

# Summer 2025 Recreation Programs

## How to Register for a Program?

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

This easy-to-use system has streamlined search features, allows you to create an account, log in with an email address and register/pay for programs. Visit 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](http://whitby.ca/subsidy).

## **55+ Programs**

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

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# Preschool

## General Interest

### 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.

<a href="#">61171</a>	30mos-5yrs	Whitby Civic Rec	9 weeks
Fri	Jul 4-Aug 29	11:30am-12:30pm	\$81.67

### 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!

<a href="#">61167</a>	30mos-5yrs	Whitby Civic Rec	9 weeks
Fri	Jul 4-Aug 29	9:15am-11:15am	\$163.32

### Ready for School (%)

If your child is heading off to kindergarten soon, this is the perfect class to get them ready for school! It introduces children to the fundamentals of science, math, and language. It also introduces fine and gross motor skills taught in school by using structured circle and table activities in a fun-filled and positive atmosphere. In preparation for Kindergarten, this program promotes independence and socialization skills. Children should be toilet trained and out of diapers in order to join this class. Children must be 4 by December 31, 2025, in order to register for this program.

<a href="#">61170</a>	4-5yrs	Whitby Civic Rec	18 classes
Mon,Wed	Jul 2-Aug 27	9:15am-11:15am	\$290.37
<a href="#">61169</a>	4-5yrs	Brooklin CC&L	17 classes
Tue,Thu	Jul 3-Aug 28	12:45pm-2:45pm	\$308.52

### Tot Science (%)

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

<a href="#">61172</a>	30mos-5yrs	Whitby Civic Rec	9 weeks
Wed	Jul 2-Aug 27	11:30am-12:15pm	\$81.67

## Leagues and Sporting Groups

### Parent and Tot Basketball

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

<a href="#">61131</a>	3-5yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	10:15am-10:55am	\$61.20

### Parent and Tot Indoor Soccer

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

<a href="#">61132</a>	3-5yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	11:45am-12:25pm	\$61.20

### Parent and Tot Indoor Soccer (%)

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

<a href="#">61133</a>	2-3yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	11:00am-11:40am	\$61.20

### Parent and Tot Kinder Sports

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

<a href="#">61134</a>	2-4yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	9:30am-10:10am	\$61.20

## Children

### 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.

<a href="#">62485</a>	4-6yrs	Whitby Civic Rec	10 weeks
Fri	Jul 11-Sep 12	4:30pm-5:25pm	\$81.29
<a href="#">61734</a>	4-6yrs	Whitby Civic Rec	10 weeks
Sun	Jul 13-Sep 28	10:00am-10:55am	\$81.29

## 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.

<a href="#">61735</a>	7-11yrs	Whitby Civic Rec	10 weeks
Sun	Jul 13-Sep 28	11:00am-11:55am	\$81.29
<a href="#">61861</a>	7-11yrs	Whitby Civic Rec	10 weeks
Fri	Jul 11-Sep 12	5:30pm-6:25pm	\$81.29

## Leagues and Sporting Groups

### Badminton - Basics for Kids

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

<a href="#">61115</a>	7-9yrs	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	6:00pm-6:25pm	\$40.86

### Badminton – Kids

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

<a href="#">61116</a>	10-12yrs	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	6:30pm-7:25pm	\$79.29

## **Basketball - Basics for Kids**

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

<a href="#">61120</a>	6-8yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	3:00pm-3:55pm	\$79.29
<a href="#">61119</a>	6-8yrs	Brooklin CC&L	8 weeks
Tue	Jul 8-Aug 26	5:00pm-5:55pm	\$70.48

## **Basketball – Kids**

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

<a href="#">61121</a>	9-11yrs	Brooklin CC&L	9 weeks
Thu	Jul 3-Aug 28	5:00pm-5:55pm	\$79.29
<a href="#">61122</a>	9-11yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	4:00pm-4:55pm	\$79.29

## **Indoor Soccer – Kids**

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

<a href="#">61129</a>	6-8yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	2:00pm-2:55pm	\$79.29
<a href="#">61130</a>	6-8yrs	Brooklin CC&L	7 weeks
Mon	Jul 7-Aug 25	7:45pm-8:40pm	\$61.67

## **Sportball - Outdoor Coach and Child Multi-Sport**

Children will participate in a different sport each week. The focus of this program is gross motor skills development. Parents are required to remain at the field during the classes.

<a href="#">61296</a>	3-4yrs	Carnwith Park	8 weeks
Tue	Jul 8-Aug 26	10:45am-11:45am	\$204.00

### **Sportball - Outdoor Coach and Child Multi-Sport (#@)**

Children will participate in a different sport each week. The focus of this program is gross motor skills development. Parents are required to remain at the field during the classes.

<a href="#">61138</a>	3-5yrs	Heydenshore Pavilion	8 weeks
Mon	Jun 30-Aug 25	10:00am-11:00am	\$170.00
<a href="#">61139</a>	5-7yrs	Heydenshore Pavilion	8 weeks
Mon	Jun 30-Aug 25	11:00am-12:00pm	\$170.00

### **Sportball - Outdoor Coach and Child Soccer (#@)**

Classes are dedicated to skill development and play in an exciting, non-competitive environment. Parents are required to remain at the field during the classes.

<a href="#">61141</a>	3-5yrs	Whitby Civic Rec	9 weeks
Thu	Jul 3-Aug 28	6:00pm-7:00pm	\$225.25
<a href="#">61142</a>	5-8yrs	Whitby Civic Rec	9 weeks
Thu	Jul 3-Aug 28	7:00pm-8:00pm	\$225.25

### **Sportball - Outdoor Coach and Child Soccer/T-Ball (#@)**

The first half of the program focuses on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. The second half of the program helps children develop T-Ball/baseball skills such as throwing, catching, correct batting form, running bases, fielding and positional play. Parents are required to remain at the field during the classes.

<a href="#">61143</a>	3-5yrs	Whitby Civic Rec	8 weeks
Mon	Jun 30-Aug 25	6:00pm-7:00pm	\$204.00
<a href="#">61144</a>	5-8yrs	Whitby Civic Rec	8 weeks
Mon	Jun 30-Aug 25	7:00pm-8:00pm	\$204.00
<a href="#">61145</a>	3-5yrs	Whitby Civic Rec	8 weeks
Mon	Jun 30-Aug 25	6:00pm-7:00pm	\$204.00
<a href="#">61146</a>	5-8yrs	Whitby Civic Rec	8 weeks
Mon	Jun 30-Aug 25	7:00pm-8:00pm	\$204.00

### **Sportball - Outdoor Parent and Child Multi-Sport**

Children will participate in a different sport each week. The focus of this program is gross motor skills development. Parents are required to remain at the field during the classes.

<a href="#">61295</a>	2yrs	Carnwith Park	8 weeks
Tue	Jul 8-Aug 26	10:00am-10:45am	\$170.00

### **Sportball - Outdoor Parent and Child Multi-Sport (#@%)**

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

<a href="#">61147</a>	2-3yrs	Heydenshore Pavilion	8 weeks
Mon	Jun 30-Aug 25	9:15am-10:00am	\$170.00
<a href="#">61297</a>	16-23mos	Carnwith Park	8 weeks
Tue	Jul 8-Aug 26	9:15am-10:00am	\$170.00

### **Sportball - Outdoor Parent and Child Soccer (#@%)**

Children play with parents and are taught the fundamental skills necessary to excel in soccer. Classes are dedicated to skill development and play in an exciting, non-competitive environment.

<a href="#">61148</a>	2-3yrs	Whitby Civic Rec	9 weeks
Thu	Jul 3-Aug 28	5:15pm-6:00pm	\$225.25

### **Sportball - Outdoor Parent and Child Soccer/T-Ball (#@%)**

The first half of the program focuses on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. The second half of the program helps children develop T-ball/baseball skills such as throwing, catching, correct batting form, running bases, fielding and positional play.

<a href="#">61149</a>	2-3yrs	Whitby Civic Rec	8 weeks
Mon	Jun 30-Aug 25	5:15pm-6:00pm	\$204.00
<a href="#">61150</a>	2-3yrs	Whitby Civic Rec	8 weeks
Mon	Jun 30-Aug 25	5:15pm-6:00pm	\$204.00



# 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.

<a href="#">62322</a>	9-13yrs	Whitby Civic Rec	1 class
Mon	Jul 28-Jul 28	9:00am-3:00pm	\$71.00
<a href="#">62311</a>	9-13yrs	McKinney Centre	3 days
Tue,Wed,Thu	Aug 12-Aug 14	9:30am-12:00pm	\$71.00

## 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.

<a href="#">61733</a>	14-18yrs	Whitby Civic Rec	10 weeks
Sat	Jul 12-Sep 27	4:30pm-5:45pm	\$90.18

### Youth Sculpt & Stretch

This class will take you through a series of Yoga 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.

<a href="#">61910</a>	11-15yrs	Brooklin CC&L	12 weeks
Tue	Jul 8-Sep 23	4:30pm-5:15pm	\$99.20

### 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.

<a href="#">61763</a>	14-17yrs	Whitby Civic Rec	10 weeks
Sat	Jul 12-Sep 27	12:30pm-1:25pm	\$90.18

## Leadership and Training

### Babysitting Course (#@%)

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

<a href="#">62321</a>	11-16yrs	Whitby Civic Rec	1 class
Mon	Jul 21-Jul 21	9:00am-5:00pm	\$76.00
<a href="#">62312</a>	11-16yrs	McKinney Centre	3 classes
Tue,Wed,Thu	Aug 12-Aug 14	1:00pm-4:00pm	\$76.00

## Leagues and Sporting Groups

### Badminton – Youth

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

<a href="#">61117</a>	11-15yrs	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	7:30pm-8:25pm	\$79.29

### Basketball – Youth

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

<a href="#">61123</a>	11-14yrs	Brooklin CC&L	9 weeks
Thu	Jul 3-Aug 28	6:00pm-6:55pm	\$79.29
<a href="#">61124</a>	11-14yrs	Brooklin CC&L	9 weeks
Sat	Jul 5-Aug 30	5:00pm-5:55pm	\$79.29

# 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!

<a href="#">61674</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	10:15am-11:10am	\$108.22
<a href="#">61675</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	1:30pm-2:25pm	\$108.22

### 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.

<a href="#">61716</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	11:15am-12:10pm	\$108.22

### 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.

<a href="#">62382</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	2:30pm-3:25pm	\$90.18

### 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.

<a href="#">61760</a>	14yrs+	Whitby Civic Rec	4 weeks
Sat	Jul 12-Aug 9	10:00am-11:30am	\$65.14
<a href="#">61761</a>	14yrs+	Whitby Civic Rec	4 weeks
Sat	Aug 16-Sep 13	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!

<a href="#">61937</a>	14yrs+	Brooklin CC&L	12 weeks
Wed	Jul 9-Sep 24	7:30pm-8:25pm	\$108.22

## Body Barre

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

<a href="#">61897</a>	14yrs+	Brooklin CC&L	10 weeks
Mon	Jul 7-Sep 22	7:00pm-7:55pm	\$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.

<a href="#">61721</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	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.

<a href="#">61931</a>	14yrs+	Brooklin CC&L	12 weeks
Wed	Jul 9-Sep 24	5:30pm-6:25pm	\$108.22
<a href="#">61723</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	10:15am-11:10am	\$108.22
<a href="#">61827</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	7:30 pm-8:25pm	\$108.22

## 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.

<a href="#">61720</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	5:30pm-6:25pm	\$108.22

## 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.

<a href="#">61729</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	9:00am-9:55am	\$108.22

## Dance Fit

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

<a href="#">61700</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	11:15am-12:10pm	\$108.22
<a href="#">61701</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	12:30pm-1:25pm	\$108.22

## 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.

<a href="#">62373</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	1:30pm-2:25pm	\$90.18
<a href="#">62388</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	4:00pm-4:55pm	\$108.22

## 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.

<a href="#">62437</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	4:15pm-5:00pm	\$108.22

## 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.

<a href="#">61673</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	6:15am-7:10am	\$108.22

## Gentle Yoga

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

<a href="#">61651</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	6:30pm-7:25pm	\$90.18
<a href="#">61653</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	9:00am-9:55am	\$108.22

<a href="#">61654</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	9:00am-9:55am	\$108.22
<a href="#">61859</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	6:30pm-7:25pm	\$108.22
<a href="#">61655</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	6:30pm-7:25pm	\$108.22

## **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 \*\*

<a href="#">62413</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	11:15am-12:10pm	\$108.22

## **Kettlebell Conditioning**

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

<a href="#">61707</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	3:00pm-3:55pm	\$108.22

## **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.

<a href="#">61671</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	7:30pm-8:25pm	\$90.18
<a href="#">61936</a>	14yrs+	Brooklin CC&L	12 weeks
Wed	Jul 9-Sep 24	6:30pm-7:25pm	\$108.22
<a href="#">61672</a>	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jul 12-Sep 27	10:30am-11:25am	\$90.18

## 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\*\*\*\*

<a href="#">61718</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	1:30pm-2:25pm	\$108.22

## 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\*\*\*\*

<a href="#">61717</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	12:15pm-1:10pm	\$108.22

## Low Impact

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

<a href="#">61665</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	10:15am-11:10am	\$90.18

## Mom and Baby Fitness

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

<a href="#">61848</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	1:30pm-2:25pm	\$108.22

## 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.

<a href="#">61666</a>	14yrs+	Whitby Civic Rec	10 weeks
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Mon	Jul 7-Sep 22	11:15am-12:10pm	\$90.18
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### **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.

<a href="#">61833</a>	55 and up	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	9:00am-9:55am	\$108.22

### **Pilates for Seniors Level 2**

This Pilates program will increase abdominal and back strength, functional stability, and flexibility while expanding your body awareness. This class is designed for those that have completed level 1.

<a href="#">61731</a>	55 and up	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	2:30pm-3:25pm	\$108.22

### **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.

<a href="#">61667</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	12:30pm-1:25pm	\$90.18
<a href="#">61669</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	7:30pm-8:25pm	\$108.22

### **Restorative Yoga**

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

<a href="#">61901</a>	14yrs+	Brooklin CC&L	10 weeks
Mon	Jul 7-Sep 22	8:00pm-8:55pm	\$90.18

## Rock Body

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

<a href="#">61924</a>	14yrs+	Brooklin CC&L	12 weeks
Tue	Jul 8-Sep 23	6:00pm-6:55pm	\$108.22
<a href="#">61853</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	5:30pm-6:25pm	\$108.22

## Sculpt & Stretch

This class is 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.

<a href="#">61727</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	1:30pm-2:25pm	\$108.22

## 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 the upper body and abdominals muscles 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 CRC SPIN BIKES: Please arrive at least ten minutes before the posted start time of the class to allow for seat and handlebar fitting.

