbrite Pool	10 weeks

Tue	Sep 23-Nov 25	6:00pm-6:45pm	\$116.79
64697	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:45pm-7:30pm	\$116.79
64698	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:15pm	\$116.79
64728	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:15pm	\$116.79
64729	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:15pm-7:00pm	\$116.79
64730	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:45pm	\$116.79
64761	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:45pm	\$116.79
64762	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:45pm-7:30pm	\$116.79
64763	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:15pm	\$116.79
64811	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:45am	\$116.79
64812	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:45am-10:30am	\$116.79
64813	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:15am	\$116.79
64814	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$116.79
64925	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:45am	\$116.79
64926	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:45am-10:30am	\$116.79
64927	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:15am-12:00pm	\$116.79
64928	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:45pm	\$116.79

Swimmer 6 – AOP

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

63736	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:15pm-7:00pm	\$116.79
64669	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:45pm-8:30pm	\$116.79
64699	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:45pm	\$116.79
64700	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:45pm-7:30pm	\$116.79
64701	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:15pm	\$116.79
64731	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:15pm	\$116.79
64732	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:15pm-7:00pm	\$116.79
64733	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:45pm	\$116.79
64764	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:45pm	\$116.79
64765	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:45pm-7:30pm	\$116.79
64766	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:15pm	\$116.79
64815	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:45am-10:30am	\$116.79
64816	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:15am-12:00pm	\$116.79
64817	6-13yrs	Anne Ottenbrite Pool	10 weeks

Sat	Sep 27-Dec 6	12:00pm-12:45pm	\$116.79
64929	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:45am-10:30am	\$116.79
64930	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:15am	\$116.79
64931	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:45pm	\$116.79

Children 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. For more information visit our website.

63749	3-14yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$378.82
64654	3-14yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$378.82
64748	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$378.82
64749	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$378.82
64750	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:00pm-7:30pm	\$378.82
64751	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:00pm	\$378.82
64791	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$378.82
64792	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$378.82
64793	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$378.82
64794	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$378.82

64795	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$378.82
64796	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:30pm	\$378.82
64840	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$378.82
64841	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$378.82
64842	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$378.82
64843	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$378.82
64844	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$378.82
64845	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$378.82
64846	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$378.82
64847	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$378.82
64848	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$378.82
64849	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$378.82
64850	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$378.82
64851	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$378.82
64852	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$378.82
64853	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$378.82
64854	3-14yrs	Anne Ottenbrite Pool	10 weeks

Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$378.82
64855	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$378.82
64856	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$378.82
64857	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$378.82
64858	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$378.82
64859	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$378.82
64860	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$378.82
64861	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$378.82
64862	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$378.82
64863	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$378.82
64864	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$378.82
64865	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$378.82
64912	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$378.82
64913	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$378.82
64914	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$378.82
64915	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$378.82
64916	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$378.82

Private Swimming Lessons- CRC (#@)

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

63710	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64183	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64184	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64185	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64186	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64187	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64188	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64189	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:00pm-4:30pm	\$378.82
64190	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$378.82
64191	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$378.82
64192	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$378.82
64193	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$378.82
64242	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	11:00am-11:30am	\$378.82
64243	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	1:30pm-2:00pm	\$378.82
64283	3-14yrs	Whitby Civic Rec Complex	10 weeks

Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$378.82
64284	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$378.82
64285	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$378.82
64286	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$378.82
64287	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$378.82
64302	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	9:30am-10:00am	\$378.82
64303	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	10:00am-10:30am	\$378.82
64394	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$378.82
64395	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$378.82
64396	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$378.82
64397	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$378.82
64398	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$378.82
64399	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	10:00am-10:30am	\$378.82
64400	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	10:30am-11:00am	\$378.82
64401	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	11:00am-11:30am	\$378.82
64402	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	11:00am-11:30am	\$378.82
64403	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:30pm-3:00pm	\$378.82

64463	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$378.82
64464	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$378.82
64465	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$378.82
64567	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$378.82
64568	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$378.82
64569	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$378.82
64570	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$378.82
64571	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-1:30pm	\$378.82
64572	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-1:30pm	\$378.82
64573	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:30pm-2:00pm	\$378.82
64574	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:30pm-2:00pm	\$378.82

Children Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@)

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

63726	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$231.41
64797	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$231.41

64826	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$231.41
64827	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$231.41
64828	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$231.41
64904	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$231.41

Semi-Private Swimmer 1 - CRC (#@)

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

63703	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$231.41
64194	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$231.41
64348	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$231.41
64349	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$231.41
64585	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$231.41
64586	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-1:30pm	\$231.41

Semi-Private Swimmer 2 - AOP (#@)

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

63727	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$231.41
64798	6-13yrs	Anne Ottenbrite Pool	10 weeks

Sat	Sep 27-Dec 6	9:30am-10:00am	\$231.41
64829	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$231.41
64830	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$231.41
64831	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$231.41
64905	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$231.41

Semi-Private Swimmer 2 - CRC (#@)

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

63704	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$231.41
64358	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$231.41
64462	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$231.41
64587	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$231.41
64588	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:30pm-2:00pm	\$231.41

Semi-Private Swimmer 3 - AOP (#@)

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

63728	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$231.41
64799	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$231.41

64832	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$231.41
64833	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$231.41
64834	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$231.41
64906	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$231.41

Semi-Private Swimmer 4 - AOP (#@)

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

63759	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$231.41
64800	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$231.41
64835	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$231.41
64836	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$231.41
64907	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$231.41

Semi-Private Swimmer 5- AOP (#@)

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

63729	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:30pm-8:00pm	\$231.41
64801	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$231.41
64837	6-13yrs	Anne Ottenbrite Pool	10 weeks

Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$231.41
64838	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:00pm-7:30pm	\$231.41
64908	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$231.41

Semi-Private Swimmer 6 - AOP (#@)

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

63730	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:00pm-8:30pm	\$231.41
64802	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$231.41
64839	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$231.41
64909	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$231.41

Preschool

Preschool Group Swimming Lessons

Parent and Tot 1 – AOP (%)

Designed for the 4 to 12-month old to learn to enjoy the water with a parent. For more information visit our website.

63711	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64672	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64702	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48

64771	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64880	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48

Parent and Tot 1 – CRC (%)

Designed for the 4 to 12-month old to learn to enjoy the water with a parent. For more information visit our website.

63686	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64224	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	9:30am-10:00am	\$113.48
64225	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	1:30pm-2:00pm	\$113.48
64248	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64288	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	10:30am-11:00am	\$113.48
64289	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:00pm-2:30pm	\$113.48
64311	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64359	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64406	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	9:30am-10:00am	\$113.48
64407	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	1:30pm-2:00pm	\$113.48
64425	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64466	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64467	4mos-12mos	Whitby Civic Rec Complex	10 weeks

Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64519	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64520	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48

Parent and Tot 2 – AOP (%)

Designed for the 12 to 24-month-old to learn to enjoy the water with the assistance of a parent. For more information visit our website.

63712	1-2yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64673	1-2yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64703	1-2yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64772	1-2yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64881	1-2yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48

Parent and Tot 2 – CRC (%)

Designed for the 12 to 24-month-old to learn to enjoy the water with the assistance of a parent. For more information visit our website.

63687	1-2yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48
64202	1-2yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64226	1-2yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:00am-10:30am	\$113.48
64227	1-2yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	11:00am-11:30am	\$113.48
64228	1-2yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	2:00pm-2:30pm	\$113.48

64249	1-2yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64250	1-2yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64290	1-2yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	9:30am-10:00am	\$113.48
64291	1-2yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	1:30pm-2:00pm	\$113.48
64292	1-2yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:00pm-2:30pm	\$113.48
64312	1-2yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48
64360	1-2yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64408	1-2yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	10:00am-10:30am	\$113.48
64409	1-2yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:00pm-2:30pm	\$113.48
64426	1-2yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64468	1-2yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64469	1-2yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64521	1-2yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64522	1-2yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48

Parent and Tot 3- AOP (%)

Designed for the 2 to 3-year-old to develop confidence and the ability to perform skills with and without assistance from parents. For more information visit our website.

63713	2-3yrs	Anne Ottenbrite Pool	10 weeks
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Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64674	2-3yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:00pm-7:30pm	\$113.48
64704	2-3yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64773	2-3yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64882	2-3yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48

Parent and Tot 3- CRC (%)

Designed for the 2 to 3-year-old to develop confidence and the ability to perform skills with and without assistance from parents. For more information visit our website.

63688	2-3yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64229	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:30am-11:00am	\$113.48
64230	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	11:00am-11:30am	\$113.48
64231	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	2:00pm-2:30pm	\$113.48
64251	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64293	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	10:00am-10:30am	\$113.48
64294	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	1:30pm-2:00pm	\$113.48
64313	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64361	2-3yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64410	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	10:30am-11:00am	\$113.48

64411	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:00pm-2:30pm	\$113.48
64427	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64428	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48
64470	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64471	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64523	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64524	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Preschool 1 – AOP

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

63714	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64644	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64675	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64676	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64677	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:00pm	\$113.48
64705	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64711	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48

64734	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64735	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64774	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64775	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64776	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:30pm	\$113.48
64883	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64884	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64885	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64886	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64887	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$113.48
64888	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$113.48

Preschool 1 – CRC

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

63689	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$113.48
64196	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$113.48
64197	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48

64198	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64199	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64200	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64201	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64232	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	9:30am-10:00am	\$113.48
64233	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:00am-10:30am	\$113.48
64234	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:30am-11:00am	\$113.48
64235	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	1:30pm-2:00pm	\$113.48
64236	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	2:30pm-3:00pm	\$113.48
64252	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64253	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64254	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64255	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64256	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64257	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64295	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	9:30am-10:00am	\$113.48
64296	3-5yrs	Whitby Civic Rec Complex	10 weeks

Wed	Sep 24-Nov 26	11:00am-11:30am	\$113.48
64297	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:30pm-3:00pm	\$113.48
64314	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64315	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48
64316	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64317	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64318	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64319	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64320	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64321	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64362	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64363	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64364	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64365	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64366	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64367	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64368	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48

64412	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	9:30am-10:00am	\$113.48
64413	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	10:00am-10:30am	\$113.48
64414	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	1:30pm-2:00pm	\$113.48
64429	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64430	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64431	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64432	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64433	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64434	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64435	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48
64472	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64473	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64474	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64475	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64476	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64477	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64478	3-5yrs	Whitby Civic Rec Complex	10 weeks

Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64479	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64480	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64525	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64526	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64527	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64528	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64529	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64530	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64531	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64532	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64533	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64534	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48
64535	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Preschool 2 – AOP

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

63715	3-5yrs	Anne Ottenbrite Pool	10 weeks
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Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64645	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64646	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:30pm-8:00pm	\$113.48
64678	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64679	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:00pm-7:30pm	\$113.48
64706	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64707	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64736	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64777	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64778	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64779	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64889	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64890	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48

Preschool 2 – CRC

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

63690	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$113.48

64203	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48
64204	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64205	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64206	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64207	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64237	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	9:30am-10:00am	\$113.48
64238	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:00am-10:30am	\$113.48
64239	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	10:30am-11:00am	\$113.48
64240	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	1:30pm-2:00pm	\$113.48
64241	3-5yrs	Whitby Civic Rec Complex	10 week
Tue	Sep 23-Nov 25	2:30pm-3:00pm	\$113.48
64258	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	4:30pm-5:00pm	\$113.48
64259	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64260	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64261	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64262	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64263	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64298	3-5yrs	Whitby Civic Rec Complex	10 weeks

Wed	Sep 24-Nov 26	9:30am-10:00am	\$113.48
64299	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	10:00am-10:30am	\$113.48
64300	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	2:30pm-3:00pm	\$113.48
64323	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64324	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48
64325	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64326	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64327	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64369	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64370	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64371	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64372	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64373	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64374	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64415	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	9:30am-10:00am	\$113.48
64416	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	10:00am-10:30am	\$113.48
64417	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:00pm-2:30pm	\$113.48

64436	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64437	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64438	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64439	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:00pm-6:30pm	\$113.48
64440	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48
64481	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64482	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64483	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64484	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64485	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64486	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64487	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64488	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64489	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64536	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64537	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64538	3-5yrs	Whitby Civic Rec Complex	10 weeks

Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48
64539	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64540	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64541	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64542	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64543	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64544	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Preschool 3 – AOP

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

63716	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64680	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64681	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:00pm	\$113.48
64708	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64709	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64737	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64738	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:30pm-8:00pm	\$113.48
64780	3-5yrs	Anne Ottenbrite Pool	10 weeks

Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64781	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64782	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64891	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48

Preschool 3 – CRC

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

63691	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48
64208	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64209	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64210	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64264	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64265	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64266	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64267	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:30pm-7:00pm	\$113.48
64301	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	10:00am-10:30am	\$113.48
64328	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48
64329	3-5yrs	Whitby Civic Rec Complex	10 weeks

Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64330	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:30pm-7:00pm	\$113.48
64375	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	4:30pm-5:00pm	\$113.48
64376	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64377	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:00pm-6:30pm	\$113.48
64418	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	2:30pm-3:00pm	\$113.48
64442	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	4:30pm-5:00pm	\$113.48
64443	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64444	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64445	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	6:30pm-7:00pm	\$113.48
64490	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:00am-9:30am	\$113.48
64491	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64492	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64493	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:30am-11:00am	\$113.48
64494	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$113.48
64545	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64546	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$113.48

64547	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64548	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48
64549	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:00am-11:30am	\$113.48
64550	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Preschool 4 – AOP

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

63717	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:30pm-7:00pm	\$113.48
64710	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:30pm-8:00pm	\$113.48
64739	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Sep 25-Nov 27	7:00pm-7:30pm	\$113.48
64783	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64892	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48
64893	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Preschool 4 – CRC

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

63692	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$113.48
64211	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$113.48

64212	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	6:00pm-6:30pm	\$113.48
64268	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:00pm-5:30pm	\$113.48
64269	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	6:00pm-6:30pm	\$113.48
64332	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$113.48
64333	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$113.48
64334	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	6:00pm-6:30pm	\$113.48
64335	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64378	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:00pm-5:30pm	\$113.48
64379	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	6:30pm-7:00pm	\$113.48
64446	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$113.48
64495	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	10:00am-10:30am	\$113.48
64496	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64551	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	9:00am-9:30am	\$113.48
64552	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:00am-10:30am	\$113.48

Preschool 5 – AOP

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

63718	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:00pm-7:30pm	\$113.48
64682	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	8:00pm-8:30pm	\$113.48
64712	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Sep 24-Nov 26	7:30pm-8:00pm	\$113.48
64784	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:30pm	\$113.48
64894	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	11:30am-12:00pm	\$113.48

Preschool 5 – CRC

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

63693	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$113.48
64270	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 23-Nov 25	5:30pm-6:00pm	\$113.48
64336	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:30pm-6:00pm	\$113.48
64337	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	7:00pm-7:30pm	\$113.48
64380	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 25-Nov 27	5:30pm-6:00pm	\$113.48
64447	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:30pm-6:00pm	\$113.48
64497	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	9:30am-10:00am	\$113.48
64498	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$113.48
64553	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$113.48

Preschool Semi-Private Swimming Lessons

Semi-Private Preschool 1 - AOP (#@)

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

63719	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:00am-11:30am	\$231.41
64818	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$231.41
64819	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$231.41
64820	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$231.41
64821	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:30pm-7:00pm	\$231.41
64910	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	9:30am-10:00am	\$231.41

Semi-Private Preschool 1 - CRC (#@)

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

63694	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	4:30pm-5:00pm	\$231.41
64322	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	4:30pm-5:00pm	\$231.41
64579	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$231.41
64580	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:30pm-2:00pm	\$231.41

Semi-Private Preschool 2 - AOP (#@)

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

63720	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	11:30am-12:00pm	\$231.41
64822	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	4:30pm-5:00pm	\$231.41
64823	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:00pm-5:30pm	\$231.41
64824	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	6:00pm-6:30pm	\$231.41
64911	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	10:30am-11:00am	\$231.41

Semi-Private Preschool 2 - CRC (#@)

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

63695	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:00pm-5:30pm	\$231.41
64331	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 24-Nov 26	5:00pm-5:30pm	\$231.41
64441	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Sep 26-Nov 28	5:00pm-5:30pm	\$231.41
64581	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-1:30pm	\$231.41

Semi-Private Preschool 3 - AOP (#@)

Building from the previous level, these preschoolers are now comfortable in the water. Independent floats, and glides, on front and back with a distance requirement of 5

metres are a focus. Deep water entries and exits are introduced. For more information visit our website.

63721	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	12:00pm-12:30pm	\$231.41
64825	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	5:30pm-6:00pm	\$231.41

Semi-Private Preschool 3 - CRC (#@)

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

63696	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 22-Dec 1	5:30pm-6:00pm	\$231.41
64582	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$231.41
64583	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-1:30pm	\$231.41

Semi-Private Preschool 4 - AOP (#@)

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

63722	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$231.41

Semi-Private Preschool 4 - CRC (#@)

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

64584	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$231.41

Semi-Private Preschool 5 - CRC (#@)

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

63697	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:30pm-2:00pm	\$231.41

Youth

Youth Group Swimming Lessons

Teen Swimmer 1- Beginner – CRC

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

63707	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-1:00pm	\$122.58
64589	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-1:00pm	\$122.58

Teen Swimmer 1- Beginner- AOP

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

63737	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:30pm-9:30pm	\$122.58
64874	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:30pm-8:30pm	\$122.58

Teen Swimmer 2- Intermediate – CRC

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

63708	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-1:00pm	\$122.58
64590	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:00pm-1:00pm	\$122.58
64591	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-2:00pm	\$122.58

Teen Swimmer 2- Intermediate- AOP

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

63738	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:30pm-9:30pm	\$122.58
64875	14-18yrs	Anne Ottenbrite Pool	10 week
Sat	Sep 27-Dec 6	7:30pm-8:30pm	\$122.58
64879	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:30pm-9:30pm	\$122.58

Teen Swimmer 3- Advanced – CRC

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

63709	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 27-Dec 6	12:00pm-1:00pm	\$122.58
64592	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-2:00pm	\$122.58

Teen Swimmer 3- Advanced- AOP

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

63739	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	8:30pm-9:30pm	\$122.58
64876	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	7:30pm-8:30pm	\$122.58
64877	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 27-Dec 6	8:30pm-9:30pm	\$122.58

Youth 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.

63743	14yrs+	Anne Ottenbrite Pool	11 weeks
Thu	Sep 25-Dec 4	7:00pm-10:00pm	\$226.91
64932	14yrs+	Anne Ottenbrite Pool	11 weeks
Sun	Sep 28-Dec 14	11:30am-2:30pm	\$226.91

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.

63744	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	7:00pm-9:00pm	\$217.95

64934	13yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	1:30pm-3:30pm	\$217.95

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.

63745	10-13yrs	Anne Ottenbrite Pool	10 weeks
Fri	Sep 26-Nov 28	7:00pm-8:00pm	\$122.18
64933	10-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	2:30pm-3:30pm	\$122.18

Canadian Swim Patrol 1- Rookie

In Rookie, the first level in the Canadian Swim Patrol Program, swimmers continue stroke development with 50 metre swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 metre obstacle swim and 15 metre object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 metre workouts and 100 metre timed swims. The minimum prerequisite for this program is Swimmer 6 and 8 years of age.

64658	8-12yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	7:30pm-8:30pm	\$122.18

Canadian Swim Patrol 2- Ranger

In Ranger, the second level in the Canadian Swim Patrol Program, swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. The minimum prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie Patrol.

63741	8-12yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 23-Nov 25	7:30pm-8:30pm	\$122.18

Canadian Swim Patrol 3- Star

In Star, the third and final level of the Canadian Swim Patrol Program, swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone, joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. The minimum prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie and Ranger Patrol.

63742	8-12yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 28-Dec 7	12:00pm-1:00pm	\$122.18

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.

64671	15yrs+	Anne Ottenbrite Pool	11 weeks
Tue	Sep 23-Dec 2	6:00pm-10:30pm	\$373.64

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. Candidates will be required to complete volunteer hours alongside a certified instructor to gain practical experience. 100% attendance is required.

64670	15yrs+	Anne Ottenbrite Pool	10 weeks
Mon	Sep 22-Dec 1	6:00pm-10:00pm	\$448.06

Youth Private Swimming Lessons

Private Teen Swimmer - CRC (#@)

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

63702	14-18yrs	Whitby Civic Rec Complex	10 weeks
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Sun	Sep 28-Dec 7	12:00pm-12:30pm	\$378.82
64575	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$378.82
64576	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	12:30pm-1:00pm	\$378.82
64577	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:00pm-1:30pm	\$378.82
64578	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Sep 28-Dec 7	1:30pm-2:00pm	\$378.82

Adult Programs

Adult 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!

63604	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	10:15am-11:10am	\$90.18
63605	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 10-Dec 12	1:30pm-2:25pm	\$90.18

Ball Fit

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

63625	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	11:15am-12:10pm	\$90.18

Barre

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

63639	14yrs+	Brooklin CC&L	9 weeks
Mon	Oct 6-Dec 8	7:00pm-7:55pm	\$81.12

Basic Boot Camp

Get ready to build strength, boost endurance, and push your limits in this fun and challenging class! Designed for all Fitness levels, Basic Boot Camp combines bodyweight exercises, cardio drills, and strength moves to help you increase stamina, tone muscles and improve your overall Fitness.

63591	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 15	2:30pm-3:25pm	\$81.12

Basics of Barbell Training

Interested in taking your weight training to the next level? This program will give intermediate lifters the skills and techniques to improve form, function and safety while performing the barbell squat, bench press and deadlift. You will also learn breathing cues, spotting techniques, exercise variations as well as effective warm up and cooldown guidelines.

63670	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Oct 18-Nov 8	10:00am-11:30am	\$65.14
63672	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Nov 15-Dec 6	10:00am-11:30am	\$65.14

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!

63642	14yrs+	Brooklin CC&L	10 weeks
Wed	Oct 8-Dec 17	7:30pm-8:25pm	\$90.18

Bollywood Choreography

Step into a world of dancing, moving and performing in this choreography styled bollywood class. Each class will teach a dance composition from the most trending and classical Bollywood songs. Steps are easy to follow with a combination of moves from modern jazz and hip hop which focuses on stylish, rhythmic, energetic choreography. It gives a whole body workout while dancing to the powerful rhythm of Bollywood music.

63631	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	6:30pm-7:25pm	\$108.22

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.

63633	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	7:30pm-8:25pm	\$90.18
63641	14yrs+	Brooklin CC&L	10 weeks
Wed	Oct 8-Dec 17	5:30pm-6:25pm	\$90.18
63653	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	10:15am-11:10am	\$90.18

Cardio and Core

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

63629	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	5:30pm-6:25pm	\$90.18

Circuit Training

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

63660	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 10-Dec 12	9:00am-9:55am	\$90.18

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.

63606	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	11:15am-12:10pm	\$90.18
63607	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 10-Dec 12	12:30pm-1:25pm	\$90.18

Easy Fit

A perfect starting point for those new to fitness or looking for a low-impact workout to stay active. Easy Fit focuses on gentle movement, basic strength exercises, and light cardio to help you build a solid fitness foundation, improve flexibility, and boost energy. With a welcoming environment and no intense pressure, this class makes fitness fun.

63590	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 15	1:30pm-2:25pm	\$81.12
63621	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 16	4:00pm-4:55pm	\$90.18

Express 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.

63663	14yrs+	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	4:15pm-5:00pm	\$81.12

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.

63603	14yrs+	Whitby Civic Rec Complex	10 weeks
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Tue	Oct 7-Dec 9	6:15am-7:10am	\$90.18
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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.

63595	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 8	6:30pm-7:25pm	\$81.12
63596	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	9:00am-9:55am	\$90.18
63597	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	9:00am-9:55am	\$90.18
63598	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	6:30pm-7:25pm	\$90.18
63599	14yrs+	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	6:30pm-7:25pm	\$81.12

Jazz 1

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

63662	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 10-Dec 12	11:15am-12:10pm	\$90.18

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.

63612	14yrs+	Whitby Civic Rec Complex	10 weeks
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Tue	Oct 7-Dec 9	3:00pm-3:55pm	\$90.18
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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.