<a href="#">61724</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	6:15am-7:10am	\$108.22
<a href="#">61725</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	5:30pm-6:25pm	\$108.22

## 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.

<a href="#">61656</a>	14yrs+	Whitby Civic Rec	10 weeks
Mon	Jul 7-Sep 22	5:30pm-6:15pm	\$90.18
<a href="#">61657</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	5:30pm-6:25pm	\$108.22
<a href="#">61658</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	5:30pm-6:15pm	\$108.22

## Step and Sculpt

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

<a href="#">61709</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	6:30pm-7:25pm	\$108.22
<a href="#">61710</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	9:00am-9:55am	\$108.22
<a href="#">61711</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	6:30pm-7:25pm	\$108.22
<a href="#">61712</a>	14yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	10:15am-11:10am	\$108.22
<a href="#">61732</a>	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jul 12-Sep 27	9:00am-9:55am	\$90.18

## 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.

<a href="#">61713</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	7:30pm-8:25pm	\$108.22

<a href="#">61714</a>	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jul 12-Sep 27	11:30am-12:25pm	\$90.18

### 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.

<a href="#">61715</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	6:15am-7:10am	\$108.22

### 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.

<a href="#">61650</a>	14yrs+	Whitby Civic Rec	11 weeks
Mon	Jul 7-Sep 29	9:00am-9:55am	\$99.20

### 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.

<a href="#">61839</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	6:15pm-7:10pm	\$108.22

### 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.

<a href="#">61702</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	12:15pm-1:10pm	\$108.22

<a href="#">61705</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	10:15am-11:10am	\$108.22

<a href="#">61703</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	12:15pm-1:10pm	\$108.22

## 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 \*\*

<a href="#">61706</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	1:30pm-2:55pm	\$108.22

## 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.

<a href="#">61956</a>	14yrs+	Brooklin CC&L	12 weeks
Thu	Jul 10-Sep 25	6:30pm-7:25pm	\$108.22

## Women on Weights

New to weight machines or the gym? This program takes place in the Whitby Civic Rec 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

<a href="#">61860</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	7:30pm-8:30pm	\$108.22
<a href="#">61863</a>	14yrs+	Whitby Civic Rec	10 weeks
Sat	Jul 12-Sep 27	11:45am-12:45pm	\$90.18

## **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!

<a href="#">61719</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	4:30pm-5:15pm	\$108.22

## **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.

<a href="#">61708</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	4:15pm-5:00pm	\$108.22

## **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.

<a href="#">61728</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	4:30pm-5:15pm	\$108.22

## **Yoga Flow**

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

<a href="#">61836</a>	14yrs+	Whitby Civic Rec	12 weeks
Tue	Jul 8-Sep 23	5:00pm-5:55pm	\$108.22
<a href="#">61844</a>	14yrs+	Whitby Civic Rec	12 weeks
Wed	Jul 9-Sep 24	12:30pm-1:25pm	\$108.22

## **Zumba Fit**

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

<a href="#">61726</a>	14yrs+	Whitby Civic Rec	12 weeks
Thu	Jul 10-Sep 25	11:15am-12:10pm	\$108.22
<a href="#">61832</a>	14yrs+	Brooklin CC&L	11 weeks
Tue	Jul 15-Sep 23	7:00pm-7:55pm	\$99.20
<a href="#">61827</a>	14yrs+	Whitby Civic Rec	11 weeks
Wed	Jul 16-Sep 24	7:00pm-7:55pm	\$99.20

## **Taekwondo 12+ YRS**

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

<a href="#">61736</a>	12yrs+	Whitby Civic Rec	10 weeks
Sun	Jul 13-Sep 28	12:00pm-12:55pm	\$90.18

## **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.

<a href="#">61862</a>	16yrs+	Whitby Civic Rec	12 weeks
Fri	Jul 11-Sep 26	6:30pm-7:25pm	\$108.22

## Leagues and Sporting Groups

### Badminton – Adult

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

<a href="#">61114</a>	15 and up	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	8:30pm-9:55pm	\$81.18

### 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.

<a href="#">61118</a>	18 and up	Brooklin CC&L	7 weeks
Mon	Jul 7-Aug 25	8:45pm-10:10pm	\$63.14

### Pickleball - Adult Beginner

This program is designed for beginners who are ready to play. Some instruction will be provided. Rules and gameplay experience is recommended. Players will rotate through games each class. It is recommended you bring your own paddle, as paddles are limited.

<a href="#">61135</a>	16 and up	Brooklin CC&L	8 weeks
Sun	Jul 6-Aug 24	5:30pm-6:25pm	\$63.14
<a href="#">61136</a>	16 and up	Brooklin CC&L	8 weeks
Sun	Jul 6-Aug 24	7:30pm-8:25pm	\$63.14

### 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.

<a href="#">61137</a>	16 and up	Brooklin CC&L	8 weeks
Sun	Jul 6-Aug 24	6:30pm-7:25pm	\$63.14



# Swimming Summer 2025

## 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.

<a href="#">63161</a>	13yrs+	Whitby Civic Rec Complex	9 weeks
Tue	Jun 24-Aug 26	10:30am-11:15am	\$83.08
<a href="#">63204</a>	13yrs+	Whitby Civic Rec Complex	9 weeks
Tue	Jun 24-Aug 26	7:15pm-8:00pm	\$83.08
<a href="#">63205</a>	13yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Jun 26-Aug 28	10:30am-11:15am	\$92.32
<a href="#">63209</a>	13yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Jun 26-Aug 28	7:15pm-8:00pm	\$92.32
<a href="#">63214</a>	13yrs+	Whitby Civic Rec Complex	8 weeks
Sat	Jul 5-Aug 23	1:15pm-2:00pm	\$73.85

### Aquafit - Deep Water

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

<a href="#">63162</a>	13yrs+	Anne Ottenbrite Pool	9 weeks
Mon	Jun 23-Aug 25	8:00am-8:45am	\$83.08
<a href="#">63196</a>	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jun 25-Aug 27	8:00am-8:45am	\$92.32
<a href="#">63202</a>	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jun 25-Aug 27	8:00pm-8:45pm	\$92.32
<a href="#">63200</a>	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jun 27-Aug 29	8:00am-8:45am	\$92.32

## 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.

<a href="#">62178</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:15pm-2:00pm	\$49.03
<a href="#">62201</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:15pm-2:00pm	\$49.03
<a href="#">62202</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:00pm-2:45pm	\$49.03
<a href="#">62203</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:00pm-2:45pm	\$49.03
<a href="#">62204</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:45pm-3:30pm	\$49.03
<a href="#">62331</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:00pm-5:45pm	\$49.03
<a href="#">62332</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:00pm-5:45pm	\$49.03
<a href="#">62333</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:00pm-5:45pm	\$49.03
<a href="#">62334</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:45pm-6:30pm	\$49.03
<a href="#">62335</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:45pm-6:30pm	\$49.03
<a href="#">62336</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	6:30pm-7:15pm	\$49.03
<a href="#">62337</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	7:15pm-8:00pm	\$49.03
<a href="#">62567</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:15pm-2:00pm	\$49.03
<a href="#">62568</a>	14yrs+	Anne Ottenbrite Pool	4 weeks

Sat	Aug 2-Aug 23	1:15pm-2:00pm	\$49.03
<a href="#">62569</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:00pm-2:45pm	\$49.03
<a href="#">62570</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:00pm-2:45pm	\$49.03
<a href="#">62571</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:45pm-3:30pm	\$49.03
<a href="#">62941</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:00pm-5:45pm	\$49.03
<a href="#">62942</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:00pm-5:45pm	\$49.03
<a href="#">62943</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:00pm-5:45pm	\$49.03
<a href="#">62945</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:45pm-6:30pm	\$49.03
<a href="#">62946</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:45pm-6:30pm	\$49.03
<a href="#">62949</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	6:30pm-7:15pm	\$49.03
<a href="#">62950</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	7:15pm-8:00pm	\$49.03

### **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.

<a href="#">63085</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:00pm-1:45pm	\$49.03
<a href="#">63094</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:45pm-2:30pm	\$49.03
<a href="#">63095</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:45pm-2:30pm	\$49.03

<a href="#">63461</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:00pm-1:45pm	\$49.03
<a href="#">63463</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:45pm-2:30pm	\$49.03
<a href="#">63464</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:45pm-2:30pm	\$49.03

## 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.

<a href="#">62179</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:15pm-2:00pm	\$49.03
<a href="#">62205</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:45pm-3:30pm	\$49.03
<a href="#">62338</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:00pm-5:45pm	\$49.03
<a href="#">62339</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:45pm-6:30pm	\$49.03
<a href="#">62340</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	6:30pm-7:15pm	\$49.03
<a href="#">62341</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	6:30pm-7:15pm	\$49.03
<a href="#">62342</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	7:15pm-8:00pm	\$49.03
<a href="#">62572</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:15pm-2:00pm	\$49.03
<a href="#">62573</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:45pm-3:30pm	\$49.03
<a href="#">62951</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:00pm-5:45pm	\$49.03
<a href="#">62953</a>	14yrs+	Anne Ottenbrite Pool	4 weeks

Sun	Aug 3-Aug 24	5:45pm-6:30pm	\$49.03
<a href="#">62954</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	6:30pm-7:15pm	\$49.03
<a href="#">62955</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	6:30pm-7:15pm	\$49.03
<a href="#">62956</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	7:15pm-8:00pm	\$49.03

### **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.

<a href="#">63086</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:00pm-1:45pm	\$49.03
<a href="#">63096</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:00pm-1:45pm	\$49.03
<a href="#">63097</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:45pm-2:30pm	\$49.03
<a href="#">63465</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:00pm-1:45pm	\$49.03
<a href="#">63466</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:00pm-1:45pm	\$49.03
<a href="#">63467</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:45pm-2:30pm	\$49.03

### **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.

<a href="#">62180</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:00pm-2:45pm	\$49.03
<a href="#">62206</a>	14yrs+	Anne Ottenbrite Pool	4 weeks

Sat	Jul 5-Jul 26	2:45pm-3:30pm	\$49.03
<a href="#">62343</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	5:45pm-6:30pm	\$49.03
<a href="#">62344</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	7:15pm-8:00pm	\$49.03
<a href="#">62574</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:00pm-2:45pm	\$49.03
<a href="#">62575</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:45pm-3:30pm	\$49.03
<a href="#">62958</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	5:45pm-6:30pm	\$49.03
<a href="#">62959</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	7:15pm-8:00pm	\$49.03

### 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.

<a href="#">63087</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:00pm-1:45pm	\$49.03
<a href="#">63099</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	1:45pm-2:30pm	\$49.03
<a href="#">63469</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:00pm-1:45pm	\$49.03
<a href="#">63470</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	1:45pm-2:30pm	\$49.03

### Fitness Swimmer – AOP

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

<a href="#">62345</a>	15 yrs+	Anne Ottenbrite Pool	4 weeks
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Sun	Jul 6-Jul 27	6:30pm-7:30pm	\$49.03
<a href="#">62348</a>	15 yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Jul 6-Jul 27	7:30pm-8:30pm	\$49.03
<a href="#">62960</a>	15 yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	6:30pm-7:30pm	\$49.03
<a href="#">62961</a>	15 yrs+	Anne Ottenbrite Pool	4 weeks
Sun	Aug 3-Aug 24	7:30pm-8:30pm	\$49.03

## Private Swimming Lessons Adults

**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.

<a href="#">62181</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:00pm-1:30pm	\$151.53
<a href="#">62182</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:00pm-1:30pm	\$151.53
<a href="#">62183</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:00pm-1:30pm	\$151.53
<a href="#">62185</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:30pm-2:00pm	\$151.53
<a href="#">62186</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:30pm-2:00pm	\$151.53
<a href="#">62187</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	1:30pm-2:00pm	\$151.53
<a href="#">62189</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:00pm-2:30pm	\$151.53
<a href="#">62190</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:00pm-2:30pm	\$151.53
<a href="#">62191</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:00pm-2:30pm	\$151.53
<a href="#">62193</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:30pm-3:00pm	\$151.53
<a href="#">62194</a>	14yrs+	Anne Ottenbrite Pool	4 weeks

Sat	Jul 5-Jul 26	2:30pm-3:00pm	\$151.53
<a href="#">62195</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	2:30pm-3:00pm	\$151.53
<a href="#">62197</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	3:00pm-3:30pm	\$151.53
<a href="#">62198</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	3:00pm-3:30pm	\$151.53
<a href="#">62199</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Jul 5-Jul 26	3:00pm-3:30pm	\$151.53
<a href="#">62547</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:00pm-1:30pm	\$151.53
<a href="#">62548</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:00pm-1:30pm	\$151.53
<a href="#">62549</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:00pm-1:30pm	\$151.53
<a href="#">62551</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:30pm-2:00pm	\$151.53
<a href="#">62552</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:30pm-2:00pm	\$151.53
<a href="#">62553</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	1:30pm-2:00pm	\$151.53
<a href="#">62555</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:00pm-2:30pm	\$151.53
<a href="#">62556</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:00pm-2:30pm	\$151.53
<a href="#">62557</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:00pm-2:30pm	\$151.53
<a href="#">62559</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:30pm-3:00pm	\$151.53
<a href="#">62560</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:30pm-3:00pm	\$151.53
<a href="#">62561</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	2:30pm-3:00pm	\$151.53



<a href="#">62563</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	3:00pm-3:30pm	\$151.53
<a href="#">62564</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	3:00pm-3:30pm	\$151.53
<a href="#">62565</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	3:00pm-3:30pm	\$151.53
<a href="#">62566</a>	14yrs+	Anne Ottenbrite Pool	4 weeks
Sat	Aug 2-Aug 23	3:00pm-3:30pm	\$151.53

## Children

### Group Swimming Lessons

#### Swimmer 1 – AOP

#### 6-13yrs

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.

#### 4 classes

#### Anne Ottenbrite Pool

**\$45.39**

<a href="#">62040</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">62041</a>	Tue	Jun 24-Jul 22	7:00pm-7:30pm
<a href="#">62042</a>	Tue	Jun 24-Jul 22	7:30pm-8:00pm
<a href="#">62043</a>	Tue	Jun 24-Jul 22	8:00pm-8:30pm
<a href="#">61083</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61159</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">61160</a>	Mon-Fri	Jun 30-Jul 4	11:00am-11:30am
<a href="#">61161</a>	Mon-Fri	Jun 30-Jul 4	11:30am-12:00pm
<a href="#">62136</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62137</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">62138</a>	Sat	Jul 5-Jul 26	12:00pm-12:30pm
<a href="#">62286</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">62287</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">62288</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">62289</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">62290</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm

<a href="#">62514</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">62515</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">62516</a>	Sat	Aug 2-Aug 23	12:00pm-12:30pm
<a href="#">62811</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">62814</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">62815</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">62816</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">62817</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">61399</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61401</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am
<a href="#">61402</a>	Tue-Fri	Aug 5-Aug 8	11:00am-11:30am
<a href="#">61403</a>	Tue-Fri	Aug 5-Aug 8	11:30am-12:00pm

### 5 classes

### Anne Ottenbrite Pool

**\$56.74**

<a href="#">62003</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62004</a>	Mon	Jun 23-Jul 21	8:00pm-8:30pm
<a href="#">62071</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62072</a>	Wed	Jun 25-Jul 23	7:30pm-8:00pm
<a href="#">62101</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62102</a>	Thu	Jun 26-Jul 24	8:00pm-8:30pm
<a href="#">61224</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61226</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61227</a>	Mon-Fri	Jul 7-Jul 11	11:00am-11:30am
<a href="#">61228</a>	Mon-Fri	Jul 7-Jul 11	11:30am-12:00pm
<a href="#">61266</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61268</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61269</a>	Mon-Fri	Jul 14-Jul 18	11:00am-11:30am
<a href="#">61270</a>	Mon-Fri	Jul 14-Jul 18	11:30am-12:00pm
<a href="#">61313</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61315</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61316</a>	Mon-Fri	Jul 21-Jul 25	11:00am-11:30am
<a href="#">61317</a>	Mon-Fri	Jul 21-Jul 25	11:30am-12:00pm
<a href="#">61355</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61357</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am

<a href="#">61358</a>	Mon-Fri	Jul 28-Aug 1	11:00am-11:30am
<a href="#">61359</a>	Mon-Fri	Jul 28-Aug 1	11:30am-12:00pm
<a href="#">62368</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">62369</a>	Mon	Jul 28-Aug 25	8:00pm-8:30pm
<a href="#">62410</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">62411</a>	Tue	Jul 29-Aug 26	7:00pm-7:30pm
<a href="#">62412</a>	Tue	Jul 29-Aug 26	7:30pm-8:00pm
<a href="#">62414</a>	Tue	Jul 29-Aug 26	8:00pm-8:30pm
<a href="#">62448</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">62449</a>	Wed	Jul 30-Aug 27	7:30pm-8:00pm
<a href="#">62487</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">62488</a>	Thu	Jul 31-Aug 28	8:00pm-8:30pm
<a href="#">61444</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61446</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61447</a>	Mon-Fri	Aug 11-Aug 15	11:00am-11:30am
<a href="#">61448</a>	Mon-Fri	Aug 11-Aug 15	11:30am-12:00pm
<a href="#">61486</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61488</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61489</a>	Mon-Fri	Aug 18-Aug 22	11:00am-11:30am
<a href="#">61490</a>	Mon-Fri	Aug 18-Aug 22	11:30am-12:00pm
<a href="#">61528</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61530</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am
<a href="#">61531</a>	Mon-Fri	Aug 25-Aug 29	11:00am-11:30am
<a href="#">61532</a>	Mon-Fri	Aug 25-Aug 29	11:30am-12:00pm

## Swimmer 1 – CRC

## 6-13yrs

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

### 4 classes

### Whitby Civic Rec Complex

**\$45.39**

<a href="#">62721</a>	Tue	Jun 24-Jul 22	4:30pm-5:00pm
<a href="#">62723</a>	Tue	Jun 24-Jul 22	5:30pm-6:00pm
<a href="#">62724</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm

<a href="#">62725</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">61084</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">61566</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61568</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61569</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">63003</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">63004</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">63005</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">63006</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">63009</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">63064</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63065</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">63066</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">63068</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">63069</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">63142</a>	Mon	Jul 28-Aug 25	4:30pm-5:00pm
<a href="#">63143</a>	Mon	Jul 28-Aug 25	5:00pm-5:30pm
<a href="#">63145</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">63147</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">63148</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">63384</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">63385</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">63386</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">63387</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">63390</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">63445</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">63446</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">63447</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">63449</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">63450</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">61847</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<a href="#">61849</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61851</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am

<a href="#">61852</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$56.74</b>
<a href="#">62680</a>	Mon	Jun 23-Jul 21	4:30pm-5:00pm
<a href="#">63518</a>	Mon	Jun 23-Jul 21	5:00pm-5:30pm
<a href="#">62683</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62685</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62686</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62774</a>	Wed	Jun 25-Jul 23	4:30pm-5:00pm
<a href="#">62777</a>	Wed	Jun 25-Jul 23	5:30pm-6:00pm
<a href="#">62778</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62780</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62782</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62849</a>	Thu	Jun 26-Jul 24	4:30pm-5:00pm
<a href="#">62850</a>	Thu	Jun 26-Jul 24	5:00pm-5:30pm
<a href="#">62853</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62856</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62917</a>	Fri	Jun 27-Jul 25	5:00pm-5:30pm
<a href="#">62918</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">62920</a>	Fri	Jun 27-Jul 25	6:00pm-6:30pm
<a href="#">62924</a>	Fri	Jun 27-Jul 25	6:30pm-7:00pm
<a href="#">61597</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61598</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61600</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61601</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61632</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am
<a href="#">61633</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61635</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61636</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61690</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61691</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61693</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61694</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61783</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am

<a href="#">61784</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61786</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61787</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63184</a>	Tue	Jul 29-Aug 26	4:30pm-5:00pm
<a href="#">63186</a>	Tue	Jul 29-Aug 26	5:30pm-6:00pm
<a href="#">63187</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">63188</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">63247</a>	Wed	Jul 30-Aug 27	4:30pm-5:00pm
<a href="#">63250</a>	Wed	Jul 30-Aug 27	5:30pm-6:00pm
<a href="#">63251</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">63252</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">63255</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">63290</a>	Thu	Jul 31-Aug 28	4:30pm-5:00pm
<a href="#">63292</a>	Thu	Jul 31-Aug 28	5:00pm-5:30pm
<a href="#">63294</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">63296</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">63333</a>	Fri	Aug 1-Aug 29	5:00pm-5:30pm
<a href="#">63334</a>	Fri	Aug 1-Aug 29	5:30pm-6:00pm
<a href="#">63336</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm
<a href="#">63338</a>	Fri	Aug 1-Aug 29	6:30pm-7:00pm
<a href="#">61883</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61884</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61885</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61886</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61887</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61920</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61922</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61923</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61925</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61976</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am
<a href="#">61977</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61979</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61980</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

**Swimmer 2 – AOP****6-13yrs**

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.