63600	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 15	7:30pm-8:25pm	\$81.12
63602	14yrs+	Brooklin CC&L	10 weeks
Wed	Oct 8-Dec 17	6:30pm-7:25pm	\$90.18
63601	14yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Oct 11-Dec 20	10:30am-11:25am	\$81.12

Light and Lively 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. ****Registration Only****

63627	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	1:30pm-2:25pm	\$90.18

Light and Lively 2

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

63626	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	12:15pm-1:10pm	\$90.18

Low Impact

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

63586	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 8	10:15am-11:10am	\$81.12

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.

63635	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	1:30pm-2:25pm	\$90.18

Mom and Baby Yoga

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

64991	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	12:15pm-1:10pm	\$90.18

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.

63587	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 8	11:15am-12:10pm	\$81.16

Pilates for Seniors Level 1

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

63620	55 and up	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	9:00am-9:55am	\$90.18

Pilates for Seniors Level 2

63664	55 and up	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	2:30pm-3:25pm	\$81.12

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.

63588	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 8	12:30pm-1:25pm	\$81.12
63589	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	7:30pm-8:25pm	\$90.18

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.

63640	14yrs+	Brooklin CC&L	9 weeks
Mon	Oct 6-Dec 8	8:00pm-8:55pm	\$81.12

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.

63658	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	5:30pm-6:25pm	\$90.18
63657	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 18	1:45pm-2:40pm	\$90.18
64980	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 17	11:15am-12:10pm	\$90.18

Sculpt & Stretch

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

63655	14yrs+	Whitby Civic Rec Complex	10 weeks
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Thu	Oct 9-Dec 11	1:30pm-2:25pm	\$90.18
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Spin and Strength

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

63651	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	6:15am-7:10am	\$90.18
63652	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	5:30pm-6:25pm	\$90.18

Spinning

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

63592	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 8	5:30pm-6:15pm	\$81.12
63593	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	5:30pm-6:15pm	\$90.18
63594	14yrs+	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	5:30pm-6:15pm	\$81.12

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.

63614	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	6:30pm-7:25pm	\$90.18

63615	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 17	9:00am-9:55am	\$90.18
63616	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	6:30pm-7:25pm	\$90.18
63661	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 10-Dec 12	10:15am-11:10am	\$90.18
63617	14yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Oct 11-Dec 13	9:00am-9:55am	\$81.12

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.

63618	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	7:30pm-8:25pm	\$90.18
63619	14yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Oct 11-Dec 13	11:30am-12:25pm	\$81.12

Strength & Core

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

63624	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	6:15am-7:10am	\$90.18

Strength & Stretch

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

63585	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 6-Dec 8	9:00am-9:55am	\$81.12

Stretch and Core

A strong flexible core underpins almost everything you do! This is a total body stretch and will target each of the major muscle groups using some gentle mobilizing movements to warm the muscles. Along with stretching you will be completing some core exercises to help build and strengthen your core. All fitness levels are welcome.

63623	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	6:15pm-7:10pm	\$90.18

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.

63608	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	12:15pm-1:10pm	\$90.18
63609	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 17	10:15am-11:10am	\$90.18
63610	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 18	12:15pm-1:10pm	\$90.18

Tap 1

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

63611	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	1:30pm-2:55pm	\$90.18

Total Body Circuit

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

63659	14yrs+	Brooklin CC&L	10 weeks
Thu	Oct 9-Dec 11	6:30pm-7:25pm	\$90.18

Women on Weights

New to weight machines or the gym? This program takes place in the Whitby Civic Rec Complex Health Club. Women On Weights is a program that has been designed to engage and teach women of all ages and abilities the importance of exercise, specifically that of Resistance Training. This 10-week program will teach participants proper technique for exercises and the benefits of weight training. Throughout this program participants will learn about gym etiquette, aerobic conditioning, specific resistance training techniques and more importantly you will learn about your body and yourself. It is our goal, that by the end of this program you feel strong and powerful and armed with the knowledge to confidently exercise within the gym setting. **Please be advised that this course does not qualify for discounts

63673v	14yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Oct 11-Dec 13	11:45am-12:45pm	\$81.12

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!

63628	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 17	4:30pm-5:15pm	\$90.18

Xpress Circuit

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

63613	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	4:15pm-5:00pm	\$90.18

Xpress Spin – 45

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.

63656	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 11	4:30pm-5:15pm	\$90.18

Yoga Flow

Wind down, reduce stress and improve flexibility. Yoga improves your way of life, by achieving health in body, mind and spirit. This class starts with pranayama, A and B Sun Salutations and standing asanas to promote strength and flexibility. We will then move towards grounding yin postures, ending with restorative and relaxation postures and finally savasana. More advanced asanas will be introduced depending on the level of participation. See you on the Mat!

63622	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 7-Dec 9	5:00pm-5:55pm	\$90.18
63634	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	12:30pm-1:25pm	\$90.18

Zumba Fit

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

63638	14yrs+	Brooklin CC&L	10 weeks
Tue	Oct 7-Dec 9	7:00pm-7:55pm	\$99.20
63636	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 8-Dec 10	7:00pm-7:55pm	\$90.18
63654	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 9-Dec 18	11:15am-12:10pm	\$90.18

Adult 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.

63921	15yrs+	Brooklin CC&L	14 weeks
Wed	Sep 17-Dec 17	8:30pm-9:55pm	\$126.25

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 staff organizing teams each week for a fun and friendly recreational game of hockey. You are welcome to bring your own stick without tape.

63933	18yrs+	Brooklin CC&L	13 weeks
Mon	Sep 15-Dec 15	8:45pm-10:10pm	\$126.25

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.

64001	16yrs+	Brooklin CC&L	13 weeks
Sun	Sep 14-Dec 14	5:30pm-6:25pm	\$87.55
64002	16yrs+	Brooklin CC&L	13 weeks
Sun	Sep 14-Dec 14	7:30pm-8:25pm	\$87.55

Pickleball - Adult Intermediate

This program is designed for players with intermediate level experience and skill. Minimal instruction will be provided. Rules and gameplay experience is required. Players will rotate through games each class. It is recommended you bring your own paddle, as paddles are limited.

64003	16yrs+	Brooklin CC&L	13 weeks
Sun	Sep 14-Dec 14	6:30pm-7:25pm	\$87.55

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.

63676	12yrs+	Whitby Civic Rec Complex	9 weeks
Sun	Oct 19-Dec 14	12:00pm-12:55pm	\$81.12

Taekwondo for Women

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. Introduction to the sport, fundamental skills and structure are covered in the curriculum. This is a Women only program and is by registration only.

63667	16yrs+	Whitby Civic Rec Complex	9 weeks
Fri	Oct 10-Dec 12	6:30pm-7:25pm	\$81.12

55+ Programs

New Member Orientation

Join the New Member Committee for information about 55+ Recreation Services. Learn about 55+ programs, enjoy a coffee/tea at Mingles, and meet new people. Free to attend but pre-registration is required please. Sponsored by the Court at Pringle Creek.

63552	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Sep 24-Sep 24	10:00am-11:00am	Free
63553	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Nov 26-Nov 26	10:00am-11:00am	Free

Computer & Technology

3D Printing at the Whitby Library

Are you interested in 3D Printing and want to be certified? Select an item from the Library's Pick-A-Print collection, and using the Library's 3D Printer Service, you can

unleash your inner 3D maker and use their Creality CR 10S Pro printer yourself! Training is provided. Must have a valid library card. Held at the Whitby Public Library - Central Branch at 405 Dundas St W.

63582	55yrs+	Whitby Public Library	1 class
Thu	Sep 18-Sep 18	11:00am-1:00pm	Free

Understanding Artificial Intelligence (AI) and Emerging Technology

Offered by Ontario Tech University, this session introduces artificial intelligence in simple, relatable ways, emphasizing how it's already integrated into daily life. Participants will explore hands-on tools that showcase what AI can do, including identifying AI-generated content and deepfakes, exploring tools for summarizing articles, generating images, or automating tasks, and discussing how AI impacts health, safety, communication, and personal life. AI risks (like scams and misinformation) and ways to stay informed and protected will also be covered. No tech background is needed.

65025	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Oct 8-Oct 8	1:00pm-3:00pm	Free

Tech Wednesdays & Fridays

Book a one-on-one appointment with one of our Tech Volunteers to help alleviate any tech problems you may be having. Suggested topics are but not limited to how to use your smart phone, how to use your tablet, apps, emails, printer usage, document settings, etc.

63801	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Sep 17-Sep 17	9:00am-9:30am	Free
63802	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Sep 17-Sep 17	9:30am-10:00am	Free
63803	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Sep 17-Sep 17	10:00am-10:30am	Free
63805	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Sep 17-Sep 17	10:30am-11:00am	Free
63554	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Sep 19-Sep 19	1:00pm-1:30pm	Free
63555	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Sep 19-Sep 19	1:30pm-2:00pm	Free
63556	55yrs+	Whitby 55+ Rec Centre	1 class

Fri	Sep 19-Sep 19	2:00pm-2:30pm	Free
<u>63557</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Sep 19-Sep 19	2:30pm-3:00pm	Free
<u>63558</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 3-Oct 3	1:00pm-1:30pm	Free
<u>63559</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 3-Oct 3	1:30pm-2:00pm	Free
<u>63560</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 3-Oct 3	2:00pm-2:30pm	Free
<u>63561</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 3-Oct 3	2:30pm-3:00pm	Free
<u>63562</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 17-Oct 17	1:00pm-1:30pm	Free
<u>63563</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 17-Oct 17	1:30pm-2:00pm	Free
<u>63564</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 17-Oct 17	2:00pm-2:30pm	Free
<u>63565</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 17-Oct 17	2:30pm-3:00pm	Free
<u>63566</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 24-Oct 24	1:00pm-1:30pm	Free
<u>63567</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 24-Oct 24	1:30pm-2:00pm	Free
<u>63568</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 24-Oct 24	2:00pm-2:30pm	Free
<u>63569</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 24-Oct 24	2:30pm-3:00pm	Free
<u>63570</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 7-Nov 7	1:00pm-1:30pm	Free
<u>63571</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 7-Nov 7	1:30pm-2:00pm	Free
<u>63572</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 7-Nov 7	2:00pm-2:30pm	Free

63573	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 7-Nov 7	2:30pm-3:00pm	Free
63806	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Nov 19-Nov 19	9:00am-9:30am	Free
63807	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Nov 19-Nov 19	9:30am-10:00am	Free
63808	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Nov 19-Nov 19	10:00am-10:30am	Free
63809	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Nov 19-Nov 19	10:30am-11:00am	Free
63574	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 21-Nov 21	1:00pm-1:30pm	Free
63575	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 21-Nov 21	1:30pm-2:00pm	Free
63576	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 21-Nov 21	2:00pm-2:30pm	Free
63577	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 21-Nov 21	2:30pm-3:00pm	Free
63810	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Dec 10-Dec 10	9:00am-9:30am	Free
63811	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Dec 10-Dec 10	9:30am-10:00am	Free
63812	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Dec 10-Dec 10	10:00am-10:30am	Free
63813	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Dec 10-Dec 10	10:30am-11:00am	Free
63578	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Dec 12-Dec 12	1:00pm-1:30pm	Free
63579	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Dec 12-Dec 12	1:30pm-2:00pm	Free
63580	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Dec 12-Dec 12	2:00pm-2:30pm	Free
63581	55yrs+	Whitby 55+ Rec Centre	1 class

Fri	Dec 12-Dec 12	2:30pm-3:00pm	Free
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Creative Arts

Acrylic Painting - Advanced Open Studio with Marni (%)

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

63817	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Sep 17-Nov 19	10:00am-12:00pm	\$57.25

Charcoal Drawing Workshop-"Magnificent Moth" with Chrissie (%)

The "Spongy Moth" has made its presence known in North America in recent years. The devastating nature of its cycle can often overshadow the beauty of the creature. In this workshop you will learn how to draw using basic shapes and how to create a variety of textures and tones using black and white charcoal on toned paper to capture its delicate patterns and form. All materials are provided by the instructor.

63755	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Sep 16-Sep 16	9:30am-11:30am	\$31.83

Coloured Pencil with Watercolour with Chrissie (%)

"Poinsettia" - Get excited to draw and paint these beautiful, seasonal plants! You will use watercolours with coloured pencil to create the vibrant yet delicate forms and textures of the poinsettia plant. Learn new techniques and how to successfully use these two mediums together, creating a fabulous, finished work of art. All materials are provided by the instructor.