**4 classes****Anne Ottenbrite Pool****\$45.39**

<a href="#">62044</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">62045</a>	Tue	Jun 24-Jul 22	7:30pm-8:00pm
<a href="#">62046</a>	Tue	Jun 24-Jul 22	8:00pm-8:30pm
<a href="#">62047</a>	Tue	Jun 24-Jul 22	8:00pm-8:30pm
<a href="#">61162</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61163</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:00am
<a href="#">61164</a>	Mon-Fri	Jun 30-Jul 4	11:00am-11:30am
<a href="#">61165</a>	Mon-Fri	Jun 30-Jul 4	11:30am-12:00pm
<a href="#">62139</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62140</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62141</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">62291</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">62292</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">62293</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">62294</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">62295</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">62370</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">62371</a>	Mon	Jul 28-Aug 25	7:30pm-8:00pm
<a href="#">62518</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">62519</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">62520</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">62818</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">62819</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">62820</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">62821</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">62823</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">61405</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am

<a href="#">61406</a>	Tue-Fri	Aug 5-Aug 8	10:30am-11:00am
<a href="#">61407</a>	Tue-Fri	Aug 5-Aug 8	11:00am-11:30am
<a href="#">61408</a>	Tue-Fri	Aug 5-Aug 8	11:30am-12:00pm
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$56.74</b>
<a href="#">62005</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62006</a>	Mon	Jun 23-Jul 21	7:30pm-8:00pm
<a href="#">62074</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62075</a>	Wed	Jun 25-Jul 23	7:30pm-8:00pm
<a href="#">62103</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62104</a>	Thu	Jun 26-Jul 24	7:30pm-8:00pm
<a href="#">61230</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61231</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:00am
<a href="#">61232</a>	Mon-Fri	Jul 7-Jul 11	11:00am-11:30am
<a href="#">61233</a>	Mon-Fri	Jul 7-Jul 11	11:30am-12:00pm
<a href="#">61272</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61273</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:00am
<a href="#">61274</a>	Mon-Fri	Jul 14-Jul 18	11:00am-11:30am
<a href="#">61275</a>	Mon-Fri	Jul 14-Jul 18	11:30am-12:00pm
<a href="#">61319</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61320</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:00am
<a href="#">61321</a>	Mon-Fri	Jul 21-Jul 25	11:00am-11:30am
<a href="#">61322</a>	Mon-Fri	Jul 21-Jul 25	11:30am-12:00pm
<a href="#">61361</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61362</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:00am
<a href="#">61363</a>	Mon-Fri	Jul 28-Aug 1	11:00am-11:30am
<a href="#">61364</a>	Mon-Fri	Jul 28-Aug 1	11:30am-12:00pm
<a href="#">62415</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">62416</a>	Tue	Jul 29-Aug 26	7:30pm-8:00pm
<a href="#">62417</a>	Tue	Jul 29-Aug 26	8:00pm-8:30pm
<a href="#">62418</a>	Tue	Jul 29-Aug 26	8:00pm-8:30pm
<a href="#">62451</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">62452</a>	Wed	Jul 30-Aug 27	7:30pm-8:00pm
<a href="#">62474</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm



<a href="#">62475</a>	Thu	Jul 31-Aug 28	7:30pm-8:00pm
<a href="#">61450</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61451</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:00am
<a href="#">61452</a>	Mon-Fri	Aug 11-Aug 15	11:00am-11:30am
<a href="#">61453</a>	Mon-Fri	Aug 11-Aug 15	11:30am-12:00pm
<a href="#">61492</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61493</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:00am
<a href="#">61494</a>	Mon-Fri	Aug 18-Aug 22	11:00am-11:30am
<a href="#">61495</a>	Mon-Fri	Aug 18-Aug 22	11:30am-12:00pm
<a href="#">61534</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61535</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:00am
<a href="#">61536</a>	Mon-Fri	Aug 25-Aug 29	11:00am-11:30am
<a href="#">61537</a>	Mon-Fri	Aug 25-Aug 29	11:30am-12:00pm

## Swimmer 2 – CRC

## 6-13yrs

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.

### 4 classes

### Whitby Civic Rec Complex

**\$45.39**

<a href="#">62727</a>	Tue	Jun 24-Jul 22	4:30pm-5:00pm
<a href="#">62728</a>	Tue	Jun 24-Jul 22	5:00pm-5:30pm
<a href="#">62730</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">61570</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61571</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61572</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">63010</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">63012</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">63013</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">63015</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">63016</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">63071</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63073</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">63074</a>	Sun	Jul 6-Jul 27	10:30am-11:00am

<a href="#">63075</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">63076</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">63151</a>	Mon	Jul 28-Aug 25	4:30pm-5:00pm
<a href="#">63153</a>	Mon	Jul 28-Aug 25	5:30pm-6:00pm
<a href="#">63154</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">63156</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">63391</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">63393</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">63394</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">63396</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">63397</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">63452</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">63454</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">63455</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">63456</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">63457</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">61855</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61856</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">61857</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am

#### **5 classes**

#### **Whitby Civic Rec Complex**

**\$56.74**

<a href="#">62687</a>	Mon	Jun 23-Jul 21	4:30pm-5:00pm
<a href="#">62689</a>	Mon	Jun 23-Jul 21	5:30pm-6:00pm
<a href="#">62690</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62692</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62787</a>	Wed	Jun 25-Jul 23	4:30pm-5:00pm
<a href="#">62788</a>	Wed	Jun 25-Jul 23	5:00pm-5:30pm
<a href="#">62789</a>	Wed	Jun 25-Jul 23	5:30pm-6:00pm
<a href="#">62792</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62793</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62858</a>	Thu	Jun 26-Jul 24	4:30pm-5:00pm
<a href="#">62860</a>	Thu	Jun 26-Jul 24	5:30pm-6:00pm
<a href="#">62862</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62863</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm

<a href="#">62926</a>	Fri	Jun 27-Jul 25	4:30pm-5:00pm
<a href="#">62928</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">62930</a>	Fri	Jun 27-Jul 25	6:00pm-6:30pm
<a href="#">62931</a>	Fri	Jun 27-Jul 25	6:30pm-7:00pm
<a href="#">61603</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61604</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61605</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61638</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61639</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61640</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61696</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61697</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61698</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61789</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61790</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61791</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63190</a>	Tue	Jul 29-Aug 26	4:30pm-5:00pm
<a href="#">63191</a>	Tue	Jul 29-Aug 26	5:00pm-5:30pm
<a href="#">63193</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">63259</a>	Wed	Jul 30-Aug 27	4:30pm-5:00pm
<a href="#">63260</a>	Wed	Jul 30-Aug 27	5:00pm-5:30pm
<a href="#">63261</a>	Wed	Jul 30-Aug 27	5:30pm-6:00pm
<a href="#">63264</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">63266</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">63297</a>	Thu	Jul 31-Aug 28	4:30pm-5:00pm
<a href="#">63299</a>	Thu	Jul 31-Aug 28	5:30pm-6:00pm
<a href="#">63300</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">63301</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">63339</a>	Fri	Aug 1-Aug 29	4:30pm-5:00pm
<a href="#">63341</a>	Fri	Aug 1-Aug 29	5:30pm-6:00pm
<a href="#">63342</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm
<a href="#">63344</a>	Fri	Aug 1-Aug 29	6:30pm-7:00pm
<a href="#">61889</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am

<a href="#">61890</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61891</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61927</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61928</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61929</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61982</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61983</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61984</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

### **Swimmer 3 – AOP 6-13yrs**

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.

#### **4 classes**

#### **Anne Ottenbrite Pool**

**\$46.72**

<a href="#">62049</a>	Tue	Jun 24-Jul 22	6:00pm-6:45pm
<a href="#">62050</a>	Tue	Jun 24-Jul 22	6:45pm-7:30pm
<a href="#">62052</a>	Tue	Jun 24-Jul 22	7:30pm-8:15pm
<a href="#">61087</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:45am
<a href="#">61177</a>	Mon-Fri	Jun 30-Jul 4	9:45am-10:30am
<a href="#">61178</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:15am
<a href="#">61179</a>	Mon-Fri	Jun 30-Jul 4	11:15am-12:00pm
<a href="#">62154</a>	Sat	Jul 5-Jul 26	9:00am-9:45am
<a href="#">62155</a>	Sat	Jul 5-Jul 26	9:45am-10:30am
<a href="#">62156</a>	Sat	Jul 5-Jul 26	10:30am-11:15am
<a href="#">62157</a>	Sat	Jul 5-Jul 26	11:15am-12:00pm
<a href="#">62158</a>	Sat	Jul 5-Jul 26	12:00pm-12:45pm
<a href="#">62296</a>	Sun	Jul 6-Jul 27	9:00am-9:45am
<a href="#">62297</a>	Sun	Jul 6-Jul 27	9:45am-10:30am
<a href="#">62299</a>	Sun	Jul 6-Jul 27	11:15am-12:00pm
<a href="#">62300</a>	Sun	Jul 6-Jul 27	12:00pm-12:45pm
<a href="#">62372</a>	Mon	Jul 28-Aug 25	6:00pm-6:45pm
<a href="#">62374</a>	Mon	Jul 28-Aug 25	6:45pm-7:30pm
<a href="#">62375</a>	Mon	Jul 28-Aug 25	7:30pm-8:15pm

<a href="#">62532</a>	Sat	Aug 2-Aug 23	9:00am-9:45am
<a href="#">62533</a>	Sat	Aug 2-Aug 23	9:45am-10:30am
<a href="#">62534</a>	Sat	Aug 2-Aug 23	10:30am-11:15am
<a href="#">62535</a>	Sat	Aug 2-Aug 23	11:15am-12:00pm
<a href="#">62536</a>	Sat	Aug 2-Aug 23	12:00pm-12:45pm
<a href="#">62885</a>	Sun	Aug 3-Aug 24	9:00am-9:45am
<a href="#">62889</a>	Sun	Aug 3-Aug 24	9:45am-10:30am
<a href="#">62894</a>	Sun	Aug 3-Aug 24	11:15am-12:00pm
<a href="#">62896</a>	Sun	Aug 3-Aug 24	12:00pm-12:45pm
<a href="#">61414</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:45am
<a href="#">61415</a>	Tue-Fri	Aug 5-Aug 8	9:45am-10:30am
<a href="#">61416</a>	Tue-Fri	Aug 5-Aug 8	10:30am-11:15am
<a href="#">61417</a>	Tue-Fri	Aug 5-Aug 8	11:15am-12:00pm

#### **5 classes**

#### **Anne Ottenbrite Pool**

**\$58.39**

<a href="#">62016</a>	Mon	Jun 23-Jul 21	6:00pm-6:45pm
<a href="#">62017</a>	Mon	Jun 23-Jul 21	6:45pm-7:30pm
<a href="#">62018</a>	Mon	Jun 23-Jul 21	7:30pm-8:15pm
<a href="#">62076</a>	Wed	Jun 25-Jul 23	5:45pm-6:30pm
<a href="#">62077</a>	Wed	Jun 25-Jul 23	5:45pm-6:30pm
<a href="#">62078</a>	Wed	Jun 25-Jul 23	6:30pm-7:15pm
<a href="#">62079</a>	Wed	Jun 25-Jul 23	7:15pm-8:00pm
<a href="#">62105</a>	Thu	Jun 26-Jul 24	6:00pm-6:45pm
<a href="#">62106</a>	Thu	Jun 26-Jul 24	6:45pm-7:30pm
<a href="#">62107</a>	Thu	Jun 26-Jul 24	7:30pm-8:15pm
<a href="#">61239</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:45am
<a href="#">61240</a>	Mon-Fri	Jul 7-Jul 11	9:45am-10:30am
<a href="#">61241</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:15am
<a href="#">61242</a>	Mon-Fri	Jul 7-Jul 11	11:15am-12:00pm
<a href="#">61281</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:45am
<a href="#">61282</a>	Mon-Fri	Jul 14-Jul 18	9:45am-10:30am
<a href="#">61283</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:15am
<a href="#">61284</a>	Mon-Fri	Jul 14-Jul 18	11:15am-12:00pm
<a href="#">61328</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:45am

<a href="#">61329</a>	Mon-Fri	Jul 21-Jul 25	9:45am-10:30am
<a href="#">61330</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:15am
<a href="#">61331</a>	Mon-Fri	Jul 21-Jul 25	11:15am-12:00pm
<a href="#">61370</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:45am
<a href="#">61371</a>	Mon-Fri	Jul 28-Aug 1	9:45am-10:30am
<a href="#">61372</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:15am
<a href="#">61373</a>	Mon-Fri	Jul 28-Aug 1	11:15am-12:00pm
<a href="#">62420</a>	Tue	Jul 29-Aug 26	6:00pm-6:45pm
<a href="#">62421</a>	Tue	Jul 29-Aug 26	6:45pm-7:30pm
<a href="#">62422</a>	Tue	Jul 29-Aug 26	7:30pm-8:15pm
<a href="#">62453</a>	Wed	Jul 30-Aug 27	5:45pm-6:30pm
<a href="#">62454</a>	Wed	Jul 30-Aug 27	5:45pm-6:30pm
<a href="#">62455</a>	Wed	Jul 30-Aug 27	6:30pm-7:15pm
<a href="#">62456</a>	Wed	Jul 30-Aug 27	7:15pm-8:00pm
<a href="#">62471</a>	Thu	Jul 31-Aug 28	6:00pm-6:45pm
<a href="#">62472</a>	Thu	Jul 31-Aug 28	6:45pm-7:30pm
<a href="#">62473</a>	Thu	Jul 31-Aug 28	7:30pm-8:15pm
<a href="#">61459</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:45am
<a href="#">61460</a>	Mon-Fri	Aug 11-Aug 15	9:45am-10:30am
<a href="#">61461</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:15am
<a href="#">61462</a>	Mon-Fri	Aug 11-Aug 15	11:15am-12:00pm
<a href="#">61501</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:45am
<a href="#">61502</a>	Mon-Fri	Aug 18-Aug 22	9:45am-10:30am
<a href="#">61503</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:15am
<a href="#">61504</a>	Mon-Fri	Aug 18-Aug 22	11:15am-12:00pm
<a href="#">61543</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:45am
<a href="#">61544</a>	Mon-Fri	Aug 25-Aug 29	9:45am-10:30am
<a href="#">61545</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:15am
<a href="#">61546</a>	Mon-Fri	Aug 25-Aug 29	11:15am-12:00pm

## Swimmer 4 – AOP

## 6-13yrs

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$46.72</b>
<a href="#">62051</a>	Tue	Jun 24-Jul 22	6:00pm-6:45pm
<a href="#">62054</a>	Tue	Jun 24-Jul 22	6:45pm-7:30pm
<a href="#">62055</a>	Tue	Jun 24-Jul 22	7:30pm-8:15pm
<a href="#">61088</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:45am
<a href="#">61181</a>	Mon-Fri	Jun 30-Jul 4	9:45am-10:30am
<a href="#">61182</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:15am
<a href="#">61183</a>	Mon-Fri	Jun 30-Jul 4	11:15am-12:00pm
<a href="#">62159</a>	Sat	Jul 5-Jul 26	9:00am-9:45am
<a href="#">62160</a>	Sat	Jul 5-Jul 26	9:45am-10:30am
<a href="#">62161</a>	Sat	Jul 5-Jul 26	10:30am-11:15am
<a href="#">62162</a>	Sat	Jul 5-Jul 26	11:15am-12:00pm
<a href="#">62163</a>	Sat	Jul 5-Jul 26	12:00pm-12:45pm
<a href="#">62301</a>	Sun	Jul 6-Jul 27	9:00am-9:45am
<a href="#">62302</a>	Sun	Jul 6-Jul 27	9:45am-10:30am
<a href="#">62303</a>	Sun	Jul 6-Jul 27	10:30am-11:15am
<a href="#">62305</a>	Sun	Jul 6-Jul 27	12:00pm-12:45pm
<a href="#">62376</a>	Mon	Jul 28-Aug 25	6:00pm-6:45pm
<a href="#">62377</a>	Mon	Jul 28-Aug 25	6:45pm-7:30pm
<a href="#">62378</a>	Mon	Jul 28-Aug 25	7:30pm-8:15pm
<a href="#">62537</a>	Sat	Aug 2-Aug 23	9:00am-9:45am
<a href="#">62538</a>	Sat	Aug 2-Aug 23	9:45am-10:30am
<a href="#">62539</a>	Sat	Aug 2-Aug 23	10:30am-11:15am
<a href="#">62540</a>	Sat	Aug 2-Aug 23	11:15am-12:00pm
<a href="#">62541</a>	Sat	Aug 2-Aug 23	12:00pm-12:45pm
<a href="#">62902</a>	Sun	Aug 3-Aug 24	9:00am-9:45am
<a href="#">62904</a>	Sun	Aug 3-Aug 24	9:45am-10:30am
<a href="#">62907</a>	Sun	Aug 3-Aug 24	10:30am-11:15am
<a href="#">62910</a>	Sun	Aug 3-Aug 24	12:00pm-12:45pm
<a href="#">61418</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:45am
<a href="#">61419</a>	Tue-Fri	Aug 5-Aug 8	9:45am-10:30am
<a href="#">61420</a>	Tue-Fri	Aug 5-Aug 8	10:30am-11:15am

<a href="#">61421</a>	Tue-Fri	Aug 5-Aug 8	11:15am-12:00pm
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$58.39</b>
<a href="#">62019</a>	Mon	Jun 23-Jul 21	6:00pm-6:45pm
<a href="#">62020</a>	Mon	Jun 23-Jul 21	6:45pm-7:30pm
<a href="#">62021</a>	Mon	Jun 23-Jul 21	7:30pm-8:15pm
<a href="#">62080</a>	Wed	Jun 25-Jul 23	5:45pm-6:30pm
<a href="#">62081</a>	Wed	Jun 25-Jul 23	6:30pm-7:15pm
<a href="#">62082</a>	Wed	Jun 25-Jul 23	6:30pm-7:15pm
<a href="#">62083</a>	Wed	Jun 25-Jul 23	7:15pm-8:00pm
<a href="#">62108</a>	Thu	Jun 26-Jul 24	6:00pm-6:45pm
<a href="#">62109</a>	Thu	Jun 26-Jul 24	6:45pm-7:30pm
<a href="#">62110</a>	Thu	Jun 26-Jul 24	7:30pm-8:15pm
<a href="#">61243</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:45am
<a href="#">61244</a>	Mon-Fri	Jul 7-Jul 11	9:45am-10:30am
<a href="#">61245</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:15am
<a href="#">61246</a>	Mon-Fri	Jul 7-Jul 11	11:15am-12:00pm
<a href="#">61285</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:45am
<a href="#">61286</a>	Mon-Fri	Jul 14-Jul 18	9:45am-10:30am
<a href="#">61287</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:15am
<a href="#">61288</a>	Mon-Fri	Jul 14-Jul 18	11:15am-12:00pm
<a href="#">61332</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:45am
<a href="#">61333</a>	Mon-Fri	Jul 21-Jul 25	9:45am-10:30am
<a href="#">61334</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:15am
<a href="#">61335</a>	Mon-Fri	Jul 21-Jul 25	11:15am-12:00pm
<a href="#">61374</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:45am
<a href="#">61375</a>	Mon-Fri	Jul 28-Aug 1	9:45am-10:30am
<a href="#">61376</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:15am
<a href="#">61377</a>	Mon-Fri	Jul 28-Aug 1	11:15am-12:00pm
<a href="#">62423</a>	Tue	Jul 29-Aug 26	6:00pm-6:45pm
<a href="#">62425</a>	Tue	Jul 29-Aug 26	6:45pm-7:30pm
<a href="#">62426</a>	Tue	Jul 29-Aug 26	7:30pm-8:15pm
<a href="#">62457</a>	Wed	Jul 30-Aug 27	5:45pm-6:30pm
<a href="#">62458</a>	Wed	Jul 30-Aug 27	6:30pm-7:15pm



<a href="#">62459</a>	Wed	Jul 30-Aug 27	6:30pm-7:15pm
<a href="#">62460</a>	Wed	Jul 30-Aug 27	7:15pm-8:00pm
<a href="#">62468</a>	Thu	Jul 31-Aug 28	6:00pm-6:45pm
<a href="#">62469</a>	Thu	Jul 31-Aug 28	6:45pm-7:30pm
<a href="#">62470</a>	Thu	Jul 31-Aug 28	7:30pm-8:15pm
<a href="#">61463</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:45am
<a href="#">61464</a>	Mon-Fri	Aug 11-Aug 15	9:45am-10:30am
<a href="#">61465</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:15am
<a href="#">61466</a>	Mon-Fri	Aug 11-Aug 15	11:15am-12:00pm
<a href="#">61505</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:45am
<a href="#">61506</a>	Mon-Fri	Aug 18-Aug 22	9:45am-10:30am
<a href="#">61507</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:15am
<a href="#">61508</a>	Mon-Fri	Aug 18-Aug 22	11:15am-12:00pm
<a href="#">61547</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:45am
<a href="#">61548</a>	Mon-Fri	Aug 25-Aug 29	9:45am-10:30am
<a href="#">61549</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:15am
<a href="#">61550</a>	Mon-Fri	Aug 25-Aug 29	11:15am-12:00pm

## Swimmer 5 – AOP

## 6-13yrs

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.

### 4 classes

### Anne Ottenbrite Pool

**\$46.72**

<a href="#">62056</a>	Tue	Jun 24-Jul 22	6:00pm-6:45pm
<a href="#">62057</a>	Tue	Jun 24-Jul 22	7:30pm-8:15pm
<a href="#">61089</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:45am
<a href="#">61184</a>	Mon-Fri	Jun 30-Jul 4	11:15am-12:00pm
<a href="#">62164</a>	Sat	Jul 5-Jul 26	9:00am-9:45am
<a href="#">62165</a>	Sat	Jul 5-Jul 26	10:30am-11:15am
<a href="#">62166</a>	Sat	Jul 5-Jul 26	12:00pm-12:45pm
<a href="#">62307</a>	Sun	Jul 6-Jul 27	10:30am-11:15am
<a href="#">62308</a>	Sun	Jul 6-Jul 27	11:15am-12:00pm
<a href="#">62542</a>	Sat	Aug 2-Aug 23	9:00am-9:45am
<a href="#">62543</a>	Sat	Aug 2-Aug 23	10:30am-11:15am

<a href="#">62544</a>	Sat	Aug 2-Aug 23	12:00pm-12:45pm
<a href="#">62916</a>	Sun	Aug 3-Aug 24	10:30am-11:15am
<a href="#">62919</a>	Sun	Aug 3-Aug 24	11:15am-12:00pm
<a href="#">61422</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:45am
<a href="#">61423</a>	Tue-Fri	Aug 5-Aug 8	11:15am-12:00pm
<a href="#">62379</a>	Mon	Jul 28-Aug 25	6:00pm-6:45pm
<a href="#">62380</a>	Mon	Jul 28-Aug 25	7:30pm-8:15pm

**5 classes**

**Anne Ottenbrite Pool**

**\$58.39**

<a href="#">62022</a>	Mon	Jun 23-Jul 21	6:00pm-6:45pm
<a href="#">62023</a>	Mon	Jun 23-Jul 21	7:30pm-8:15pm
<a href="#">62084</a>	Wed	Jun 25-Jul 23	5:45pm-6:30pm
<a href="#">62085</a>	Wed	Jun 25-Jul 23	7:15pm-8:00pm
<a href="#">62111</a>	Thu	Jun 26-Jul 24	6:00pm-6:45pm
<a href="#">62112</a>	Thu	Jun 26-Jul 24	7:30pm-8:15pm
<a href="#">61247</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:45am
<a href="#">61248</a>	Mon-Fri	Jul 7-Jul 11	11:15am-12:00pm
<a href="#">61289</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:45am
<a href="#">61290</a>	Mon-Fri	Jul 14-Jul 18	11:15am-12:00pm
<a href="#">61336</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:45am
<a href="#">61337</a>	Mon-Fri	Jul 21-Jul 25	11:15am-12:00pm
<a href="#">61378</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:45am
<a href="#">61379</a>	Mon-Fri	Jul 28-Aug 1	11:15am-12:00pm
<a href="#">62427</a>	Tue	Jul 29-Aug 26	6:00pm-6:45pm
<a href="#">62428</a>	Tue	Jul 29-Aug 26	7:30pm-8:15pm
<a href="#">62461</a>	Wed	Jul 30-Aug 27	5:45pm-6:30pm
<a href="#">62462</a>	Wed	Jul 30-Aug 27	7:15pm-8:00pm
<a href="#">62466</a>	Thu	Jul 31-Aug 28	6:00pm-6:45pm
<a href="#">62467</a>	Thu	Jul 31-Aug 28	7:30pm-8:15pm
<a href="#">61467</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:45am
<a href="#">61468</a>	Mon-Fri	Aug 11-Aug 15	11:15am-12:00pm
<a href="#">61509</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:45am
<a href="#">61510</a>	Mon-Fri	Aug 18-Aug 22	11:15am-12:00pm
<a href="#">61551</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:45am

[61552](#)

Mon-Fri

Aug 25-Aug 29

11:15am-12:00pm

**Swimmer 6 – AOP****6-13yrs**

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.

**4 classes****Anne Ottenbrite Pool****\$46.72**

<a href="#">62058</a>	Tue	Jun 24-Jul 22	6:45pm-7:30pm
<a href="#">61090</a>	Mon-Fri	Jun 30-Jul 4	9:45am-10:30am
<a href="#">61185</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:15am
<a href="#">62167</a>	Sat	Jul 5-Jul 26	9:45am-10:30am
<a href="#">62168</a>	Sat	Jul 5-Jul 26	11:15am-12:00pm
<a href="#">62310</a>	Sun	Jul 6-Jul 27	12:00pm-12:45pm
<a href="#">62381</a>	Mon	Jul 28-Aug 25	6:45pm-7:30pm
<a href="#">62545</a>	Sat	Aug 2-Aug 23	9:45am-10:30am
<a href="#">62546</a>	Sat	Aug 2-Aug 23	11:15am-12:00pm
<a href="#">62925</a>	Sun	Aug 3-Aug 24	12:00pm-12:45pm
<a href="#">61424</a>	Tue-Fri	Aug 5-Aug 8	9:45am-10:30am
<a href="#">61425</a>	Tue-Fri	Aug 5-Aug 8	10:30am-11:15am

**5 classes****Anne Ottenbrite Pool****\$58.39**

<a href="#">62024</a>	Mon	Jun 23-Jul 21	6:45pm-7:30pm
<a href="#">62086</a>	Wed	Jun 25-Jul 23	6:30pm-7:15pm
<a href="#">62087</a>	Wed	Jun 25-Jul 23	7:15pm-8:00pm
<a href="#">62113</a>	Thu	Jun 26-Jul 24	6:45pm-7:30pm
<a href="#">61249</a>	Mon-Fri	Jul 7-Jul 11	9:45am-10:30am
<a href="#">61250</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:15am
<a href="#">61291</a>	Mon-Fri	Jul 14-Jul 18	9:45am-10:30am
<a href="#">61292</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:15am
<a href="#">61338</a>	Mon-Fri	Jul 21-Jul 25	9:45am-10:30am
<a href="#">61339</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:15am
<a href="#">61380</a>	Mon-Fri	Jul 28-Aug 1	9:45am-10:30am
<a href="#">61381</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:15am

<a href="#">62429</a>	Tue	Jul 29-Aug 26	6:45pm-7:30pm
<a href="#">62463</a>	Wed	Jul 30-Aug 27	6:30pm-7:15pm
<a href="#">62464</a>	Wed	Jul 30-Aug 27	7:15pm-8:00pm
<a href="#">62465</a>	Thu	Jul 31-Aug 28	6:45pm-7:30pm
<a href="#">61469</a>	Mon-Fri	Aug 11-Aug 15	9:45am-10:30am
<a href="#">61470</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:15am
<a href="#">61511</a>	Mon-Fri	Aug 18-Aug 22	9:45am-10:30am
<a href="#">61512</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:15am
<a href="#">61553</a>	Mon-Fri	Aug 25-Aug 29	9:45am-10:30am
<a href="#">61554</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:15am

## Private Swimming Lessons

### Private Swimming Lessons- AOP (#@) 3-14yrs

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

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$151.53</b>
<a href="#">61166</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61173</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61174</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">61175</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:00am
<a href="#">61176</a>	Mon-Fri	Jun 30-Jul 4	11:00am-11:30am
<a href="#">62148</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62150</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62152</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">62207</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62208</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62209</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62211</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62216</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62217</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62218</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62219</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm

<a href="#">62220</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm
<a href="#">62221</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm
<a href="#">62224</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62225</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62226</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62227</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62228</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62229</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62232</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62233</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62234</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62235</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62236</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62237</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62238</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62239</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62326</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">62327</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">62328</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">62329</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">62330</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">62383</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">62526</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">62527</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">62528</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">62530</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">62577</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62578</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62579</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62580</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62583</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm
<a href="#">62584</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm
<a href="#">62585</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm

<a href="#">62586</a>	Sat	Aug 2-Aug 23	5:00pm-5:30pm
<a href="#">62588</a>	Sat	Aug 2-Aug 23	5:00pm-5:30pm
<a href="#">62591</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62592</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62593</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62594</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm
<a href="#">62595</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm
<a href="#">62596</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm
<a href="#">62599</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm
<a href="#">62600</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm
<a href="#">62601</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm
<a href="#">62602</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62603</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62604</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62605</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62606</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62875</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">62876</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">62877</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">62879</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">62881</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">61409</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61410</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">61411</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am
<a href="#">61412</a>	Tue-Fri	Aug 5-Aug 8	10:30am-11:00am
<a href="#">61413</a>	Tue-Fri	Aug 5-Aug 8	11:00am-11:30am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$189.41</b>
<a href="#">62007</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62120</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62121</a>	Thu	Jun 26-Jul 24	7:30pm-8:00pm
<a href="#">61234</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61235</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61236</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am

<a href="#">61237</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:00am
<a href="#">61238</a>	Mon-Fri	Jul 7-Jul 11	11:00am-11:30am
<a href="#">61276</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61277</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61278</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61279</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:00am
<a href="#">61280</a>	Mon-Fri	Jul 14-Jul 18	11:00am-11:30am
<a href="#">61323</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61324</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61325</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61326</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:00am
<a href="#">61327</a>	Mon-Fri	Jul 21-Jul 25	11:00am-11:30am
<a href="#">61365</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61366</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61367</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">61368</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:00am
<a href="#">61369</a>	Mon-Fri	Jul 28-Aug 1	11:00am-11:30am
<a href="#">62495</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">62496</a>	Thu	Jul 31-Aug 28	7:30pm-8:00pm
<a href="#">61454</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61455</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61456</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61457</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:00am
<a href="#">61458</a>	Mon-Fri	Aug 11-Aug 15	11:00am-11:30am
<a href="#">61496</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61497</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61498</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61499</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:00am
<a href="#">61500</a>	Mon-Fri	Aug 18-Aug 22	11:00am-11:30am
<a href="#">61538</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61539</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61540</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am
<a href="#">61541</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:00am

[61542](#)