63757	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Nov 25-Nov 25	9:30am-11:30am	\$31.83

Drawing with Jade (%)

With an introduction to the basic tools and techniques of drawing, this course will inspire, expand your knowledge and improve your drawing skills. Learn to see like an

artist through composition, values, mark-making and perspective. You will explore new styles and mediums allowing you the tools and confidence to continue independently with your drawing exploration. Supplies required: See list on online notes and on your receipt. List also available at Brooklin Community Centre and Library and Whitby 55+ Recreation Centre.

64015	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Sep 15-Nov 10	1:00pm-3:00pm	\$45.80

Instructed Acrylic Painting with David (%)

Accomplish a wonderful work of art in just one sitting. Instruction will be delivered through lessons, samples and demonstrations, leading you towards a finished masterpiece. Beginning with a loose approach and getting tighter along the way, your limited palette painting will evolve to a quality finish. These monthly workshops will explore all genres (nature art, still life, landscape, portraiture). A supply list will be available for pick up at the front desk at the Whitby 55+ Recreation Centre and the Brooklin Community Centre and Library.

63751	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Sep 23-Sep 23	9:30am-11:30am	\$31.83
63752	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Oct 14-Oct 14	9:30am-11:30am	\$31.83
63753	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Nov 4-Nov 4	9:30am-11:30am	\$31.83
63754	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Dec 2-Dec 2	9:30am-11:30am	\$31.83

Knitted Ornaments with Tara (%)

These beautiful and quick knit ornaments will be your next favorite project. Using yarn and beads we will knit a cozy that goes over a ball. There is one that has no beads to start and the second week we will learn how to add beads to knitting using a crochet hook. A supply list will be available for pick up at the front desk at the Whitby 55+ Recreation Centre and the Brooklin Community Centre and Library.

64179	55yrs+	Brooklin CC&L	3 weeks
Thu	Oct 30-Nov 13	10:00am-12:00pm	\$31.83

Needle Felting with Tara (%)

It's like painting with fiber: fluid, freeform and forgiving. This easy to learn craft, will cover the basics for needle felting simple 3D shapes. We will be working on the Jack O Lantern, a Witches hat and one more as time allows. A supply list will be available for

pick up at the front desk at the Whitby 55+ Recreation Centre and the Brooklin Community Centre and Library.

64181	55yrs+	Brooklin CC&L	1 class
Thu	Oct 23-Oct 23	10:00am-1:00pm	\$31.83

Pen and Ink with Watercolour with Chrissie (%)

"Maritime Still Life" - From lobster traps, to boats, to historic memorabilia, look forward to bringing the iconic images of the Maritimes to life using pen and ink techniques and a splash of watercolour. Learn how to create contrast and interest using varied line weights, textures and values with pen and ink. All materials are provided by the instructor.

63756	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Oct 28-Oct 28	9:30am-11:30am	\$31.83

Printmaking Card Design Workshop with Marni (%)

Enjoy this workshop in linoblock printmaking. You will use a carving tool to create a design using the reduction process onto a rubber linoblock. You will learn to apply the ink onto the carved surface to pull a series of prints that are perfect for framing or making into gift cards. All supplies are provided.

63818	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Dec 9-Dec 9	1:00pm-3:00pm	\$35.00

Toddler Sweater with Tara (%)

This 5-week program will take you through the process of making a top-down raglan sweater in the round. Making a toddler size sweater gives you the chance to complete all the steps and have a finished project leaving you with the knowledge to work a larger size at a later date. Please bring the required supplies listed on the receipt notes.

64180	55yrs+	Brooklin CC&L	5 weeks
Thu	Sep 11-Oct 9	10:00am-12:00pm	\$42.44

Watercolour Workshop: Part Two with Marni (%)

This workshop is best suited for the students who participated in the Part One Watercolour Workshop as students will apply knowledge and techniques learned in the previous workshop. A broader colour palette will be introduced. Colour theory and more techniques will be demonstrated. Application will be applied to the subject of landscape painting, including trees and a setting sun. All supplies are provided.

63758	55yrs+	Whitby 55+ Rec Centre	1 class
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Tue	Sep 9-Sep 9	1:00pm-3:00pm	\$35.00
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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.

64632	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 19-Dec 12	3:30pm-5:30pm	\$20.00

Dance

Ballet Basics with Tracy (%)

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

63768	55yrs+	Centennial Building	12 weeks
Fri	Sep 19-Dec 5	12:15pm-1:15pm	\$51.16

Cardio Dance with Shari (%)

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

63760	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	2:15pm-3:15pm	\$55.42

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.

64176	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 18-Nov 20	10:00am-11:00am	\$42.63

Dance Fitness with Shari (%)

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

63761	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	1:45pm-2:45pm	\$55.42

Dance Flow with Alison (%)

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

63857	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	9:00am-10:00am	\$51.16

Get Your Groove On with Tracy (%)

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

63877	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	11:30am-12:30pm	\$51.16

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.

64012	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	10:30am-11:30am	\$55.42

Line Dance Mini-Workshop with Karen (%)

Come with your friends and dance with Karen Preston at this Line Dance Mini-Workshop and Social. Enjoy this fun-filled evening of all the dances you love, meet new friends and have some fun! This program is suitable for those with some line dance experience. Bring your water bottle and dancing shoes.

63800	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Sep 26-Sep 26	6:00pm-8:00pm	\$5.00
63804	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Dec 5-Dec 5	6:00pm-8:00pm	\$5.00

Mindful Dance with Shari (%)

This class is a fusion of dance and mindful technique. Time to get out of your head and into the sensations and intuitiveness of how your body moves in space. Feel the music and transform from the inside out. Move without judgement and expectations while focusing on breathing and spatial and body awareness. This is a great way to connect with your body to find your own authentic healing movement.

63772	55yrs+	Centennial Building	12 weeks
Tue	Sep 16-Dec 2	3:15pm-4:15pm	\$51.16

Tap Dance - Level 1 with Alison (%)

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.

63858	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	11:30am-12:30pm	\$51.16

Tap Dance - Level 2 with Alison (%)

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

63859	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	10:15am-11:15am	\$51.16

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.

64164	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	1:30pm-2:30pm	\$55.42

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.

63926	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	1:45pm-2:45pm	\$51.16
64082	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 15-Dec 8	9:10am-10:10am	\$51.16
63927	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	12:30pm-1:30pm	\$55.42

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.

63767	55yrs+	Centennial Building	10 weeks
Tue	Oct 14-Dec 16	9:00am-10:00am	\$42.63
63819	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Oct 16-Dec 4	9:00am-10:00am	\$34.10

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.

63874	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	10:30am-11:30am	\$55.42
63876	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	1:00pm-2:00pm	\$51.16
63875	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 19-Dec 12	9:30am-10:30am	\$55.42

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.

63769	55yrs+	Centennial Building	9 weeks
Mon	Oct 20-Dec 15	9:00am-10:00am	\$38.37

Build Your Own Bones with Roberta (%)

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

64153	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	11:20am-12:20pm	\$55.42

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.

64168	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 17-Dec 10	1:30pm-2:30pm	\$55.42

Cardio Salsa with Tracy (%) *NEW

Come and enjoy some fun Latin rhythms as we move our bodies in this calorie burning, dance inspired cardio workout. No equipment will be used and no dance experience necessary.

63885	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	1:30pm-2:30pm	\$51.16

Chair Aerobics with Rida (%) *NEW

Join this fun, low-impact class designed for all levels. Chair Aerobics combines gentle cardiovascular exercises, strength training, and stretching - all performed while seated or using a chair for support. This class improves mobility, flexibility, balance, and circulation, making it ideal for those with limited mobility, arthritis or those recovering

from injury. With upbeat music and easy to follow moves, it is a safe and social way to stay active. All fitness levels are welcome.

64005	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Sep 17-Dec 3	1:50pm-2:50pm	\$42.63

Chair Exercise with Rida (%)

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

64615	55yrs+	Brooklin CC&L	13 weeks
Thu	Sep 18-Dec 11	12:15pm-1:15pm	\$55.42

Core Strength and Stretch with Roberta (%)

Build strength, stability and endurance in the muscles that support your core. By focusing on the abdominals, glutes and back you will improve your balance, flexibility and posture. Excellent class for pickleball and badminton players.

64154	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	12:35pm-1:35pm	\$55.42

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. The class finishes with safe stretching exercises to help loosen up tight muscles.

63773	55yrs+	Centennial Building	10 weeks
Tue	Oct 14-Dec 16	10:15am-11:15am	\$42.63
63820	55yrs+	Whitby 55+ Rec Centre	9 weeks
Fri	Oct 17-Dec 12	9:00am-10:00am	\$38.37

Latin Dance Fitness with Tracy (%)

Latin Dance Fit is a dynamic and exciting workout set to a musical fusion of Latin and International rhythms. Easy to learn choreographed dance routines will elevate your heart rate and boost your cardiovascular endurance with resistance training to sculpt and strengthen your body. You are invited to "Join the Party"! No rhythm required, just enjoy the music, move and have fun. suitable for all fitness levels.

64149	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 15-Dec 8	10:30am-11:30am	\$51.16
64657	55yrs+	Brooklin CC&L	13 weeks
Thu	Sep 18-Dec 11	9:45am-10:45am	\$55.42

Low Impact Bootcamp with Karel (%)

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

64083	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 17-Dec 10	10:15am-11:15am	\$55.42

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.

63878	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	9:15am-10:15am	\$55.42

Morning Energizer with Charles (%) *NEW

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

64009	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	8:45am-9:45am	\$55.42

Pilates - Level 1 with Dennis (%)

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

64155	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	9:00am-10:00am	\$55.42

Strength & Balance with Rida (%)

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

64642	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 15-Dec 8	1:30pm-2:30pm	\$51.16
64614	55yrs+	Brooklin CC&L	13 weeks
Thu	Sep 18-Dec 11	1:30pm-2:30pm	\$55.42

Stretch and Relax with Nicole (%)

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

64013	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	4:30pm-5:30pm	\$55.42

Total Body Circuit Training with Kim (%)

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

63821	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Oct 16-Dec 4	10:15am-11:15am	\$34.10

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!

64613	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 19-Dec 12	9:45am-10:45am	\$55.42

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.

64167	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 17-Dec 10	9:00am-10:00am	\$55.42

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.

63884	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	12:15pm-1:15pm	\$51.16
64148	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 15-Dec 8	9:15am-10:15am	\$51.16
63879	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	10:30am-11:30am	\$55.42
63880	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	11:45am-12:45pm	\$55.42
64147	55yrs+	Brooklin CC&L	13 weeks
Thu	Sep 18-Dec 11	8:35am-9:35am	\$55.42

Twenty, Twenty, Twenty with Charles (%) *NEW

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.

64010	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	5:00pm-6:00pm	\$51.16
64011	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	5:00pm-6:00pm	\$55.42

Twenty, Twenty, Twenty with Rida (%)

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.

64643	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 15-Dec 8	12:15pm-1:15pm	\$51.16

Twenty, Twenty, Twenty with Roberta (%)

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

64156	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	10:10am-11:10am	\$55.42
64177	55yrs+	Brooklin CC&L	13 weeks
Thu	Sep 18-Dec 11	11:15am-12:15pm	\$55.42

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.

63792	55yrs+	Centennial Building	12 weeks
Fri	Sep 19-Dec 5	1:30pm-2:30pm	\$51.16
63881	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 19-Dec 12	10:45am-11:45am	\$55.42

Walk Aerobics with Rida (%) *NEW

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

64004	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Sep 15-Dec 1	9:30am-10:30am	\$38.37

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.

64157	55yrs+	Brooklin CC&L	13 weeks
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Tue	Sep 16-Dec 9	1:45pm-2:45pm	\$55.42
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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.

63882	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	9:15am-10:15am	\$55.42
63883	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	2:15pm-3:15pm	\$51.16

Yin Yoga with Judy (%)

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

64630	55yrs+	Centennial Building	12 weeks
Tue	Sep 16-Dec 2	2:00pm-3:00pm	\$51.16

Yin Yoga with Patricia (%) *NEW

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

63814	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Sep 17-Oct 22	7:00pm-8:00pm	\$25.58
63815	55yrs+	Whitby 55+ Rec Centre	4 weeks
Wed	Nov 19-Dec 10	7:00pm-8:00pm	\$17.05

Yoga – Arthritis with Jennifer (%) *NEW

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.

65012	55yrs+	Centennial	12 weeks
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Thu	Sep 18-Dec 4	10:15am-11:15am	\$51.16
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Yoga - Beginner with Pamela (%)

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

63762	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	2:00pm-3:00pm	\$55.42

Yoga – Chair with Jennifer (%) *NEW

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. (Mats and straps 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.

65005	55yrs+	Centennial	12 weeks
Thu	Sep 18-Dec 4	9:00am-10:00am	\$51.16

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. (Mats and straps 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.

63793	55yrs+	Centennial Building	12 weeks
Tue	Sep 16-Dec 2	12:45pm-1:45pm	\$51.16

Yoga - Chair with Pamela (%)

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

63763	55yrs+	Whitby 55+ Rec Centre	12 weeks
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Mon	Sep 15-Dec 8	3:30pm-4:30pm	\$51.16
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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.

63794	55yrs+	Centennial Building	12 weeks
Fri	Sep 19-Dec 5	10:15am-11:15am	\$51.16

Yoga - Energy Flow with Patricia (%) *NEW

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

63854	55yrs+	Whitby 55+ Rec Centre	4 weeks
Fri	Nov 21-Dec 12	11:00am-12:00pm	\$17.05

Yoga - Gentle Flow with Donna (%)

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

64166	55yrs+	Brooklin CC&L	12 weeks
Wed	Sep 17-Dec 3	10:00am-11:00am	\$51.16

Yoga - Hatha Flow with Deborah (%)

Improve posture, mobility and flexibility with an emphasis on proper alignment of the body through gentle yoga techniques. This class will leave you feeling energized, grounded and balanced. Suitable for all fitness levels.

64631	55yrs+	Brooklin CC&L	12 weeks
Thu	Sep 18-Dec 4	9:00am-10:00am	\$51.16

Yoga – Hatha Flow with Jennifer (%) *NEW

Improve posture, mobility and flexibility with an emphasis on proper alignment of the body through gentle yoga techniques. This class will leave you feeling energized, grounded and balanced. Suitable for all fitness levels.

65014	55yrs+	Centennial	12 weeks
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Wed	Sep 17-Dec 3	9:00am-10:00am	\$51.16
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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.

63677	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	10:15am-11:15am	\$55.42

Yoga – Nidra with Jennifer (%) *NEW

This is a guided meditation which will allow you to arrive at the state just before sleep. This yogic sleep is as restful as several hours of conventional sleep. It helps to improve one's emotional state of being, releases tension and promotes healing within the body and mind. Must be able to physically get up and down from yoga mat. Please bring blankets, bolsters or eye pillows.

65015	55yrs+	Centennial	12 weeks
Wed	Sep 17-Dec 3	10:15am-11:15am	\$51.16

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.

64158	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	10:15am-11:15am	\$55.42

Yoga - Relax and Restore with Roberta (%)

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

64178	55yrs+	Brooklin CC&L	13 weeks
Thu	Sep 18-Dec 11	12:30pm-1:30pm	\$55.42

Yoga - Rise and Shine with Donna (%)

Start your day right! Stretch, lengthen and tone your body in a calm and relaxed setting. This class is suited for all participant levels.

64165	55yrs+	Brooklin CC&L	12 weeks
Wed	Sep 17-Dec 3	8:45am-9:45am	\$51.16

Yoga - Rise and Shine with Mag (%)

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

63678	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 17-Dec 10	9:00am-10:00am	\$55.42

Yoga – Vinyasa with Jennifer (%) *NEW

Flowing between postures at a faster pace linking movement and breath. Improves flexibility, strength and balance. Promotes cardiovascular health by increasing heart rate during dynamic sequences. This class will energize the body. This class is suitable for all participant levels.

65016	55yrs+	Centennial	12 weeks
Thu	Sep 18-Dec 4	11:30am-12:30pm	\$51.16

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.

63795	55yrs+	Centennial Building	12 weeks
Thu	Sep 18-Dec 4	2:15pm-3:15pm	\$51.16

Yoga Flow with Patricia (%) *NEW

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

63855	55yrs+	Whitby 55+ Rec Centre	5 weeks
Mon	Sep 15-Oct 20	10:45am-11:45am	\$21.32
63856	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Nov 17-Dec 8	10:45am-11:45am	\$17.05

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.

63530	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	9:00am-10:00am	\$51.16
63531	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	9:00am-10:00am	\$51.16

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.

63538	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	11:15am-12:15pm	\$55.42

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.

64144	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 17-Dec 10	11:15am-12:15pm	\$55.42

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.

63796	55yrs+	Centennial Building	12 weeks
Fri	Sep 19-Dec 5	9:00am-10:00am	\$51.16

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.

64616	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 19-Dec 12	11:00am-12:00pm	\$55.42

Yoga- Rise and Shine with Dennis (%)

Start your day right! Stretch, Lengthen and tone your body and relaxed setting

64612	55yrs+	Brooklin CC&L	13 weeks
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Fri	Sep 19-Dec 12	8:30am-9:30am	\$55.42
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Yogalates on the Ball with Mag (%)

Join this class on a stability ball to increase both strength and flexibility while sharpening the reflexes and calming the nervous system. Bring your own stability ball.

63797	55yrs+	Centennial Building	12 weeks
Tue	Sep 16-Dec 2	11:30am-12:30pm	\$51.16

Yogalates with Deb (%)

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

64617	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 16-Dec 9	12:00pm-1:00pm	\$55.42
63529	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	11:45am-12:45pm	\$51.16

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.

64014	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	3:15pm-4:15pm	\$55.42

Zumba Gold with Carolina (%)

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

63798	55yrs+	Centennial Building	11 weeks
Mon	Sep 15-Dec 1	11:30am-12:30pm	\$46.89

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.

63799	55yrs+	Centennial Building	12 weeks
Wed	Sep 17-Dec 3	11:30am-12:30pm	\$51.16

General Interest

Chess - Absolute Beginner with Kevin (%)

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

64078	55yrs+	Brooklin CC&L	10 weeks
Mon	Sep 15-Nov 24	10:00am-12:00pm	\$57.25

Cooking with Maria: Tiramisu

Learn how to make one of Italy's most popular desserts - Tiramisu! This creamy layered dessert features Savioardi cookies, coffee, cocoa and "crema di mascarpone". You will make your own dessert to take home, and we will enjoy Tiramisu together in the class. You will be amazed how easy this elegant dessert is to make! All supplies will be provided.

64972	55yrs+	Whitby 55+ Rec Centre	1 week
Wed	Nov 26-Nov 26	2:30pm-4:00pm	\$21.22

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.

63766	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	3:30pm-4:30pm	\$51.16

History (%)

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

63774	55yrs+	Centennial Building	7 weeks
Wed	Sep 17-Oct 29	2:30pm-4:00pm	\$38.63

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.

64080	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 17-Dec 10	12:30pm-1:30pm	\$55.42

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.

63681	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Sep 16-Nov 25	4:00pm-5:30pm	\$60.71
63680	55yrs+	Whitby 55+ Rec Centre	11 weeks
Fri	Sep 19-Nov 28	9:30am-11:00am	\$60.71

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 lot 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 once the program has started, please contact the 55+ Recreation Centre to be put in touch with the convenor.

63841	55yrs+	Heydenshore / Heber Down	16 weeks
Tue, Thu	Sep 2-Dec 18	9:00am-10:00am	Free

Tai Chi (Yang Style 24) with Dave (%)

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

63682	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	9:00am-10:00am	\$51.16
63683	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 15-Dec 8	10:15am-11:15am	\$51.16

Tai Chi - Level 1 with Mary Grace and Rick (%)

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

64006	40yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	5:00pm-6:00pm	\$55.42
64173	40yrs+	Brooklin CC&L	12 weeks
Wed	Sep 17-Dec 3	5:00pm-6:00pm	\$51.16

Tai Chi - Level 2 with Mary Grace and Rick (%)

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

64007	40yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	6:00pm-7:00pm	\$55.42
64174	40yrs+	Brooklin CC&L	12 weeks
Wed	Sep 17-Dec 3	6:00pm-7:00pm	\$51.16

Tai Chi - Level 3 with Mary Grace and Rick (%)

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

64008	40yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 16-Dec 9	7:00pm-8:30pm	\$71.75

64175	40yrs+	Brooklin CC&L	12 weeks
Wed	Sep 17-Dec 3	7:00pm-8:30pm	\$71.75

Lunch and Learns *NEW

Lunch and Learn- Durham Greener Homes

Join us for our first Lunch and Learn. Enjoy a beautifully catered lunch and presentation by Durham Greener Homes on The Home Energy Retrofit Orientation program. The Home Energy Retrofit Orientation (HERO) program helps homeowners incorporate best practice energy-efficiency upgrades in home renovations that improve comfort, resilience, peace of mind, greenhouse gas reductions, and lower energy costs. The sessions are designed to educate homeowners on the benefits of home energy retrofits, and introduce homeowners to rebates, incentives & finance options for energy upgrades.

64607	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Sep 16-Sep 16	12:00pm-2:00pm	\$20.00

Lunch and Learn- Fire Safety

Join Whitby Fire for an engaging and educational Lunch and Learn. Topics will include smoke and carbon monoxide requirements and maintenance, fire blankets, fire extinguishers and home escape planning. Have your questions answered by the experts in fire safety.

64608	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 10-Oct 10	12:00pm-2:00pm	\$20.00

Lunch and Learn- Pharmacy Services

Join pharmacist Karim Ranmal and moderator Tim Westhead for an informative and lively Lunch and Learn session. Discover the many free services available in Ontario from your own pharmacist.

64979	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 28-Nov 28	12:00pm-2:00pm	\$20.00

Language

French - Beginner with Maurice (%)

The French Beginner class is designed for participants who have a basic but limited knowledge of French. You will learn basic French language skills to communicate orally

in simple social situations (asking for information, ordering food in a restaurant, etc.). The language taught will be standard international French with occasional references to Quebec French. Fee includes printed materials.

63924	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Sep 18-Nov 20	10:00am-11:00am	\$45.63

French - Intermediate with Maurice (%)

Intermediate French is a course designed for students who have already studied French and whose level of comprehension and verbal expression allows adequate but less than fluent communication. The focus of the course will be the development of oral communication with the expansion of vocabulary and language structures related to everyday situations. Fee includes printed materials.

63925	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Sep 18-Nov 20	11:15am-12:15pm	\$45.63

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.

63822	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 16-Nov 18	9:00am-10:30am	\$58.19

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.

63823v	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 15-Nov 24	9:00am-10:30am	\$55.19

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.

63824	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 16-Nov 18	10:45am-12:15pm	\$58.19

Leagues and Sports

Badminton League (%)

Join this league for some fun and exercise. Please wear indoor training shoes. Price includes shuttlecock fee.

64150	55yrs+	Brooklin CC&L	14 weeks
Mon	Sep 8-Dec 15	9:00am-11:30am	\$33.28
64637	55yrs+	Brooklin CC&L	14 weeks
Tue	Sep 9-Dec 9	9:00am-11:30am	\$33.28
64169	55yrs+	Brooklin CC&L	15 weeks
Wed	Sep 10-Dec 17	9:00am-11:30am	\$35.44

Indoor Golf at Mulligans (%)

Join us for some fun at Mulligans Golf Simulator! Enjoy light refreshments while golfing various courses of your choice. Please note that participants are responsible for their own transportation to Mulligans.