Mon-Fri

Aug 25-Aug 29

11:00am-11:30am

**Private Swimming Lessons- CRC (#@) 3-14yrs**

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

**4 classes****Whitby Civic Rec Complex****\$151.53**

<a href="#">62733</a>	Tue	Jun 24-Jul 22	5:00pm-5:30pm
<a href="#">62734</a>	Tue	Jun 24-Jul 22	5:30pm-6:00pm
<a href="#">62736</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">61574</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">61575</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61576</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61577</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">63105</a>	Mon	Jul 28-Aug 25	4:00pm-4:30pm
<a href="#">63106</a>	Mon	Jul 28-Aug 25	4:00pm-4:30pm
<a href="#">63107</a>	Mon	Jul 28-Aug 25	4:00pm-4:30pm
<a href="#">63108</a>	Mon	Jul 28-Aug 25	4:00pm-4:30pm
<a href="#">63109</a>	Mon	Jul 28-Aug 25	4:00pm-4:30pm
<a href="#">63110</a>	Mon	Jul 28-Aug 25	4:00pm-4:30pm
<a href="#">63114</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">63078</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">63079</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">63081</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">63082</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">63083</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">63478</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">63479</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">63481</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">63482</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">63483</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">61818</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<a href="#">61819</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61820</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am



<a href="#">61821</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$189.41</b>
<a href="#">62645</a>	Mon	Jun 23-Jul 21	4:00pm-4:30pm
<a href="#">62646</a>	Mon	Jun 23-Jul 21	4:00pm-4:30pm
<a href="#">62647</a>	Mon	Jun 23-Jul 21	4:00pm-4:30pm
<a href="#">62648</a>	Mon	Jun 23-Jul 21	4:00pm-4:30pm
<a href="#">62649</a>	Mon	Jun 23-Jul 21	4:00pm-4:30pm
<a href="#">62650</a>	Mon	Jun 23-Jul 21	4:00pm-4:30pm
<a href="#">62654</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62739</a>	Wed	Jun 25-Jul 23	4:00pm-4:30pm
<a href="#">62740</a>	Wed	Jun 25-Jul 23	4:00pm-4:30pm
<a href="#">62741</a>	Wed	Jun 25-Jul 23	4:00pm-4:30pm
<a href="#">62742</a>	Wed	Jun 25-Jul 23	4:00pm-4:30pm
<a href="#">62743</a>	Wed	Jun 25-Jul 23	4:00pm-4:30pm
<a href="#">62744</a>	Wed	Jun 25-Jul 23	4:00pm-4:30pm
<a href="#">62867</a>	Thu	Jun 26-Jul 24	4:30pm-5:00pm
<a href="#">62870</a>	Thu	Jun 26-Jul 24	5:30pm-6:00pm
<a href="#">62872</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62934</a>	Fri	Jun 27-Jul 25	4:30pm-5:00pm
<a href="#">62936</a>	Fri	Jun 27-Jul 25	6:30pm-7:00pm
<a href="#">61607</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61608</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61609</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61610</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61642</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am
<a href="#">61643</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61644</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61645</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61646</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61647</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61648</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61649</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61793</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am

<a href="#">61794</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61795</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61796</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63197</a>	Tue	Jul 29-Aug 26	5:00pm-5:30pm
<a href="#">63198</a>	Tue	Jul 29-Aug 26	5:30pm-6:00pm
<a href="#">63201</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">63207</a>	Wed	Jul 30-Aug 27	4:00pm-4:30pm
<a href="#">63208</a>	Wed	Jul 30-Aug 27	4:00pm-4:30pm
<a href="#">63210</a>	Wed	Jul 30-Aug 27	4:00pm-4:30pm
<a href="#">63211</a>	Wed	Jul 30-Aug 27	4:00pm-4:30pm
<a href="#">63212</a>	Wed	Jul 30-Aug 27	4:00pm-4:30pm
<a href="#">63213</a>	Wed	Jul 30-Aug 27	4:00pm-4:30pm
<a href="#">63303</a>	Thu	Jul 31-Aug 28	4:30pm-5:00pm
<a href="#">63305</a>	Thu	Jul 31-Aug 28	5:30pm-6:00pm
<a href="#">63307</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">63346</a>	Fri	Aug 1-Aug 29	4:30pm-5:00pm
<a href="#">63348</a>	Fri	Aug 1-Aug 29	6:30pm-7:00pm
<a href="#">61893</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61894</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61895</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61896</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61932</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61933</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61934</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61935</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61986</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am
<a href="#">61987</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61988</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61989</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

## Semi-Private Swimming Lessons

### Semi-Private Swimmer 1 - AOP (#@) 3-14yrs

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.

4 classes		Anne Ottenbrite Pool	\$92.56
<a href="#">62142</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62254</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62255</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62256</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62257</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62318</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">62390</a>	Mon	Jul 28-Aug 25	7:30pm-8:00pm
<a href="#">62517</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">62622</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62623</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62624</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm
<a href="#">62625</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm
<a href="#">62861</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
5 classes		Anne Ottenbrite Pool	\$115.70
<a href="#">62009</a>	Mon	Jun 23-Jul 21	7:30pm-8:00pm

### Semi-Private Swimmer 1 - CRC (#@) 3-14yrs

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.

4 classes		Whitby Civic Rec Complex	\$92.56
<a href="#">63101</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">63149</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">63150</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">63459</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
5 classes		Whitby Civic Rec Complex	\$115.70

<a href="#">62694</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62696</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62783</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62784</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">63256</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">63257</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm

### **Semi-Private Swimmer 2 - AOP (#@) 3-14yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$92.56</b>
<a href="#">62143</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62258</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62259</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62260</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62261</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm
<a href="#">62319</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">62392</a>	Mon	Jul 28-Aug 25	8:00pm-8:30pm
<a href="#">62521</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">62626</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62627</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62628</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm
<a href="#">62629</a>	Sat	Aug 2-Aug 23	5:00pm-5:30pm
<a href="#">62865</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$115.70</b>
<a href="#">62010</a>	Mon	Jun 23-Jul 21	8:00pm-8:30pm
<a href="#">62115</a>	Thu	Jun 26-Jul 24	8:00pm-8:30pm
<a href="#">62490</a>	Thu	Jul 31-Aug 28	8:00pm-8:30pm

### **Semi-Private Swimmer 2 - CRC (#@) 3-14yrs**

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.

<b>4 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$92.56</b>
<a href="#">63102</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">63157</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">63460</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$115.70</b>
<a href="#">62785</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62786</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62932</a>	Fri	Jun 27-Jul 25	6:00pm-6:30pm
<a href="#">63267</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">63345</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm

### **Semi-Private Swimmer 3 - AOP (#@) 3-14yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$92.56</b>
<a href="#">62144</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62262</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62263</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm
<a href="#">62264</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62320</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">62522</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">62630</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62631</a>	Sat	Aug 2-Aug 23	5:00pm-5:30pm
<a href="#">62632</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62866</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$115.70</b>
<a href="#">62116</a>	Thu	Jun 26-Jul 24	7:00pm-7:30pm
<a href="#">62491</a>	Thu	Jul 31-Aug 28	7:00pm-7:30pm

### **Semi-Private Swimmer 4 - AOP (#@) 3-14yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$92.56</b>
<a href="#">62265</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62266</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62267</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62323</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">62394</a>	Mon	Jul 28-Aug 25	7:30pm-8:00pm
<a href="#">62633</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62634</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62635</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm
<a href="#">62869</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">62145</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62523</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$115.70</b>
<a href="#">62015</a>	Mon	Jun 23-Jul 21	7:30pm-8:00pm
<a href="#">62117</a>	Thu	Jun 26-Jul 24	7:30pm-8:00pm
<a href="#">62492</a>	Thu	Jul 31-Aug 28	7:30pm-8:00pm

### **Semi-Private Swimmer 5- AOP (#@) 3-14yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$92.56</b>
<a href="#">62146</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">62268</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62269</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62324</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">62395</a>	Mon	Jul 28-Aug 25	8:00pm-8:30pm
<a href="#">62524</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">62636</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm

<a href="#">62637</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62873</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$115.70</b>
<a href="#">62013</a>	Mon	Jun 23-Jul 21	8:00pm-8:30pm

### **Semi-Private Swimmer 6 - AOP (#@) 3-14yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$92.56</b>
<a href="#">62147</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">62270</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62271</a>	Sat	Jul 5-Jul 26	7:00pm-7:30pm
<a href="#">62325</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">62525</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">62638</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm
<a href="#">62639</a>	Sat	Aug 2-Aug 23	7:00pm-7:30pm
<a href="#">62874</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$115.70</b>
<a href="#">62119</a>	Thu	Jun 26-Jul 24	8:00pm-8:30pm
<a href="#">62494</a>	Thu	Jul 31-Aug 28	8:00pm-8:30pm

## **Preschool**

### **Group Swimming Lessons**

#### **Parent and Tot 1 - AOP (%) 4-12 months**

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

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$45.39</b>
<a href="#">62028</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">62122</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62272</a>	Sun	Jul 6-Jul 27	9:00am-9:30am

<a href="#">62497</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">62641</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$56.74</b>
<a href="#">61990</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62088</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62349</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">62350</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">62352</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm

### **Parent and Tot 1 - CRC (%) 4-12 months**

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

<b>4 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$45.39</b>
<a href="#">62697</a>	Tue	Jun 24-Jul 22	5:30pm-6:00pm
<a href="#">62698</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">61068</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">62962</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62963</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">63029</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">63030</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">63115</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">63349</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">63350</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">63410</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">63411</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">61822</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$56.74</b>
<a href="#">62655</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62795</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62824</a>	Thu	Jun 26-Jul 24	5:00pm-5:30pm
<a href="#">62878</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">61578</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61611</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am



<a href="#">61660</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61764</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am
<a href="#">63158</a>	Tue	Jul 29-Aug 26	5:30pm-6:00pm
<a href="#">63159</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">63215</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">63268</a>	Thu	Jul 31-Aug 28	5:00pm-5:30pm
<a href="#">63308</a>	Fri	Aug 1-Aug 29	5:30pm-6:00pm
<a href="#">61864</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61898</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61957</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am

### **Parent and Tot 2 - AOP (%) 12-24 months**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$45.39</b>
<a href="#">62029</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">62123</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62353</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">62273</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">62498</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">62797</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$56.74</b>
<a href="#">61991</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62089</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62354</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">62356</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm

### **Parent and Tot 2 - CRC (%) 12-24 months**

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.

<b>4 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$45.39</b>
<a href="#">62699</a>	Tue	Jun 24-Jul 22	4:30pm-5:00pm
<a href="#">62700</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm

<a href="#">61070</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61555</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">62965</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62969</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">63031</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">63032</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">63116</a>	Mon	Jul 28-Aug 25	5:00pm-5:30pm
<a href="#">63509</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">63351</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">63352</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">63412</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">63413</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">61823</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61824</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am

#### **5 classes**

#### **Whitby Civic Rec Complex**

**\$56.74**

<a href="#">62656</a>	Mon	Jun 23-Jul 21	5:00pm-5:30pm
<a href="#">62657</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62796</a>	Wed	Jun 25-Jul 23	5:00pm-5:30pm
<a href="#">62825</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62880</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">61579</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61580</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61612</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61613</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61661</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61662</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61765</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61766</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63160</a>	Tue	Jul 29-Aug 26	4:30pm-5:00pm
<a href="#">63163</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">63221</a>	Wed	Jul 30-Aug 27	5:00pm-5:30pm
<a href="#">63269</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">63309</a>	Fri	Aug 1-Aug 29	5:30pm-6:00pm

<a href="#">61865</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61866</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61899</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61900</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61958</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61959</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

### **Parent and Tot 3- AOP (%) 2-3yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$45.39</b>
<a href="#">62030</a>	Tue	Jun 24-Jul 22	7:00pm-7:30pm
<a href="#">62124</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62274</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">62357</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">62499</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">62799</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<b>5 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$56.74</b>
<a href="#">61992</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62090</a>	Thu	Jun 26-Jul 24	7:00pm-7:30pm
<a href="#">62400</a>	Tue	Jul 29-Aug 26	7:00pm-7:30pm
<a href="#">62439</a>	Thu	Jul 31-Aug 28	7:00pm-7:30pm

### **Parent and Tot 3- CRC (%) 2-3yrs**

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.

<b>4 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$45.39</b>
<a href="#">62701</a>	Tue	Jun 24-Jul 22	5:00pm-5:30pm
<a href="#">61072</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61556</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">63117</a>	Mon	Jul 28-Aug 25	5:30pm-6:00pm
<a href="#">62971</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62972</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm

<a href="#">63033</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63034</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">63353</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">63354</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">63414</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">63415</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">61825</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">61826</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am

**5 classes**

**Whitby Civic Rec Complex**

**\$56.74**

<a href="#">62658</a>	Mon	Jun 23-Jul 21	5:30pm-6:00pm
<a href="#">62822</a>	Wed	Jun 25-Jul 23	5:30pm-6:00pm
<a href="#">62826</a>	Thu	Jun 26-Jul 24	5:30pm-6:00pm
<a href="#">62882</a>	Fri	Jun 27-Jul 25	4:30pm-5:00pm
<a href="#">62883</a>	Fri	Jun 27-Jul 25	6:30pm-7:00pm
<a href="#">61581</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61582</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61614</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61615</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61663</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61664</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61767</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61768</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63164</a>	Tue	Jul 29-Aug 26	5:00pm-5:30pm
<a href="#">63222</a>	Wed	Jul 30-Aug 27	5:30pm-6:00pm
<a href="#">63270</a>	Thu	Jul 31-Aug 28	5:30pm-6:00pm
<a href="#">63310</a>	Fri	Aug 1-Aug 29	4:30pm-5:00pm
<a href="#">63311</a>	Fri	Aug 1-Aug 29	6:30pm-7:00pm
<a href="#">61867</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61868</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61902</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61903</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61960</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61961</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

**Preschool 1 – AOP****3-5yrs**

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.

**4 classes****Anne Ottenbrite Pool****\$45.39**

<a href="#">62031</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">62032</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">62033</a>	Tue	Jun 24-Jul 22	7:30pm-8:00pm
<a href="#">61073</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61151</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61152</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:00am
<a href="#">62125</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62126</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62127</a>	Sat	Jul 5-Jul 26	12:00pm-12:30pm
<a href="#">62275</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">62276</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">62277</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">62278</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">62279</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">62358</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">62360</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">62500</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">62501</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">62502</a>	Sat	Aug 2-Aug 23	12:00pm-12:30pm
<a href="#">62800</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">62801</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">62802</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">62803</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">62804</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm
<a href="#">61387</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61388</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">61389</a>	Tue-Fri	Aug 5-Aug 8 1	0:30am-11:00am

**5 classes****Anne Ottenbrite Pool****\$56.74**

<a href="#">61993</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">61995</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62063</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62064</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62065</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62092</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62093</a>	Thu	Jun 26-Jul 24	7:00pm-7:30pm
<a href="#">61198</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61199</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61200</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:00am
<a href="#">61254</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61255</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61256</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:00am
<a href="#">61301</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61302</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61303</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:00am
<a href="#">61343</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61344</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61345</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:00am
<a href="#">62401</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">62402</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">62403</a>	Tue	Jul 29-Aug 26	7:30pm-8:00pm
<a href="#">62440</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">62441</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">62442</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">62477</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">62478</a>	Thu	Jul 31-Aug 28	7:00pm-7:30pm
<a href="#">61432</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61433</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61434</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:00am
<a href="#">61474</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61475</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am

<a href="#">61476</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:00am
<a href="#">61516</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61517</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61518</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:00am

## Preschool 1 – CRC

## 3-5yrs

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.