63684	55yrs+	Mulligans Indoor Golf	1 class
Thu	Oct 9-Oct 9	10:00am-12:00pm	\$15.00
63685	55yrs+	Mulligans Indoor Golf	1 class
Thu	Dec 11-Dec 11	10:00am-12:00pm	\$15.00

Pickleball

Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

Pickleball – Learn to Play Beginners (%)

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

65009	55yrs+	Heydenshore Pavilion	5 weeks
Thu	Sep 18-Oct 16	9:00am-11:00am	\$28.63
65010	55yrs+	Heydenshore Pavilion	5 weeks

Wed	Nov 5-Dec 3	9:00am-11:00am	\$28.63
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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. Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

64633	55yrs+	Brooklin CC&L	14 weeks
Thu	Sep 11-Dec 11	9:00am-11:00am	\$33.28
63777	55yrs+	Heydenshore Pavilion	7 weeks
Wed	Sep 17-Oct 29	9:00am-11:00am	\$18.12
63778	55yrs+	Heydenshore Pavilion	7 weeks
Thu	Oct 23-Dec 4	9:00am-11:00am	\$18.12

Pickleball - Level 1 (%)

This program is for those at the introductory to junior level of play. You MUST know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee. Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

63780	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Sep 15-Dec 1	2:00pm-4:00pm	\$26.79

Pickleball - Level 1 and 2 (%)

This program is for those at the introductory to junior level of play. You MUST know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee. Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

63785	55yrs+	Heydenshore Pavilion	12 weeks
Wed	Sep 17-Dec 3	11:30am-1:30pm	\$28.96
63783	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Sep 15-Dec 1	11:30am-1:30pm	\$26.79
63781	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Sep 16-Dec 2	6:00pm-8:00pm	\$26.79

63784	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Sep 16-Dec 2	11:30am-1:30pm	\$26.79
63786	55yrs+	Heydenshore Pavilion	12 weeks
Wed	Sep 17-Dec 3	2:00pm-4:00pm	\$28.96
63782	55yrs+	Heydenshore Pavilion	12 weeks
Thu	Sep 18-Dec 4	6:00pm-8:00pm	\$28.96

Pickleball - Level 2 (%)

You MUST know how to play pickleball and keep score as no formal instruction will be given. Must have experience in keeping score and experience with playing the game. This program is for those at the intermediate level of play. Price includes ball fee. Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

63787	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Sep 15-Dec 1	6:00pm-8:00pm	\$26.79
63789	55yrs+	Heydenshore Pavilion	11 weeks
Mon	Sep 15-Dec 1	9:00am-11:00am	\$26.79
63788	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Sep 16-Dec 2	2:00pm-4:00pm	\$26.79
64171	55yrs+	Brooklin CC&L	15 weeks
Wed	Sep 10-Dec 17	3:00pm-5:15pm	\$35.44

Pickleball - Level 2 and Level 3 (%)

This combined intermediate and Advanced program is designed for those who already know how to play the game and keep score as no formal instruction will be given. Price included ball fee. Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

63790	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Sep 16-Dec 2	9:00am-11:00am	\$26.79
63791	55yrs+	Heydenshore Pavilion	12 weeks
Fri	Sep 19-Dec 5	9:30am-11:30am	\$28.96
64635	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 9-Dec 2	12:00pm-2:15pm	\$31.12
64638	55yrs+	Brooklin CC&L	14 weeks

Fri	Sep 12-Dec 12	8:00am-10:00am	\$33.28
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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. Note: Due to the high demand for pickleball programs, registration is limited to 2 classes (leagues) per session per person to accommodate as many players as possible.

64170	55yrs+	Brooklin CC&L	15 weeks
Wed	Sep 10-Dec 17	12:30pm-2:45pm	\$35.44
63779	55yrs+	Heydenshore Pavilion	11 weeks
Fri	Sep 19-Dec 5	12:00pm-2:00pm	\$26.79

Leisure Programs

Book Club

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

64145	55yrs+	Brooklin CC&L	4 weeks
Mon	Sep 8-Dec 8	1:30pm-3:30pm	Free

Penny Bingo (%)

Do you want to get rid of your pennies? Please remember to bring your jar of pennies and join us for a fun afternoon full of laughs and giggles!

64146	55yrs+	Brooklin CC&L	1 week
Mon	Sep 22-Sep 22	1:00pm-3:00pm	\$1.00
65018	55yrs+	Brooklin CC&L	1 week
Mon	Oct 27-Oct 27	1:00pm-3:00pm	\$1.00
65019	55yrs+	Brooklin CC&L	1 week
Mon	Nov 17-Nov 17	1:00pm-3:00pm	\$1.00
65020	55yrs+	Brooklin CC&L	1 week
Mon	Dec 15-Dec 15	1:00pm-3:00pm	\$1.00

Music and Drama

Drumming for Health - Level 1 with Julie (%)

Drum your way to better health. This course is a basic introduction to Djembe drumming. Learn a variety of lively rhythms, how to jam with others and enjoy the many health benefits associated with drumming. Reduce stress, have fun and feel better. Drums are provided or bring your own.

63764	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	1:00pm-2:00pm	\$51.16

Drumming for Health - Level 2 with Julie (%)

This class is for experienced drum students who have taken the Level 1 class several times and are now ready and encouraged by the instructor to seek proficiency with their drumming. Participants will be given the challenge of learning more complex rhythms and polyrhythms.

63765	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 18-Dec 4	2:15pm-3:15pm	\$51.16

Sciences

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

Join Wilf, an experienced guide, on a hike/challenging walk to view Fall wildflowers and fruits. Meet at the paid parking area at Heber Down, accessed from Lyndebrook Road. If raining, you will be called in advance of cancellation. Rain date: Thursday, September 11. Please Note: Parking fee is not included in registration fee.

64640	55yrs+	Heber Down	1 class
Tue	Sep 16-Sep 16	9:30am-11:30am	\$8.00

Biology with Amanda (%)

Join us for this 5-week class and learn about the origin of animal flight.

63679	55yrs+	Whitby 55+ Rec Centre	5 weeks
Fri	Oct 17-Nov 14	1:30pm-2:30pm	\$21.32

Wellness and Lifestyle

Are your Ducks in a Row? The importance of a Will

In this workshop you will go over tools you can use to organize estate paperwork, probate issues and cost, and discuss the 9 struggles executors face and how to recognize them. You will leave with an understanding of the value of funeral planning and final expense coverage.

65021	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Oct 16-Oct 16	10:00am-11:30am	Free

Breathing Easy: Tips for Healthy Lungs at Any Age

Learn how your lungs change with age, how to spot early signs of common conditions like COPD and sleep apnea, and simple ways to improve your breathing every day. You'll get a chance to try some easy breathing exercises, and have your respiratory questions answered. This interactive session is perfect for those who want to take charge of their lung health.

65003	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Oct 2-Oct 2	10:00am-11:30am	Free

Getting the most from your Health Care Appointment Workshop

When patients leave a medical appointment, 1 out of 3 do not understand the answers to their questions. This interactive workshop focuses on what to do before, during and after an appointment to prepare and empowers individuals to communicate more effectively with their health care provider. A variety of learning resources are used including information sharing, videos and tools that support the individual with integrating the skills into their next appointment.

64087	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 17-Oct 17	10:00am-11:30am	Free

Living a Healthy Life with Diabetes Workshop

Participants learn skills and tools to manage their diabetes pre-diabetes. Some topics covered included monitoring, preventing or delaying complications, menu planning, food care, strategies for sick days, managing difficult emotions and working with your Health Care Professional and Health care System. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Presented by Ontario Health at Home.

64084	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Sep 16-Oct 21	9:30am-12:00pm	Free

Managing Stress - Powerful Tools for Caregivers

Join us for a Powerful Tools for Caregivers workshop and information session on Managing Stress. Caregiving and stress go hand-in-hand. Dealing with anxiety can be a challenge, but it's easier when you're prepared. In this 1.5-hour session, caregivers will explore some of the signs and sources of their stress, understand the consequences of neglecting stress, learn practical stress-reducing actions and experience some stress-reducing activities firsthand. Don't miss this chance to empower yourself as a caregiver!

64086	All Ages	Whitby 55+ Rec Centre	1 class
Fri	Sep 26-Sep 26	10:00am-11:30am	Free

Powerful Tools for Caregivers Workshop

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

64085	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Oct 28-Dec 2	10:00am-11:30am	Free

Stress and Sleep Workshop

This workshop reviews the myths about sleep, common signs of a sleep disorder and tips on how to get a good night's sleep. The importance of recognizing stress and learning how to manage stress is reviewed through discussion and watching a video on stress management.

64088	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 14-Nov 14	10:00am-11:30am	Free

Wellness for Weight Loss with Sylvia (%)

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. Sylvia is a certified nutritionist with 20 years experience.

65022	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Sep 25-Nov 13	1:30pm-2:30pm	\$60.00

Special Events

Awareness Pin Two Day Workshop with Janet Dugan (%)

Join us for a two-day Awareness Pin Workshop with artisan Janet Dugan of Changing Sky Designs. Participants will create their own unique Awareness pin using the one-needle flat stitch method of bead embroidery, choosing their pin style, bead colours, and backing. The first session focuses on beading around a cabochon, cutting the project, attaching a pin, and gluing it in place. In the second session, participants will learn the whip stitch edging technique to finish the piece.

63583	Ages 18+	Brooklin CC&L	2 weeks
Thu	Sep 18-Sep 25	1:00pm-4:00pm	\$60 Members / \$65 Non-Members

Walking Together: A Journey Through Truth and Reconciliation

Dr. Peter Menzies, a Social Worker with over 20 years of experience, has worked with his home community of the Sagamok Anishnawbek First Nation and others across northern Ontario. He has experience in child welfare and income support. In this two-hour workshop, participants will explore key issues facing Indigenous Peoples in Canada, including the impacts of colonialism, cultural traditions, urban challenges, and ways to build strong partnerships with Indigenous communities.

64092	Ages 18+	Whitby 55+ Rec Centre	1 week
Fri	Sep 26-Sep 26	2:00pm-4:00pm	Free

Murder Mystery Dinner (%)

Elmdale High's head cheerleader, Sue McNaughton has been murdered. Enjoy a dinner in the "Sugar Shack Cafe" and see if we can unravel this puzzling crime. Come in your best 1950s/1960s attire to help set the scene.

63851	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 3-Oct 3	6:00pm-8:00pm	\$25.00

Halloween Social (%)

Join your friends for a fun afternoon of dancing with DJ Shawn Walsh. Come dressed in a costume for your chance to win a prize. Light snacks and refreshments provided. Sponsored by VIVA Whitby Shores.

63849	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Oct 31-Oct 31	2:00pm-4:00pm	\$15.00

Remembering Veterans Tea

Join us for tea, treats and Remembrance Day readings as we remember the men and women who served and sacrificed for our country. This is a registered event. Sponsored by VIVA Whitby Shores.

63850	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Nov 7-Nov 7	2:00pm-3:30pm	Free

Holiday Tea (%)

Join us for a cozy and festive Holiday Tea, filled with warm drinks, sweet treats, and cheerful company! Celebrate the season with music, conversation, and a touch of holiday magic in the company of friends old and new. Sponsored by the Court at Brooklin.

64641	55yrs+	Brooklin CC&L	1 class
Thu	Dec 18-Dec 18	1:30pm-3:30pm	\$15.00

Station Gallery Programs

Visual Arts

AAC - Crochet: The Pattern Pack with Chelsea Frenette (#@%)

Discover the joy of crochet in this fun and beginner-friendly class! Learn a new stitch each week—like waffle and crocodile stitches—while working on cute, practical projects such as scrubbies and scrunchies. You'll also learn how to read patterns, sew in ends, and build the skills to keep creating at home.*All materials provided*Suitable for all levels of expertise

63930	12yrs+	Station Gallery	6 weeks
Sun	Oct 19-Nov 23	1:00pm-3:00pm	\$190/\$200

AAC - Portfolio Development Studio with Randy (#@%)

Learn to plan, organize, and catalogue a strong portfolio! This course is designed for emerging and established artists, as well as students preparing for submissions or post-secondary art programs. Each session blends portfolio-building with open studio time, offering the flexibility to work creatively while applying strategies with an instructor available to provide guidance. *Students bring their own art supplies and technology if applicable. Please bring a notebook!*Smaller class size of 8 students

63941	16yrs+	Station Gallery	6 weeks
Thu	Oct 16-Nov 20	7:00pm-9:00pm	\$210/\$225

Adult Art Workshops

AAW – Brushes and Beverages: Paint Night at SG! (#@%)

Join us for an evening of artistic expression as you paint, sip, and socialize with friends! Our friendly instructors will help you create your own masterpiece in a fun and relaxed atmosphere, surrounded by inspiring artworks in our galleries.

Additional Information:

This event may be held outside on Station Gallery's patio, dependent on weather

All materials provided - canvas, acrylic paint and a beverage

Cash bar and light refreshments available

64969	19yrs+	Station Gallery	1 class
Sat	Oct 18-Oct 18	7:00pm-9:00pm	\$50/\$55
64968	19yrs+	Station Gallery	1 class
Thu	Sep 25-Sep 25	7:00pm-9:00pm	\$50/\$55

AAW - Coffee Painting with Varshitha (#@%)

Discover the unique art of coffee painting in this creative workshop! Using brewed coffee as your medium, you'll learn how to layer tones, create texture, and bring warm, sepia-toned images to life. No experience needed—just bring your imagination and enjoy a relaxing, aromatic approach to painting.*Suitable for all levels of expertise* Some materials provided – please see the Student Supply List

63968	16yrs+	Station Gallery	1 class
Sat	Oct 4-Oct 4	12:30pm-3:30pm	\$70/\$75

AAW – Fused Glass Ornaments with Wendy (#@%)

Celebrate the holiday season with a mini glass fusing workshop led by local glass artist Wendy Daly! Wendy will guide you through the basics of glass safety and into layering and arranging your pieces before taking them to be kiln-fired offsite. Finished ornaments will be ready for pickup at Station Gallery, just in time for the holidays!*All materials provided*Suitable for all levels of expertise

65024	16yrs+	Station Gallery	1 class
Sat	Dec 6-Dec 6	1:00pm-2:30pm	\$65/\$70

AAW - Halloween SFX Makeup with Lee Whiteman, MUA (#@%)

Get spooky this Halloween with a hands-on Special F/X Makeup workshop led by a Professional Makeup Artist! Learn how to create realistic bruises, scratches, and gory wounds using industry techniques. Perfect for costume prep or horror lovers—work on yourself or an enrolled partner to practice your creepy creations!*All materials provided*Suitable for all levels of expertise*Smaller class size of 8 students

63969	13 and up	Station Gallery	1 class
Sun	Oct 19-Oct 19	1:00pm-4:00pm	\$100/\$110

AAW - Holiday Ornament Painting with Chelsea Frattura (#@%)

Celebrate the season with a festive ornament painting workshop! Customize your own set of holiday ornaments using bright paints and fun techniques. Whether you're making keepsakes or heartfelt gifts, this workshop is perfect for all skill levels. All supplies are provided—just bring your creativity and holiday cheer!

64018	16yrs+	Station Gallery	1 class
Sun	Dec 7-Dec 7	1:00pm-3:00pm	\$60/\$65

AAW - Linoblock Printing with Gabe (#@%)

Bring your ideas to life in this hands-on linoblock printmaking workshop! Students will transfer an image of their choice onto a lino block, carve the design, and create a striking series of prints. Perfect for beginners and enthusiasts looking to explore bold shapes, textures, and the art of repetition!*Suitable for all levels of expertise*All materials provided – students may bring a reference photo as per the Student Supply List

63970	16yrs+	Station Gallery	1 class
Sun	Nov 30-Nov 30	12:30pm-3:30pm	\$70/\$75

AAW - Mandala Painting with Chelsea Frattura (#@%)

Discover the meditative art of mandala painting. Explore their sacred history, symbolism, and geometric structure, then create your own through guided, intuitive exercises. This workshop blends mindfulness with artmaking, offering a relaxing space for creativity, focus, and self-expression.*Suitable for all levels of expertise

63902	16yrs+	Station Gallery	1 class
Sat	Sep 20-Sep 20	1:00pm-3:00pm	\$50/\$55

AAW - Nifty Gnomes Pottery Workshop with Paulette (#@%)

Get your hands muddy and your imagination rolling in this playful clay workshop! Participants will sculpt their own one-of-a-kind gnomes—nifty, naughty, or nice—using handbuilding techniques. Then, you'll return for the second session to add vibrant, colourful glazes to really bring your gnome to life! *All materials provided *Suitable for all levels of expertise*Artworks will be kiln fired and ready for pickup 2-3 weeks after the final class – participants will be notified via email

64022	16yrs+	Station Gallery	2 weeks
Sun	Nov 30-Dec 7	1:00pm-3:30pm	\$105/\$115

AAW - Oracle Card Design with Chelsea Frattura (#@%)

Dive into your creativity and intuition in this oracle card-making workshop! Explore different oracle decks, connect imagery to messages, and create your first card through a guided intuitive art session. Leave with the skills and inspiration to continue building your own personalized oracle deck.*Suitable for all levels of expertise*All materials provided

63904	16yrs+	Station Gallery	1 class
Sun	Oct 5-Oct 5	1:00pm-3:00pm	\$50/\$55

AAW - Still-Life Drawing with Gavin (#@%)

Join us for a dynamic still-life drawing workshop where you'll bring everyday objects to life through line, light, and shadow. With guidance from an experienced instructor, you'll explore composition, shading, and texture to create striking, detailed drawings. Perfect for artists eager to level up their skills in a fun, creative setting. *Suitable for all levels of expertise*All materials provided, though students may bring their own materials as per the student supply list

63905	16yrs+	Station Gallery	1 class
Sat	Oct 4-Oct 4	12:30pm-3:30pm	\$70/\$75

AAW - Watercolour Holiday Cards with Dianne (#@%)

Dive into the world of watercolour as you craft a beautiful, handmade card. Under expert guidance, you'll learn how to use watercolour pencils to create vibrance and depth, all while working with a provided project outline—no drawing skills needed!*Suitable for all levels of expertise

63903	16yrs+	Station Gallery	1 class
Sat	Nov 29-Nov 29	12:30pm-3:30pm	\$70/\$75

Adult Visual Arts

AAC - 3D Printing with Mike (#@%)

Discover the possibilities of 3D printing in this hands-on introductory course. With guidance from an experienced instructor, participants will explore current 3D printing technology, software, and real-world applications. Using online tools, you'll design and augment custom objects to take home and showcase.*All materials provided*Knowledge on how to use a computer keyboard, mouse, and web browser required*Designs will be printed and ready for pickup 2-3 weeks after the course has ended

63922	16yrs+	Station Gallery	4 weeks
Thu	Nov 27-Dec 18	7:00pm-9:00pm	\$170/\$180

AAC - Abstract Landscape Painting with Randy (#@%)

Break free from realism and reimagine the landscape through shape, colour, and texture! Working from a reference photo, you'll experiment with layering, composition, and bold visual choices to create an expressive, stylized landscape. Through demonstration and discussion, you'll build foundational skills while embracing creativity, risk-taking, and your unique artistic voice.*Beginner/Intermediate painting experience required*Participants bring their own materials, oil or acrylic*Smaller class size of 8 students*No class Oct. 31st

63893	16yrs+	Station Gallery	6 weeks
Fri	Oct 17-Nov 28	7:00pm-9:00pm	\$210/\$225

AAC - Acrylic Painting with Chelsea Frattura (#@%)

Join us for an enlightening six-week acrylic painting course where you can unleash your creativity. You'll explore essential techniques such as colour mixing, brushwork, and layering, while diving into various art styles and history. Don't worry if you've never painted before, our instructors will happily guide you through the process!*Suitable for all levels of expertise*This course requires students to bring their own supplies.

63887	16yrs+	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	7:00pm-9:00pm	\$190/\$200

AAC - Acrylic Painting with Jean Jiang (#@%)

Join us for an enlightening six-week acrylic painting course where you can unleash your creativity. You'll explore essential techniques such as colour mixing, brushwork, and layering, while diving into various art styles and history. Don't worry if you've never painted before, our instructors will happily guide you through the process!*Suitable for all levels of expertise*This course requires students to bring their own supplies.

63888	16yrs+	Station Gallery	6 weeks
Wed	Oct 15-Nov 19	1:00pm-3:00pm	\$190/\$200

AAC - Art is Therapy with Bobby McBride (#@%)

The Art is Therapy program at Station Gallery introduces the principles of mindfulness, demonstrating how these can be incorporated into the visual arts. Using simple, relaxing and meditative art activities, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm.*All materials provided*Suitable for all levels of expertise*No class Oct. 21st

63886	16yrs+	Station Gallery	4 weeks
Tue	Oct 14-Nov 11	7:00pm-9:00pm	\$85/\$90

AAC - Beginner Watercolour Painting with Dianne (#@%)

Immerse yourself in the art of watercolour painting! Perfect for beginners or those refreshing their skills, this class will concentrate on water control, colour mixing, and blending through guided projects. After 6 sessions, you'll have a collection of notes and projects to help you feel confident continuing your watercolour journey.*Suitable for all levels of expertise*This course requires students to bring their own supplies.

63895	16yrs+	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	1:00pm-3:00pm	\$190/\$200

AAC - Figure Drawing with Gavin (#@%)

Discover the art of figure drawing through live model sessions! You'll develop key skills in anatomy, proportion, gesture, and tone while creating expressive charcoal or conte sketches. Open to students of all experience levels, this class will help you build one of art's most essential skills, with guidance from a seasoned instructor.*Models may be nude or clothed*Suitable for all levels of expertise*Some materials provided – see Student Supply List for details

63931	18 and up	Station Gallery	6 weeks
Sun	Oct 19-Nov 23	1:30pm-3:30pm	\$190/\$200

AAC - Hand Building Pottery: Level 1 with Paulette (#@%)

In this class, we provide students with fundamental technical knowledge and skills in hand building pottery. You'll explore methods like pinching, coiling, and slabbing, as well as decorating techniques such as appliqué, cut-outs, sgraffito, and glazing. By mastering these techniques, you'll complete several unique projects that will become cherished keepsakes!*Last session is 3 hours long to include glazing *All materials

provided*Suitable for all levels of expertise*Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email

63889	16yrs+	Station Gallery	6 weeks
Thu	Oct 2-Nov 6	1:30pm-3:30pm	\$255/\$270
63890	16yrs+	Station Gallery	6 weeks
Thu	Oct 2-Nov 6	6:30pm-8:30pm	\$255/\$270

AAC - Hand Building Pottery: Level 2 with Paulette (#@%)

Ready to take your pottery skills to the next level? This class is designed for intermediate students to build on foundational knowledge and explore new techniques in hand building pottery. Each week, we'll complete a new project, then finish our pieces with beautiful glazes so that you leave with a stunning collection of ceramic artworks!*All materials provided*Last session is 3 hours long to include glazing*Suitable for those with intermediate knowledge in hand-building pottery*We suggest taking at least two sessions of Hand Building Pottery Level 1 before advancing to Level 2 *Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email

63891	16yrs+	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	1:30pm-3:30pm	\$255/\$270
63892	16yrs+	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	6:30pm-8:30pm	\$255/\$270

AAC - Introduction to Drawing with Ivana (#@%)

Discover the joy of drawing in this introductory class for adults. Through guided exercises and hands-on practice, you'll build confidence while experimenting with different tools and techniques. Whether you're a total beginner or looking to reconnect with art, this class offers a relaxed and supportive environment to develop your skills.*Suitable for all levels of expertise*Some materials provided – see Student Supply List for details

63932	16yrs+	Station Gallery	5 weeks
Sun	Sep 7-Oct 5	1:00pm-3:00pm	\$165/\$175

AAC - Introduction to Drawing with Sakshi (#@%)

Discover the joy of drawing in this introductory class for adults. Through guided exercises and hands-on practice, you'll build confidence while experimenting with different tools and techniques. Whether you're a total beginner or looking to reconnect with art, this class offers a relaxed and supportive environment to develop your

skills.*Suitable for all levels of expertise*Some materials provided – see Student Supply List for details

63894	16yrs+	Station Gallery	6 weeks
Fri	Oct 17-Nov 28	4:00pm-6:00pm	\$190/\$200

AAC - Oil Painting with Chelsea Frattura (#@%)

This class will guide you through the essentials of oil painting, including safety, tools, techniques, composition, and process. With a mix of demonstrations, discussions, and hands-on exercises, you'll develop a unique painting and gain the foundational skills to continue your practice outside of class.*Suitable for all levels of expertise*This course requires students to bring their own supplies.