### 4 classes

### Whitby Civic Rec Complex

**\$45.39**

<a href="#">62702</a>	Tue	Jun 24-Jul 22	4:30pm-5:00pm
<a href="#">62703</a>	Tue	Jun 24-Jul 22	5:00pm-5:30pm
<a href="#">62704</a>	Tue	Jun 24-Jul 22	5:30pm-6:00pm
<a href="#">62705</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">62706</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">61074</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">61557</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61558</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61559</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">62974</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62975</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62977</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62979</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62981</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">62982</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">63035</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63036</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63037</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">63039</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">63040</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">63042</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">63043</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">63119</a>	Mon	Jul 28-Aug 25	4:30pm-5:00pm

<a href="#">63120</a>	Mon	Jul 28-Aug 25	5:00pm-5:30pm
<a href="#">63121</a>	Mon	Jul 28-Aug 25	5:30pm-6:00pm
<a href="#">63122</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">63123</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">63124</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">63357</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">63358</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">63360</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">63361</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">63363</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">63364</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">63417</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">63418</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">63420</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">63421</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">63423</a>	Sun	Aug 3-Aug 24 1	1:00am-11:30am
<a href="#">63424</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">61828</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<a href="#">61829</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61830</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">61831</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am

#### **5 classes**

#### **Whitby Civic Rec Complex**

**\$56.74**

<a href="#">62660</a>	Mon	Jun 23-Jul 21	4:30pm-5:00pm
<a href="#">62661</a>	Mon	Jun 23-Jul 21	5:00pm-5:30pm
<a href="#">62662</a>	Mon	Jun 23-Jul 21	5:30pm-6:00pm
<a href="#">62663</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62664</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62665</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62750</a>	Wed	Jun 25-Jul 23	4:30pm-5:00pm
<a href="#">62751</a>	Wed	Jun 25-Jul 23	5:00pm-5:30pm
<a href="#">62753</a>	Wed	Jun 25-Jul 23	5:30pm-6:00pm
<a href="#">62754</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62755</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm



<a href="#">62756</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62828</a>	Thu	Jun 26-Jul 24	4:30pm-5:00pm
<a href="#">62829</a>	Thu	Jun 26-Jul 24	5:00pm-5:30pm
<a href="#">62830</a>	Thu	Jun 26-Jul 24	5:30pm-6:00pm
<a href="#">62832</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62833</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62884</a>	Fri	Jun 27-Jul 25	4:30pm-5:00pm
<a href="#">62887</a>	Fri	Jun 27-Jul 25	5:00pm-5:30pm
<a href="#">62888</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">62890</a>	Fri	Jun 27-Jul 25	6:00pm-6:30pm
<a href="#">62891</a>	Fri	Jun 27-Jul 25	6:00pm-6:30pm
<a href="#">61583</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61584</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61585</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61586</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61616</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am
<a href="#">61617</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61618</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61619</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61676</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61677</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61678</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61679</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61769</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am
<a href="#">61770</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61771</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61772</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63165</a>	Tue	Jul 29-Aug 26	4:30pm-5:00pm
<a href="#">63166</a>	Tue	Jul 29-Aug 26	5:00pm-5:30pm
<a href="#">63167</a>	Tue	Jul 29-Aug 26	5:30pm-6:00pm
<a href="#">63168</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">63169</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">63224</a>	Wed	Jul 30-Aug 27	4:30pm-5:00pm

<a href="#">63225</a>	Wed	Jul 30-Aug 27	5:00pm-5:30pm
<a href="#">63227</a>	Wed	Jul 30-Aug 27	5:30pm-6:00pm
<a href="#">63228</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">63229</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">63230</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">63272</a>	Thu	Jul 31-Aug 28	4:30pm-5:00pm
<a href="#">63273</a>	Thu	Jul 31-Aug 28	5:00pm-5:30pm
<a href="#">63274</a>	Thu	Jul 31-Aug 28	5:30pm-6:00pm
<a href="#">63276</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">63277</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">63312</a>	Fri	Aug 1-Aug 29	4:30pm-5:00pm
<a href="#">63314</a>	Fri	Aug 1-Aug 29	5:00pm-5:30pm
<a href="#">63315</a>	Fri	Aug 1-Aug 29	5:30pm-6:00pm
<a href="#">63316</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm
<a href="#">63317</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm
<a href="#">61869</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61870</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61871</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61872</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61904</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61905</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61906</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61907</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61962</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am
<a href="#">61963</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61964</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61965</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

## Preschool 2 – AOP

## 3-5yrs

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.

**4 classes**

**Anne Ottenbrite Pool**

**\$45.39**

<a href="#">62034</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">62035</a>	Tue	Jun 24-Jul 22	7:00pm-7:30pm
<a href="#">61075</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61154</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">61156</a>	Mon-Fri	Jun 30-Jul 4	11:30am-12:00pm
<a href="#">62129</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62130</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62280</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">62281</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">62362</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">62363</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">62505</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">62506</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">62805</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">62806</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">61391</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61392</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am
<a href="#">61394</a>	Tue-Fri	Aug 5-Aug 8	11:30am-12:00pm

#### **5 classes**

#### **Anne Ottenbrite Pool**

**\$56.74**

<a href="#">61997</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">61998</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62066</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62067</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62094</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62096</a>	Thu	Jun 26-Jul 24	7:00pm-7:30pm
<a href="#">61207</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61208</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61210</a>	Mon-Fri	Jul 7-Jul 11	11:30am-12:00pm
<a href="#">61258</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61259</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61261</a>	Mon-Fri	Jul 14-Jul 18	11:30am-12:00pm
<a href="#">61305</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61306</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am

<a href="#">61308</a>	Mon-Fri	Jul 21-Jul 25	11:30am-12:00pm
<a href="#">61347</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61348</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">61350</a>	Mon-Fri	Jul 28-Aug 1	11:30am-12:00pm
<a href="#">62404</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">62405</a>	Tue	Jul 29-Aug 26	7:00pm-7:30pm
<a href="#">62443</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">62444</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">62479</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">62481</a>	Thu	Jul 31-Aug 28	7:00pm-7:30pm
<a href="#">61436</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61437</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61439</a>	Mon-Fri	Aug 11-Aug 15	11:30am-12:00pm
<a href="#">61478</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61479</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61481</a>	Mon-Fri	Aug 18-Aug 22	11:30am-12:00pm
<a href="#">61520</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61521</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am
<a href="#">61523</a>	Mon-Fri	Aug 25-Aug 29	11:30am-12:00pm

## Preschool 2 – CRC

## 3-5yrs

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.

### 4 classes

### Whitby Civic Rec Complex

**\$45.39**

<a href="#">62707</a>	Tue	Jun 24-Jul 22	4:30pm-5:00pm
<a href="#">62708</a>	Tue	Jun 24-Jul 22	5:00pm-5:30pm
<a href="#">62709</a>	Tue	Jun 24-Jul 22	5:30pm-6:00pm
<a href="#">62711</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">61076</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">61560</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61562</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am

<a href="#">62983</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62985</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62986</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62988</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62989</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">62991</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">63045</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63047</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">63048</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">63050</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">63052</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">63126</a>	Mon	Jul 28-Aug 25	4:30pm-5:00pm
<a href="#">63127</a>	Mon	Jul 28-Aug 25	5:00pm-5:30pm
<a href="#">63128</a>	Mon	Jul 28-Aug 25	5:30pm-6:00pm
<a href="#">63130</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<a href="#">63131</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">63365</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">63367</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">63368</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">63370</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">63371</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">63373</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">63426</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">63428</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">63429</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">63430</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">63433</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">61834</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<a href="#">61835</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61838</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$56.74</b>
<a href="#">62666</a>	Mon	Jun 23-Jul 21	4:30pm-5:00pm
<a href="#">62667</a>	Mon	Jun 23-Jul 21	5:00pm-5:30pm

<a href="#">62668</a>	Mon	Jun 23-Jul 21	5:30pm-6:00pm
<a href="#">62670</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62671</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62757</a>	Wed	Jun 25-Jul 23	4:30pm-5:00pm
<a href="#">62758</a>	Wed	Jun 25-Jul 23	5:00pm-5:30pm
<a href="#">62759</a>	Wed	Jun 25-Jul 23	5:30pm-6:00pm
<a href="#">62760</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62761</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62834</a>	Thu	Jun 26-Jul 24	4:30pm-5:00pm
<a href="#">62835</a>	Thu	Jun 26-Jul 24	5:00pm-5:30pm
<a href="#">62837</a>	Thu	Jun 26-Jul 24	5:30pm-6:00pm
<a href="#">62838</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62839</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62895</a>	Fri	Jun 27-Jul 25	4:30pm-5:00pm
<a href="#">62897</a>	Fri	Jun 27-Jul 25	5:00pm-5:30pm
<a href="#">62898</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">62899</a>	Fri	Jun 27-Jul 25	6:00pm-6:30pm
<a href="#">62900</a>	Fri	Jun 27-Jul 25	6:30pm-7:00pm
<a href="#">61587</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61588</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61590</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61620</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am
<a href="#">61621</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61623</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61680</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61681</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61683</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61773</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am
<a href="#">61774</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61776</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63170</a>	Tue	Jul 29-Aug 26	4:30pm-5:00pm
<a href="#">63171</a>	Tue	Jul 29-Aug 26	5:00pm-5:30pm
<a href="#">63172</a>	Tue	Jul 29-Aug 26	5:30pm-6:00pm

<a href="#">63174</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">63232</a>	Wed	Jul 30-Aug 27	4:30pm-5:00pm
<a href="#">63233</a>	Wed	Jul 30-Aug 27	5:00pm-5:30pm
<a href="#">63234</a>	Wed	Jul 30-Aug 27	5:30pm-6:00pm
<a href="#">63235</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">63236</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">63278</a>	Thu	Jul 31-Aug 28	4:30pm-5:00pm
<a href="#">63279</a>	Thu	Jul 31-Aug 28	5:00pm-5:30pm
<a href="#">63281</a>	Thu	Jul 31-Aug 28	5:30pm-6:00pm
<a href="#">63282</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">63283</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">63319</a>	Fri	Aug 1-Aug 29	4:30pm-5:00pm
<a href="#">63320</a>	Fri	Aug 1-Aug 29	5:00pm-5:30pm
<a href="#">63321</a>	Fri	Aug 1-Aug 29	5:30pm-6:00pm
<a href="#">63322</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm
<a href="#">63323</a>	Fri	Aug 1-Aug 29	6:30pm-7:00pm
<a href="#">61873</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61874</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61876</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61909</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61911</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61913</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61966</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am
<a href="#">61967</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61969</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

### Preschool 3 – AOP

### 3-5yrs

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.

#### 4 classes

#### Anne Ottenbrite Pool

**\$45.39**

<a href="#">62036</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">62037</a>	Tue	Jun 24-Jul 22	7:30pm-8:00pm

<a href="#">61077</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">61157</a>	Mon-Fri	Jun 30-Jul 4	11:00am-11:30am
<a href="#">62131</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62133</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">62282</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">62364</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">62365</a>	Mon	Jul 28-Aug 25	7:00pm-7:30pm
<a href="#">62508</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">62510</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">62807</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">61395</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">61396</a>	Tue-Fri	Aug 5-Aug 8	11:00am-11:30am

### **5 classes**

### **Anne Ottenbrite Pool**

**\$56.74**

<a href="#">61999</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62000</a>	Mon	Jun 23-Jul 21	7:00pm-7:30pm
<a href="#">62068</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62097</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62098</a>	Thu	Jun 26-Jul 24	7:00pm-7:30pm
<a href="#">61211</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61212</a>	Mon-Fri	Jul 7-Jul 11	11:00am-11:30am
<a href="#">61262</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61263</a>	Mon-Fri	Jul 14-Jul 18	11:00am-11:30am
<a href="#">61309</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61310</a>	Mon-Fri	Jul 21-Jul 25	11:00am-11:30am
<a href="#">61351</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">61352</a>	Mon-Fri	Jul 28-Aug 1	11:00am-11:30am
<a href="#">62406</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">62407</a>	Tue	Jul 29-Aug 26	7:30pm-8:00pm
<a href="#">62445</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">62482</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm
<a href="#">62483</a>	Thu	Jul 31-Aug 28	7:00pm-7:30pm
<a href="#">61440</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61441</a>	Mon-Fri	Aug 11-Aug 15	11:00am-11:30am



<a href="#">61482</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61483</a>	Mon-Fri	Aug 18-Aug 22	11:00am-11:30am
<a href="#">61524</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am
<a href="#">61525</a>	Mon-Fri	Aug 25-Aug 29	11:00am-11:30am

### **Preschool 3 – CRC**

### **3-5yrs**

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.

#### **4 classes**

#### **Whitby Civic Rec Complex**

**\$45.39**

<a href="#">62712</a>	Tue	Jun 24-Jul 22	5:00pm-5:30pm
<a href="#">62714</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">62715</a>	Tue	Jun 24-Jul 22	6:30pm-7:00pm
<a href="#">61078</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">61563</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">62993</a>	Sat	Jul 5-Jul 26	9:00am-9:30am
<a href="#">62994</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">62996</a>	Sat	Jul 5-Jul 26	10:30am-11:00am
<a href="#">62997</a>	Sat	Jul 5-Jul 26	11:30am-12:00pm
<a href="#">63054</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">63055</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">63056</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">63057</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">63058</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">63374</a>	Sat	Aug 2-Aug 23	9:00am-9:30am
<a href="#">63375</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">63377</a>	Sat	Aug 2-Aug 23	10:30am-11:00am
<a href="#">63378</a>	Sat	Aug 2-Aug 23	11:30am-12:00pm
<a href="#">63435</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">63436</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">63437</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">63438</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">63439</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm

<a href="#">61840</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<a href="#">61841</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<a href="#">63133</a>	Mon	Jul 28-Aug 25	5:00pm-5:30pm
<a href="#">63134</a>	Mon	Jul 28-Aug 25	5:30pm-6:00pm
<a href="#">63136</a>	Mon	Jul 28-Aug 25	6:30pm-7:00pm
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$56.74</b>
<a href="#">62672</a>	Mon	Jun 23-Jul 21	5:00pm-5:30pm
<a href="#">62673</a>	Mon	Jun 23-Jul 21	5:30pm-6:00pm
<a href="#">62675</a>	Mon	Jun 23-Jul 21	6:30pm-7:00pm
<a href="#">62765</a>	Wed	Jun 25-Jul 23	6:00pm-6:30pm
<a href="#">62766</a>	Wed	Jun 25-Jul 23	6:30pm-7:00pm
<a href="#">62840</a>	Thu	Jun 26-Jul 24	4:30pm-5:00pm
<a href="#">62841</a>	Thu	Jun 26-Jul 24	5:00pm-5:30pm
<a href="#">62842</a>	Thu	Jun 26-Jul 24	6:00pm-6:30pm
<a href="#">62903</a>	Fri	Jun 27-Jul 25	4:30pm-5:00pm
<a href="#">62905</a>	Fri	Jun 27-Jul 25	5:00pm-5:30pm
<a href="#">62908</a>	Fri	Jun 27-Jul 25	6:30pm-7:00pm
<a href="#">61591</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61592</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61626</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am
<a href="#">61627</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61684</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61685</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61777</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am
<a href="#">61778</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">63175</a>	Tue	Jul 29-Aug 26	5:00pm-5:30pm
<a href="#">63177</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">63178</a>	Tue	Jul 29-Aug 26	6:30pm-7:00pm
<a href="#">63239</a>	Wed	Jul 30-Aug 27	6:00pm-6:30pm
<a href="#">63240</a>	Wed	Jul 30-Aug 27	6:30pm-7:00pm
<a href="#">63284</a>	Thu	Jul 31-Aug 28	4:30pm-5:00pm
<a href="#">63285</a>	Thu	Jul 31-Aug 28	5:00pm-5:30pm
<a href="#">63286</a>	Thu	Jul 31-Aug 28	6:00pm-6:30pm

<a href="#">63324</a>	Fri	Aug 1-Aug 29	4:30pm-5:00pm
<a href="#">63325</a>	Fri	Aug 1-Aug 29	5:00pm-5:30pm
<a href="#">63327</a>	Fri	Aug 1-Aug 29	6:30pm-7:00pm
<a href="#">61877</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61878</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61914</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61915</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61970</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am
<a href="#">61971</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am

## Preschool 4 – AOP

## 3-5yrs

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.

### 4 classes

### Anne Ottenbrite Pool

**\$45.39**

<a href="#">62038</a>	Tue	Jun 24-Jul 22	7:00pm-7:30pm
<a href="#">61079</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">62134</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">62283</a>	Sun	Jul 6-Jul 27	10:00am-10:30am
<a href="#">62284</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">62366</a>	Mon	Jul 28-Aug 25	7:30pm-8:00pm
<a href="#">62512</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">62808</a>	Sun	Aug 3-Aug 24	10:00am-10:30am
<a href="#">62809</a>	Sun	Aug 3-Aug 24	11:30am-12:00pm
<a href="#">61397</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am

### 5 classes

### Anne Ottenbrite Pool

**\$56.74**

<a href="#">62001</a>	Mon	Jun 23-Jul 21	7:30pm-8:00pm
<a href="#">62069</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62099</a>	Thu	Jun 26-Jul 24	7:30pm-8:00pm
<a href="#">61213</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61264</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61311</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61353</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">62408</a>	Tue	Jul 29-Aug 26	7:00pm-7:30pm

<a href="#">62446</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">62484</a>	Thu	Jul 31-Aug 28	7:30pm-8:00pm
<a href="#">61442</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61484</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61526</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

## Preschool 4 – CRC

## 3-5yrs

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.

### 4 classes

### Whitby Civic Rec Complex

**\$45.39**

<a href="#">62716</a>	Tue	Jun 24-Jul 22	4:30pm-5:00pm
<a href="#">62718</a>	Tue	Jun 24-Jul 22	6:00pm-6:30pm
<a href="#">61080</a>	Mon-Fri	Jun 30-Jul 4	9:00am-9:30am
<a href="#">61564</a>	Mon-Fri	Jun 30-Jul 4	10:00am-10:30am
<a href="#">62998</a>	Sat	Jul 5-Jul 26	10:00am-10:30am
<a href="#">62999</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">63059</a>	Sun	Jul 6-Jul 27	9:00am-9:30am
<a href="#">63061</a>	Sun	Jul 6-Jul 27	11:00am-11:30am
<a href="#">63138</a>	Mon	Jul 28-Aug 25	4:30pm-5:00pm
<a href="#">63140</a>	Mon	Jul 28-Aug 25	6:00pm-6:30pm
<a href="#">63379</a>	Sat	Aug 2-Aug 23	10:00am-10:30am
<a href="#">63382</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">63440</a>	Sun	Aug 3-Aug 24	9:00am-9:30am
<a href="#">63442</a>	Sun	Aug 3-Aug 24	11:00am-11:30am
<a href="#">61842</a>	Tue-Fri	Aug 5-Aug 8	9:00am-9:30am
<a href="#">61843</a>	Tue-Fri	Aug 5-Aug 8	10:00am-10:30am

### 5 classes

### Whitby Civic Rec Complex

**\$56.74**

<a href="#">62676</a>	Mon	Jun 23-Jul 21	4:30pm-5:00pm
<a href="#">62678</a>	Mon	Jun 23-Jul 21	6:00pm-6:30pm
<a href="#">62767</a>	Wed	Jun 25-Jul 23	4:30pm-5:00pm
<a href="#">62768</a>	Wed	Jun 25-Jul 23	5:00pm-5:30pm
<a href="#">62770</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62843</a>	Thu	Jun 26-Jul 24	5:00pm-5:30pm

<a href="#">62845</a>	Thu	Jun 26-Jul 24	6:30pm-7:00pm
<a href="#">62911</a>	Fri	Jun 27-Jul 25	5:00pm-5:30pm
<a href="#">61593</a>	Mon-Fri	Jul 7-Jul 11	9:00am-9:30am
<a href="#">61594</a>	Mon-Fri	Jul 7-Jul 11	10:00am-10:30am
<a href="#">61628</a>	Mon-Fri	Jul 14-Jul 18	9:00am-9:30am
<a href="#">61629</a>	Mon-Fri	Jul 14-Jul 18	10:00am-10:30am
<a href="#">61686</a>	Mon-Fri	Jul 21-Jul 25	9:00am-9:30am
<a href="#">61687</a>	Mon-Fri	Jul 21-Jul 25	10:00am-10:30am
<a href="#">61779</a>	Mon-Fri	Jul 28-Aug 1	9:00am-9:30am
<a href="#">61780</a>	Mon-Fri	Jul 28-Aug 1	10:00am-10:30am
<a href="#">63179</a>	Tue	Jul 29-Aug 26	4:30pm-5:00pm
<a href="#">63181</a>	Tue	Jul 29-Aug 26	6:00pm-6:30pm
<a href="#">63241</a>	Wed	Jul 30-Aug 27	4:30pm-5:00pm
<a href="#">63242</a>	Wed	Jul 30-Aug 27	5:00pm-5:30pm
<a href="#">63244</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">63287</a>	Thu	Jul 31-Aug 28	5:00pm-5:30pm
<a href="#">63288</a>	Thu	Jul 31-Aug 28	6:30pm-7:00pm
<a href="#">63329</a>	Fri	Aug 1-Aug 29	5:00pm-5:30pm
<a href="#">61879</a>	Mon-Fri	Aug 11-Aug 15	9:00am-9:30am
<a href="#">61880</a>	Mon-Fri	Aug 11-Aug 15	10:00am-10:30am
<a href="#">61916</a>	Mon-Fri	Aug 18-Aug 22	9:00am-9:30am
<a href="#">61917</a>	Mon-Fri	Aug 18-Aug 22	10:00am-10:30am
<a href="#">61972</a>	Mon-Fri	Aug 25-Aug 29	9:00am-9:30am
<a href="#">61973</a>	Mon-Fri	Aug 25-Aug 29	10:00am-10:30am

## Preschool 5 – AOP

## 3-5yrs

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.

### 4 classes

### Anne Ottenbrite Pool

**\$45.39**

<a href="#">62039</a>	Tue	Jun 24-Jul 22	8:00pm-8:30pm
<a href="#">62513</a>	Sat	Aug 2-Aug 23	12:00pm-12:30pm
<a href="#">61081</a>	Mon-Fri	Jun 30-Jul 4	10:30am-11:00am

<a href="#">62135</a>	Sat	Jul 5-Jul 26	12:00pm-12:30pm
<a href="#">62285</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">62367</a>	Mon	Jul 28-Aug 25	8:00pm-8:30pm
<a href="#">62810</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">61398</a>	Tue-Fri	Aug 5-Aug 8	10:30am-11:00am

#### **5 classes**

#### **Anne Ottenbrite Pool**

**\$56.74**

<a href="#">62002</a>	Mon	Jun 23-Jul 21	8:00pm-8:30pm
<a href="#">62070</a>	Wed	Jun 25-Jul 23	7:30pm-8:00pm
<a href="#">62100</a>	Thu	Jun 26-Jul 24	8:00pm-8:30pm
<a href="#">61214</a>	Mon-Fri	Jul 7-Jul 11	10:30am-11:00am
<a href="#">61265</a>	Mon-Fri	Jul 14-Jul 18	10:30am-11:00am
<a href="#">61312</a>	Mon-Fri	Jul 21-Jul 25	10:30am-11:00am
<a href="#">61354</a>	Mon-Fri	Jul 28-Aug 1	10:30am-11:00am
<a href="#">62409</a>	Tue	Jul 29-Aug 26	8:00pm-8:30pm
<a href="#">62447</a>	Wed	Jul 30-Aug 27	7:30pm-8:00pm
<a href="#">62486</a>	Thu	Jul 31-Aug 28	8:00pm-8:30pm
<a href="#">61443</a>	Mon-Fri	Aug 11-Aug 15	10:30am-11:00am
<a href="#">61485</a>	Mon-Fri	Aug 18-Aug 22	10:30am-11:00am
<a href="#">61527</a>	Mon-Fri	Aug 25-Aug 29	10:30am-11:00am

### **Preschool 5 – CRC**

### **3-5yrs**

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.

#### **4 classes**

#### **Whitby Civic Rec Complex**

**\$45.39**

<a href="#">62720</a>	Tue	Jun 24-Jul 22	5:30pm-6:00pm
<a href="#">61082</a>	Mon-Fri	Jun 30-Jul 4	8:30am-9:00am
<a href="#">61565</a>	Mon-Fri	Jun 30-Jul 4	9:30am-10:00am
<a href="#">63000</a>	Sat	Jul 5-Jul 26	9:30am-10:00am
<a href="#">63001</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">63062</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">63063</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">63141</a>	Mon	Jul 28-Aug 25	5:30pm-6:00pm

<a href="#">63380</a>	Sat	Aug 2-Aug 23	9:30am-10:00am
<a href="#">63381</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">63443</a>	Sun	Aug 3-Aug 24	9:30am-10:00am
<a href="#">63444</a>	Sun	Aug 3-Aug 24	10:30am-11:00am
<a href="#">61845</a>	Tue-Fri	Aug 5-Aug 8	8:30am-9:00am
<a href="#">61846</a>	Tue-Fri	Aug 5-Aug 8	9:30am-10:00am
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$56.74</b>
<a href="#">62679</a>	Mon	Jun 23-Jul 21	5:30pm-6:00pm
<a href="#">62772</a>	Wed	Jun 25-Jul 23	5:30pm-6:00pm
<a href="#">62773</a>	Wed	Jun 25-Jul 23	7:00pm-7:30pm
<a href="#">62846</a>	Thu	Jun 26-Jul 24	5:30pm-6:00pm
<a href="#">62912</a>	Fri	Jun 27-Jul 25	5:30pm-6:00pm
<a href="#">61595</a>	Mon-Fri	Jul 7-Jul 11	8:30am-9:00am
<a href="#">61596</a>	Mon-Fri	Jul 7-Jul 11	9:30am-10:00am
<a href="#">61630</a>	Mon-Fri	Jul 14-Jul 18	8:30am-9:00am
<a href="#">61631</a>	Mon-Fri	Jul 14-Jul 18	9:30am-10:00am
<a href="#">61688</a>	Mon-Fri	Jul 21-Jul 25	8:30am-9:00am
<a href="#">61689</a>	Mon-Fri	Jul 21-Jul 25	9:30am-10:00am
<a href="#">61781</a>	Mon-Fri	Jul 28-Aug 1	8:30am-9:00am
<a href="#">61782</a>	Mon-Fri	Jul 28-Aug 1	9:30am-10:00am
<a href="#">63183</a>	Tue	Jul 29-Aug 26	5:30pm-6:00pm
<a href="#">63246</a>	Wed	Jul 30-Aug 27	5:30pm-6:00pm
<a href="#">63258</a>	Wed	Jul 30-Aug 27	7:00pm-7:30pm
<a href="#">63289</a>	Thu	Jul 31-Aug 28	5:30pm-6:00pm
<a href="#">63330</a>	Fri	Aug 1-Aug 29	6:00pm-6:30pm
<a href="#">61881</a>	Mon-Fri	Aug 11-Aug 15	8:30am-9:00am
<a href="#">61882</a>	Mon-Fri	Aug 11-Aug 15	9:30am-10:00am
<a href="#">61918</a>	Mon-Fri	Aug 18-Aug 22	8:30am-9:00am
<a href="#">61919</a>	Mon-Fri	Aug 18-Aug 22	9:30am-10:00am
<a href="#">61974</a>	Mon-Fri	Aug 25-Aug 29	8:30am-9:00am
<a href="#">61975</a>	Mon-Fri	Aug 25-Aug 29	9:30am-10:00am

## Semi-Private Swimming Lessons

### Semi-Private Preschool 1 - AOP (#@) 3-5yrs

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.

4 classes		Anne Ottenbrite Pool	\$92.56
<a href="#">62174</a>	Sat	Jul 5-Jul 26	11:00am-11:30am
<a href="#">62241</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62242</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62243</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62244</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62313</a>	Sun	Jul 6-Jul 27	9:30am-10:00am
<a href="#">62503</a>	Sat	Aug 2-Aug 23	11:00am-11:30am
<a href="#">62608</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62609</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm
<a href="#">62610</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm
<a href="#">62611</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm
<a href="#">62844</a>	Sun	Aug 3-Aug 24	9:30am-10:00am

### Semi-Private Preschool 1 - CRC (#@) 3-5yrs

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.

4 classes		Whitby Civic Rec Complex	\$92.56
<a href="#">63458</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm
<a href="#">63100</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">63125</a>	Mon	Jul 28-Aug 25	4:30pm-5:00pm
5 classes		Whitby Civic Rec Complex	\$115.70
<a href="#">62693</a>	Mon	Jun 23-Jul 21	4:30pm-5:00pm
<a href="#">62763</a>	Wed	Jun 25-Jul 23	4:30pm-5:00pm
<a href="#">63231</a>	Wed	Jul 30-Aug 27	4:30pm-5:00pm



## **Semi-Private Preschool 2 - AOP (#@) 3-5yrs**

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.

<b>4 classes</b>		<b>Anne Ottenbrite Pool</b>	<b>\$92.56</b>
<a href="#">62245</a>	Sat	Jul 5-Jul 26	3:30pm-4:00pm
<a href="#">62246</a>	Sat	Jul 5-Jul 26	4:30pm-5:00pm
<a href="#">62247</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm
<a href="#">62314</a>	Sun	Jul 6-Jul 27	10:30am-11:00am
<a href="#">62612</a>	Sat	Aug 2-Aug 23	3:30pm-4:00pm
<a href="#">62613</a>	Sat	Aug 2-Aug 23	4:30pm-5:00pm
<a href="#">62614</a>	Sat	Aug 2-Aug 23	5:00pm-5:30pm
<a href="#">62847</a>	Sun	Aug 3-Aug 24	10:30am-11:00am

## **Semi-Private Preschool 2 - CRC (#@) 3-5yrs**

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.

<b>4 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$92.56</b>
<a href="#">63132</a>	Mon	Jul 28-Aug 25	5:00pm-5:30pm
<b>5 classes</b>		<b>Whitby Civic Rec Complex</b>	<b>\$115.70</b>
<a href="#">62170</a>	Mon	Jun 23-Jul 21	5:00pm-5:30pm
<a href="#">62762</a>	Wed	Jun 25-Jul 23	5:00pm-5:30pm
<a href="#">62901</a>	Fri	Jun 27-Jul 25	5:00pm-5:30pm
<a href="#">63237</a>	Wed	Jul 30-Aug 27	5:00pm-5:30pm
<a href="#">63328</a>	Fri	Aug 1-Aug 29	5:00pm-5:30pm

## **Semi-Private Preschool 3 - AOP (#@) 3-5yrs**

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.

**4 classes****Anne Ottenbrite Pool****\$92.56**

<a href="#">62176</a>	Sat	Jul 5-Jul 26	12:00pm-12:30pm
<a href="#">62248</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62249</a>	Sat	Jul 5-Jul 26	5:00pm-5:30pm
<a href="#">62250</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62315</a>	Sun	Jul 6-Jul 27	11:30am-12:00pm
<a href="#">62511</a>	Sat	Aug 2-Aug 23	12:00pm-12:30pm
<a href="#">62615</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62616</a>	Sat	Aug 2-Aug 23	5:00pm-5:30pm
<a href="#">62617</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62851</a>	Sun	Aug 3-Aug 24 1	1:30am-12:00pm

**Semi-Private Preschool 4 - AOP (#@) 3-5yrs**

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.

**4 classes****Anne Ottenbrite Pool****\$92.56**

<a href="#">62177</a>	Sat	Jul 5-Jul 26	4:00pm-4:30pm
<a href="#">62251</a>	Sat	Jul 5-Jul 26	5:30pm-6:00pm
<a href="#">62316</a>	Sun	Jul 6-Jul 27	12:00pm-12:30pm
<a href="#">62618</a>	Sat	Aug 2-Aug 23	4:00pm-4:30pm
<a href="#">62619</a>	Sat	Aug 2-Aug 23	5:30pm-6:00pm
<a href="#">62855</a>	Sun	Aug 3-Aug 24	12:00pm-12:30pm

**Semi-Private Preschool 5 - AOP (#@) 3-5yrs**

These advanced preschoolers are in the final stage before transferring to the swimmer levels. Swimmers continue to develop front and back crawl. Participants will tread water unassisted, learn how to do forward rolls in deep water, and will be introduced to whip kick. Ratio 3:1. For more information visit our website.

**4 classes****Anne Ottenbrite Pool****\$92.56**

<a href="#">62252</a>	Sat	Jul 5-Jul 26	6:00pm-6:30pm
<a href="#">62253</a>	Sat	Jul 5-Jul 26	6:30pm-7:00pm
<a href="#">62317</a>	Sun	Jul 6-Jul 27	12:30pm-1:00pm
<a href="#">62620</a>	Sat	Aug 2-Aug 23	6:00pm-6:30pm

<a href="#">62621</a>	Sat	Aug 2-Aug 23	6:30pm-7:00pm
<a href="#">62857</a>	Sun	Aug 3-Aug 24	12:30pm-1:00pm

## 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.

<a href="#">63021</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:00pm-1:00pm	\$49.03
<a href="#">63398</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:00pm-1:00pm	\$49.03

#### 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.

<a href="#">62025</a>	14-18yrs	Anne Ottenbrite Pool	5 weeks
Mon	Jun 23-Jul 21	8:30pm-9:30pm	\$61.29
<a href="#">62397</a>	14-18yrs	Anne Ottenbrite Pool	4 weeks
Mon	Jul 28-Aug 25	8:30pm-9:30pm	\$49.03

#### 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.

<a href="#">63019</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:00pm-1:00pm	\$49.03
<a href="#">63400</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:00pm-1:00pm	\$49.03

### **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.

<a href="#">62026</a>	14-18yrs	Anne Ottenbrite Pool	5 weeks
Mon	Jun 23-Jul 21	8:30pm-9:30pm	\$61.29
<a href="#">62398</a>	14-18yrs	Anne Ottenbrite Pool	4 weeks
Mon	Jul 28-Aug 25	8:30pm-9:30pm	\$49.03

### **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.

<a href="#">63020</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:00pm-1:00pm	\$49.03
<a href="#">63401</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:00pm-1:00pm	\$49.03

### **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.

<a href="#">62027</a>	14-18yrs	Anne Ottenbrite Pool	5 weeks
Mon	Jun 23-Jul 21	8:30pm-9:30pm	\$61.29
<a href="#">62399</a>	14-18yrs	Anne Ottenbrite Pool	4 weeks
Mon	Jul 28-Aug 25	8:30pm-9:30pm	\$49.03

## Private Swimming Lessons

### 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.

<a href="#">63088</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	12:00pm-12:30pm	\$151.53
<a href="#">63089</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	12:00pm-12:30pm	\$151.53
<a href="#">63091</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	12:30pm-1:00pm	\$151.53
<a href="#">63092</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Jul 6-Jul 27	12:30pm-1:00pm	\$151.53
<a href="#">63472</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	12:00pm-12:30pm	\$151.53
<a href="#">63473</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	12:00pm-12:30pm	\$151.53
<a href="#">63475</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	12:30pm-1:00pm	\$151.53
<a href="#">63476</a>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sun	Aug 3-Aug 24	12:30pm-1:00pm	\$151.53

### 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.

<a href="#">63017</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:00pm-12:30pm	\$151.53
<a href="#">63022</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:00pm-12:30pm	\$151.53
<a href="#">63023</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:00pm-12:30pm	\$151.53
<a href="#">63026</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:30pm-1:00pm	\$151.53

<a href="#">63027</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:30pm-1:00pm	\$151.53
<a href="#">63028</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Jul 5-Jul 26	12:30pm-1:00pm	\$151.53
<a href="#">63403</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:00pm-12:30pm	\$151.53
<a href="#">63404</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:00pm-12:30pm	\$151.53
<a href="#">63405</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:00pm-12:30pm	\$151.53
<a href="#">63407</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:30pm-1:00pm	\$151.53
<a href="#">63408</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:30pm-1:00pm	\$151.53
<a href="#">63409</a>	14-18yrs	Whitby Civic Rec Complex	4 weeks
Sat	Aug 2-Aug 23	12:30pm-1:00pm	\$151.53

## Leadership

### 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.

<a href="#">61188</a>	At least 8 but less than 13	Anne Ottenbrite Pool	4 days
Mon-Fri	Jun 30-Jul 4	11:30am-1:30pm	\$97.94
<a href="#">61426</a>	At least 8 but less than 13	Anne Ottenbrite Pool	4 days
Tue-Fri	Aug 5-Aug 8	11:30am-1:30pm	\$97.94

### 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.

<a href="#">61189</a>	At least 8 but less than 13	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 7-Jul 11	11:30am-1:30pm	\$122.18
<a href="#">61427</a>	At least 8 but less than 13	Anne Ottenbrite Pool	5 days
Mon-Fri	Aug 11-Aug 15	11:30am-1:30pm	\$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.