63896	16yrs+	Station Gallery	6 weeks
Thu	Oct 16-Nov 20	7:00pm-9:00pm	\$190/\$200

AAC - Open Studio (#@%)

Work alongside, and be inspired by, other practicing artists from the community in this drop-in program. Station Gallery Patrons are welcome to drop by anytime between 10am and 3pm to spend the day creating in our spacious, well-lit studios. Open Studio now runs every Monday from September to May, excluding holidays. *For SG Patrons only; patron cards can be purchased at the gallery*Bring your own materials*No pre-registration required*Studio closed October 13, February 16, March 16, April 6, and May 18

63897	16yrs+	Station Gallery	16 weeks
Mon	Sep 8-Dec 29	10:00am-3:00pm	Free

AAC - Pen, Ink, & Watercolour Wash with Patrick (#@%)

Come explore the beauty of pen, ink, and watercolour sketching styles. As a participant, you will learn to masterfully use these materials to depict landscapes, seascapes, wildlife, and still-life imagery. As well, get a sneak peek into topics such as pricing your artwork and preparing work for sale or exhibition.*This course requires students to bring their own supplies.*Suitable for all levels of expertise

63942	16yrs+	Station Gallery	6 weeks
Thu	Oct 16-Nov 20	7:00pm-9:00pm	\$190/\$200

AAC - Portrait Painting with Catherine (#@%)

Guided by the principles of realism, students in this class will transform a chosen image into a painted portrait—with the freedom to explore more expressive styles! You'll learn

techniques for mixing skin tones, capturing facial features, rendering hair, and understanding form. The importance of backgrounds will be highlighted, with provided examples to inspire creative choices. *Suitable for all levels of expertise – some painting experience recommended*Participants bring their own materials, oil or acrylic

63943	16yrs+	Station Gallery	6 weeks
Sat	Oct 18-Nov 22	1:00pm-3:00pm	\$190/\$200

AAC - Pottery Open Studio with Paulette (#@%)

This open studio course is for experienced ceramicists ready to explore personal projects with freedom and support. Access studio tools and materials while receiving guidance as needed. Whether you're hand building, throwing, or glazing, you'll have the space to experiment, refine techniques, and grow your individual artistic voice.*All materials provided (10kg of clay included)*Students must be confident in wheel-throwing or hand building independently; a Level 2 course is recommended as a prerequisite.*Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email*Please wear an apron or clothes that can get messy

63967	16yrs+	Station Gallery	6 weeks
Wed	Oct 8-Nov 12	1:30pm-3:30pm	\$285/\$300

AAC - Pottery Wheel Level 1 (#@%)

In this class, students will learn the fundamentals of working with clay on the pottery wheel. You'll learn to wedge, center, open, and throw clay to develop functional pieces like mugs, vases, and dishes. Glazing techniques will be explored in the final class, and pieces will be kiln-fired for you to take home and enjoy! *All materials provided (5kg of clay included)*Suitable for all levels of expertise*Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email*Please wear an apron or clothes that can get messy*No class October 31st

63900	16yrs+	Station Gallery	5 weeks
Mon	Sep 8-Oct 6	10:00am-12:00pm	\$270/\$285

63898	16yrs+	Station Gallery	6 weeks
Fri	Oct 17-Nov 28	1:30pm-3:30pm	\$285/\$300

63899	16yrs+	Station Gallery	6 weeks
Fri	Oct 17-Nov 28	6:30pm-8:30pm	\$285/\$300

AAC - Pottery Wheel Level 2 with Sarah (#@%)

For experienced ceramicists who can confidently centre clay, this class offers the opportunity to refine wheel-throwing skills and explore advanced techniques. With a focus on consistency, surface decoration, and glaze application, students will receive personalized guidance to develop greater control, depth, and creative expression in their ceramics practice. *All materials provided (10kg of clay included)*Please wear an apron or clothes that can get messy*We suggest taking at least 2 sessions of Pottery Wheel Level 1 before advancing to Level 2 *Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email

63901	16yrs+	Station Gallery	5 weeks
Mon	Sep 8-Oct 6	1:00pm-4:00pm	\$330/\$350
63954	16yrs+	Station Gallery	5 weeks
Sat	Oct 18-Nov 15	12:00pm-3:00pm	\$330/\$350

AAC - Watercolour Explorations with Hi-Sook (#@%)

In these beginner-friendly courses, you'll explore the fundamentals of watercolour through guided exercises and creative projects. Each week, the instructor will demonstrate how to develop a painting step-by-step, helping you build confidence with techniques like washes, blending, and brush control. *Suitable for all levels of expertise Please download the Student Supply List below or at stationgallery.ca/learn

63955	16yrs+	Station Gallery	2 weeks
Sat	Sep 13-Sep 20	1:00pm-3:00pm	\$95/\$100
63956	16yrs+	Station Gallery	3 weeks
Sun	Nov 23-Dec 7	1:00pm-3:00pm	\$140/\$150

All Ages Curator Lectures

CL - Art Talk: It's About Time with Tim Westhead (#@%)

Join movie buff Tim Westhead to find out what's beyond the silver screen! Enjoy discovering new films, and re-discovering classic films like High Noon, My Favorite Year, and Zero Dark Thirty that focus on calendars, clocks, and countdowns. You'll also investigate vivid examples of time portrayed in art, so you can make your love for film and art a more rewarding experience! *This is a drop-in event – no pre-registration required*Please bring non-perishable food donations for The Deacon's Cupboard, Whitby's food bank

63906	16yrs+	Station Gallery	1 class
Wed	Oct 22-Oct 22	7:00pm-8:30pm	Free

CL - Doris Mills Speirs: A Life in Art with John Sabeen (#@%)

A friend and associate of members of the Group of Seven, Doris Mills, a self-taught artist, did well enough to be an invited contributor to several of the Group's exhibitions in the 1920s. She has been credited by art historians as a pioneer in the business of art rentals, and of being one of the first Canadian painters to work in an abstract style. Later, from about 1940, as Doris Speirs, and living in Pickering Township, she was a patron of the arts and was often consulted by the media for information about the Group, who, by this time, had all departed the scene.*This is a drop-in event – no pre-registration required*\$20 suggested donation

63907	16yrs+	Station Gallery	1 class
Wed	Nov 12-Nov 12	7:00pm-8:30pm	Free

CL - Painterly Poise: The Art of Barry Lyndon (#@%)

Barry Lyndon is a film about an Irish rogue who wins the heart of a rich widow and assumes her dead husband's position in 18th Century aristocracy. To mark the 50th anniversary of Barry Lyndon, join SG Curator, Olex Wlasenko, as he delves into the painterly and artistic influences on Stanley Kubrick's 1975 masterwork.*This is a drop-in event – no pre-registration required*\$20 suggested donation

63908	16yrs+	Station Gallery	1 class
Thu	Dec 4-Dec 4	7:00pm-8:00pm	Free
http://ca.apm.activecommunities.com/whitby/Activity_Search/58910			

Children's Art Classes

KAC - Artscapes (#@%)

Join Artscapes at Station Gallery and unleash your creativity! Each week, our students will explore new materials and playful techniques to create artworks inspired by the world around them. From painting and drawing to experimenting with collage and sculpture, every project is an adventure in self-expression! *All materials provided*Suitable for all levels of expertise*New projects each session*No class October 31st

63910	8-12yrs	Station Gallery	6 weeks
Fri	Oct 17-Nov 28	4:00pm-6:00pm	\$165/\$175
63909	8-12yrs	Station Gallery	6 weeks
Sat	Oct 18-Nov 22	1:00pm-3:00pm	\$165/\$175

KAC – Artventure (#@%)

Get ready for a creative adventure where kids will explore the exciting world of art! Each week, students will follow step-by-step demonstrations to create a unique project they'll take home with them. We'll experiment with painting and drawing materials, sculptural elements, and decorative techniques, offering a well-rounded introduction to art. *All materials provided*New projects each session*Suitable for all levels of expertise

63914	4-7yrs	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	4:00pm-5:00pm	\$130/\$140
63912	4-7yrs	Station Gallery	6 weeks
Thu	Oct 16-Nov 20	4:00pm-5:00pm	\$130/\$140
63911	4-7yrs	Station Gallery	6 weeks
Sat	Oct 18-Nov 22	10:30am-11:30am	\$130/\$140
63913	4-7yrs	Station Gallery	6 weeks
Sun	Oct 19-Nov 23	10:30am-11:30am	\$130/\$140

KAC - Exploring Paint with Varshitha (#@%)

This painting class invites kids to grab a paintbrush and bring their ideas to life on the canvas! Each week, young artists will experiment with techniques like layering, blending, and brushwork while using a variety of materials. With guided instruction and plenty of freedom to create, this class offers a wonderful opportunity to expand your artistic horizons.*All materials provided*Suitable for all levels of expertise*New projects each session

63992	8-12yrs	Station Gallery	4 weeks
Sun	Sep 14-Oct 5	1:00pm-3:00pm	\$140/\$150

KAC - Fun with Clay with Kat Lavery (#@%)

In this beginner-friendly class, young artists will develop a collection of hand-built pottery projects. Students will use tools to shape and add texture to air-dry clay, then they'll paint their designs to add a unique flair. This class is a great way to explore creativity, learn new skills, and have fun with clay!*All materials provided*New projects each session*Suitable for all levels of expertise

63915	8-12yrs	Station Gallery	6 weeks
Thu	Oct 16-Nov 20	4:00pm-6:00pm	\$165/\$175

KAC - Kids 3D Printing: Advanced, with Mike (#@%)

Take your 3D printing skills to the next level! In this class, students will dive deeper into the world of 3D design and printing, creating more complex models with the guidance of

their instructor. Using online software, participants will design and print articulated creatures—like snakes and dragons—to bring home and proudly show off. *All materials provided*Beginner class is a prerequisite*Smaller class size of 6 students*Designs will be printed and ready for pickup 2-3 weeks after the course has ended

63994	8-12yrs	Station Gallery	4 weeks
Sun	Oct 26-Nov 16	2:00pm-4:00pm	\$155/\$165

KAC - Kids 3D Printing: Beginner, with Mike (#@%)

Embark on an exciting journey into the world of 3D printing! Guided by their instructor, students will explore current 3D printing technology and its real-world applications. Participants will use online software to create 3D printed objects like keychains and figurines that they can take home and proudly display. *All materials provided*Knowledge on how to use a computer keyboard, mouse, and web browser required*Designs will be printed and ready for pickup 2-3 weeks after the course has ended

63916	8-12yrs	Station Gallery	4 weeks
Sun	Oct 26-Nov 16	11:00am-1:00pm	\$150/\$160

KAC - Let's Draw! with Patrick (#@%)

Let's learn to draw together! In this beginner drawing course, participants will explore shading techniques, cartooning, and drawing from observation through a variety of fun and engaging activities. As one of the foundational skills in art, this class will help students develop techniques to support their creative growth for years to come! *All materials provided*New projects each session*Suitable for all levels of expertise*Students are welcome to bring a personal sketchbook

63917	8-12yrs	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	4:00pm-5:00pm	\$125/\$135

Family Parent & Tot

PT - Mini Makers with Elaine (#%@)

Mini-Makers is a fun-filled class designed just for toddlers and their grown-ups! Together, you'll explore colours, textures, and creative tools while making art, making memories, and maybe a little mess too. Come ready to play, create, and connect — and don't forget to wear your art-friendly clothes! *All materials provided*Limit of one caregiver per child

63918	2-4yrs	Station Gallery	6 weeks
Sat	Oct 18-Nov 22	10:30am-11:30am	\$115/\$125

Youth Visual Arts

YAC - Character Design (#@%)

Explore the exciting world of cartooning and illustration in this hands-on class! Learn about character proportions, expressions, anatomy, linework, inking, and shading. Whether designing a hero or villain, you'll receive personalized feedback to develop your style and storytelling skills. *All materials provided* Suitable for all levels of expertise

63919	11-15yrs	Station Gallery	6 weeks
Tue	Oct 14-Nov 18	6:30pm-8:30pm	\$175/\$185

YAC - Teen Art Studio with Varshitha (#@%)

Teen Art Studio is the place to build your artistic skills in a relaxing, creative environment. We'll explore drawing techniques, painting, and mixed media through guided projects that balance technical skill-building with personal expression. You'll leave with a set of stunning artworks that you can hang on the wall or add to your portfolio! *All materials provided* Suitable for all levels of expertise *No class October 31st

63920	13-17yrs	Station Gallery	6 weeks
Fri	Oct 17-Nov 28	7:00pm-9:00pm	\$175/\$185