<a href="#">61190</a>	At least 8 but less than 13	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 14-Jul 18	11:30am-1:30pm	\$122.18
<a href="#">61428</a>	At least 8 but less than 13	Anne Ottenbrite Pool	5 days
Mon-Fri	Aug 18-Aug 22	11:30am-1:30pm	\$122.18

### **Bronze Star**

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

<a href="#">61382</a>	10-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 21-Jul 25	11:30am-1:30pm	\$122.18
<a href="#">61383</a>	10-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 28-Aug 1	11:30am-1:30pm	\$122.18

### **Bronze Medallion**

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



<a href="#">62937</a>	13yrs+	Anne Ottenbrite Pool	4 days
Mon-Fri	Jun 30-Jul 4	4:30pm-10:00pm	\$169.28
<a href="#">62957</a>	13yrs+	Anne Ottenbrite Pool	4 days
Tue-Fri	Aug 5-Aug 8	4:30pm-10:00pm	\$169.28

### **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.

<a href="#">62938</a>	14yrs+	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 21-Jul 25	4:00pm-10:00pm	\$226.91
<a href="#">62968</a>	14yrs+	Anne Ottenbrite Pool	5 days
Mon-Fri	Aug 11-Aug 15	4:00pm-10:00pm	\$226.91

### **NL & Standard First Aid & CPR 'C'**

This is a Lifesaving Society certification course and a nationally recognized lifeguarding award. Candidates must be 15-years-old by the date of the exam. This course also certifies a candidate in Standard First Aid & CPR 'C'. Bronze Cross is a prerequisite for this course. Please provide proof of prerequisite both when registering and on the first day of lessons. 100 per cent attendance is mandatory.

<a href="#">62939</a>	15 yrs+	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 14-Jul 18	1:00pm-10:00pm	\$373.64
<a href="#">62992</a>	15 yrs+	Anne Ottenbrite Pool	5 days
Mon-Fri	Aug 18-Aug 22	1:00pm-10:00pm	\$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. 100% attendance is required.

<a href="#">62940</a>	15 yrs+	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 7-Jul 11	9:00am-6:00pm	\$448.06



<a href="#">62978</a>	15 yrs+	Anne Ottenbrite Pool	5 days
Mon-Fri	Jul 28-Aug 1	9:00am-6:00pm	\$448.06

## 55+ Recreation Programs

### New Members Orientation

Join the New Members 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.

<a href="#">62798</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 23-Jul 23	10:00am-11:00am	Free

## Computer & Technology

### Tech Fridays

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

<a href="#">60908</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 27-Jun 27	1:00pm-1:30pm	Free
<a href="#">60909</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 27-Jun 27	1:30pm-2:00pm	Free
<a href="#">60910</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 27-Jun 27	2:00pm-2:30pm	Free
<a href="#">60911</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 27-Jun 27	2:30pm-3:00pm	Free
<a href="#">60912</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 11-Jul 11	1:00pm-1:30pm	Free
<a href="#">60913</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 11-Jul 11	1:30pm-2:00pm	Free
<a href="#">60914</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 11-Jul 11	2:00pm-2:30pm	Free
<a href="#">60915</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 11-Jul 11	2:30pm-3:00pm	Free

<a href="#">60916</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 18-Jul 18	1:00pm-1:30pm	Free
<a href="#">60917</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 18-Jul 18	1:30pm-2:00pm	Free
<a href="#">60918</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 18-Jul 18	2:00pm-2:30pm	Free
<a href="#">60919</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 18-Jul 18	2:30pm-3:00pm	Free

## 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.

<a href="#">61204</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Jul 2-Aug 6	10:00am-12:00pm	\$34.35

### Drawing Workshop with Marni (%)

Review how to draw from observation and improve visual awareness through a series of quick "warm up" drawing exercises, following a longer session where emphasis will be placed on tonal value (shading) and handling of dramatic light in a still life study. In this session, students will learn how to work with coloured chalk pastel to achieve line and value in a monochromatic composition of organic forms. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Rec Centre.

<a href="#">61205</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 15-Jul 15	1:00pm-3:00pm	\$30.00

### Florals Using Ballpoint Pen with Jade (%)

Have fun with ballpoint pens as we dive into a beautiful floral drawing. Learn how to separate forms through line weight and value while also capturing the delicate details of nature. All materials are provided by the instructor.

<a href="#">63219</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Aug 26-Aug 26	9:30am-11:30am	\$31.83

### **Landscape Drawing Using Graphite with Jade %**

Focusing on foreground, midground and background, you will create a beautiful landscape with dramatic depth and interest. Look forward to learning new ways to use graphite pencils to create textures, bold lines and soft values that will bring your drawing to life. All materials are provided by the instructor.

<a href="#">63218</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 22-Jul 22	9:30am-11:30am	\$31.83

### **Tiger Drawing Using Black and White Charcoal with Jade (%)**

Create a beautiful tiger portrait using the rich and velvety medium of black and white charcoal on toned paper. We will focus on textures, proportions and techniques, working toward a realistic finished work of art. All materials are provided by the instructor.

<a href="#">63484</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Aug 5-Aug 5	9:30am-11:30am	\$31.83

### **Woodcarving - Open Studio (%)**

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

<a href="#">61945</a>	55yrs+	Brooklin CC&L	9 weeks
Fri	Jul 4-Aug 29	1:00pm-3:00pm	\$20.00

## **Dance**

### **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.

<a href="#">62812</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Jul 16-Aug 27	2:15pm-3:15pm	\$25.58

### **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.

<a href="#">62813</a>	55yrs+	Whitby 55+ Rec Centre	7 weeks
Tue	Jul 15-Aug 26	1:45pm-2:45pm	\$29.84

### **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.

<a href="#">62433</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Jul 8-Aug 5	10:30am-11:30am	\$21.32

## **Fitness**

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

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

<a href="#">61222</a>	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Jul 7-Jul 28	1:45pm-2:45pm	\$17.05
<a href="#">61946</a>	55yrs+	Brooklin CC&L	4 weeks
Mon	Jul 7-Jul 28	9:10am-10:10am	\$17.05
<a href="#">61223</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Jul 8-Aug 5	12:30pm-1:30pm	\$21.32

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

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

<a href="#">62431</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Jul 2-Jul 30	10:30am-11:30am	\$21.32
<a href="#">62432</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thu	Jul 3-Jul 31	1:00pm-2:00pm	\$21.32

### **Barre Fitness with Tracy (%)**

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

<a href="#">61954</a>	55yrs+	Brooklin CC&L	5 weeks
Wed	Jul 2-Jul 30	12:15pm-1:15pm	\$21.32

### **Build Your Own Bones with Tracy (%)**

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

<a href="#">61953</a>	55yrs+	Brooklin CC&L	5 weeks
Wed	Jul 2-Jul 30	1:30pm-2:30pm	\$21.32

### **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.

<a href="#">61947</a>	55yrs+	Brooklin CC&L	5 weeks
Wed	Jul 9-Aug 6	10:00am-11:00am	\$21.32

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

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

<a href="#">61950</a>	55yrs+	Brooklin CC&L	5 weeks
Thu	Jul 3-Jul 31	8:45am-9:45am	\$21.32
<a href="#">61952</a>	55yrs+	Brooklin CC&L	5 weeks
Tue	Jul 8-Aug 5	1:30pm-2:30pm	\$21.32
<a href="#">62434</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Jul 8-Aug 5	9:15am-10:15am	\$21.32

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

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

<a href="#">61955</a>	55yrs+	Brooklin CC&L	5 weeks
Thu	Jul 3-Jul 31	10:00am-11:00am	\$21.32
<a href="#">62435</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks

Thu	Jul 3-Jul 31	11:45am-12:45pm	\$21.32
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### **Weight Training - Level 1 and Level 2 with Tracy (%)**

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

<a href="#">61951</a>	55yrs+	Brooklin CC&L	5 weeks
Tue	Jul 8-Aug 5	12:15pm-1:15pm	\$21.32

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

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

<a href="#">62436</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Jul 2-Jul 30	9:15am-10:15am	\$21.32

### **Yin Yoga with Judy (%)**

Yin Yoga is a slower paced practice than other Yoga styles. Postures are held longer which focuses on better stretches to muscles, tendons and ligaments. The majority of this class takes place on the mat, so participants must be able to physically get up and down from the floor position.

<a href="#">62384</a>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Fri	Jul 4-Aug 29	11:00am-12:00pm	\$38.37

### **Yoga - Arthritis with Judy (%)**

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

<a href="#">61814</a>	55yrs+	Centennial Building	9 weeks
Thu	Jul 3-Aug 28	10:15am-11:15am	\$38.37

### **Yoga - Beginner with Pamela (%)**

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

<a href="#">61196</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Jul 8-Aug 26	2:00pm-3:00pm	\$34.10

### **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.

<a href="#">61815</a>	55yrs+	Centennial Building	9 weeks
Thu	Jul 3-Aug 28	9:00am-10:00am	\$38.37
<a href="#">61816</a>	55yrs+	Centennial Building	8 weeks
Tue	Jul 8-Aug 26	12:45pm-1:45pm	\$34.10

### **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.

<a href="#">61197</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jun 30-Aug 25	3:30pm-4:30pm	\$34.10

### **Yoga Dance with Shari (%)**

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

<a href="#">61817</a>	55yrs+	Centennial Building	7 weeks
Thu	Jul 17-Aug 28	2:15pm-3:15pm	\$29.84

### **Yoga – Energy Flow with Patricia (%)**

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. Suitable for all levels.

<a href="#">63502</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thurs	Jul 31-Aug 28	9:00am-10:00am	\$21.32

### **Yoga Stretch with Judy (%)**

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

<a href="#">62385</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Jul 8-Aug 26	11:15am-12:15pm	\$34.10

## Yogalates with Judy (%)

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

<a href="#">62386</a>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 3-Aug 28	11:45am-12:45pm	\$38.37

## General Interest

### 55+ Photographic Club (%)

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

<a href="#">61737</a>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Wed	Aug 6-Dec 3	1:00pm-3:30pm	\$18.00

### Qigong with Dave (%)

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

<a href="#">62746</a>	55yrs+	Whitby 55+ Rec Centre	7 weeks
Fri	Jul 4-Aug 15	9:30am-11:00am	\$38.63
<a href="#">62747</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Jul 8-Aug 12	4:00pm-5:30pm	\$33.11

### Rise and Shine 55+ Walking Group

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

<a href="#">61754</a>	55yrs+	Town of Whitby	19 classes
Tue,Thu	Jun 24-Aug 28	9:00am-10:00am	Free

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

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

<a href="#">62748</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Mon	Jun 30-Aug 11	9:00am-10:00am	\$25.58



<a href="#">62749</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Mon	Jun 30-Aug 11	10:15am-11:15am	\$25.58

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

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance, more confidence and stamina. You must have completed Tai Chi - Level 1 previously.

<a href="#">62947</a>	40yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Jul 8-Aug 26	6:00pm-7:00pm	\$34.10
<a href="#">61948</a>	40yrs+	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	6:00pm-7:00pm	\$38.37

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

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance, more confidence and stamina. You must have completed Tai Chi - Level 2 previously.

<a href="#">61949</a>	40yrs+	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	7:00pm-8:30pm	\$49.67

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

This Level 3 Tai Chi class is for those who have taken both the Level 1 and Level 2 classes. The focus will be on learning the remaining moves of the 108 moves of the full Tai Chi set, and refining student's understanding of all moves to a deeper level.

<a href="#">62948</a>	40yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Jul 8-Aug 26	7:00pm-8:30pm	\$44.15

### **Yoga in the Park with Judy (%)**

Start your morning with a relaxing and rejuvenating Yoga class in the park. This class is suitable for all participant levels. Please bring a yoga mat, yoga block, water bottle, towel and sunscreen. This class takes place on the grass area at Heydenshore. In the case of inclement weather, the class will be held at the 55+ Recreation Centre.

<a href="#">62391</a>	55yrs+	Heydenshore Pavilion	9 weeks
Fri	Jul 4-Aug 29	9:30am-10:30am	\$38.37

## **Leagues and Sporting Groups**

### **Badminton League (%)**

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

<a href="#">61939</a>	55yrs+	Brooklin CC&L	8 weeks
Tue	Jul 8-Aug 26	9:00am-11:30am	\$20.30

### **Pickleball - All Levels (%)**

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

<a href="#">61940</a>	55yrs+	Brooklin CC&L	9 weeks
Wed	Jul 2-August 27	9:00am-11:15am	\$22.44

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

This Level 3 League is for experienced advanced pickleball players. Balls will be provided. Basket rotation, timed games, and other formats will occur throughout the session. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

<a href="#">61801</a>	55yrs+	Heydenshore Pavilion	6 weeks
Fri	Jul 4-Aug 29	12:00pm-2:00pm	\$15.96

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

Pickleball is one of the fastest growing sports in North America. This program is for those at the introductory to junior level of play. You **must** know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

<a href="#">61802</a>	55yrs+	Heydenshore Pavilion	7 weeks
Mon	Jul 7-Aug 25	2:00pm-4:00pm	\$18.12

### **Pickleball - Level 1 and 2(%)**

Pickleball is one of the fastest growing sports in North America. This program is for those at the introductory to junior level of play. You **must** know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee.

<a href="#">61807</a>	55yrs+	Heydenshore Pavilion	8 weeks
Wed	Jul 2-Aug 27	11:30am-1:30pm	\$20.30

### **Pickleball - Level 1 and 2(%)**

Pickleball is one of the fastest growing sports in North America. This program is for those at the introductory to junior level of play. You **must** know how to play pickleball and keep score as no formal instruction will be given. Price includes ball fee. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

<a href="#">61808</a>	55yrs+	Heydenshore Pavilion	8 weeks
Wed	Jul 2-Aug 20	2:00pm-4:00pm	\$20.30
<a href="#">61804</a>	55yrs+	Heydenshore Pavilion	7 weeks
Thu	Jul 3-Aug 28	6:00pm-8:00pm	\$18.12

<a href="#">61805</a>	55yrs+	Heydenshore Pavilion	7 weeks
Mon	Jul 7-Aug 25	11:30am-1:30pm	\$18.12
<a href="#">61803</a>	55yrs+	Heydenshore Pavilion	7 weeks
Tue	Jul 8-Aug 26	6:00pm-8:00pm	\$18.12
<a href="#">61806</a>	55yrs+	Heydenshore Pavilion	7 weeks
Tue	Jul 8-Aug 26	11:30am-1:30pm	\$18.12

### **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. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

<a href="#">61809</a>	55yrs+	Heydenshore Pavilion	7 weeks
Mon	Jul 7-Aug 25	6:00pm-8:00pm	\$18.12
<a href="#">61811</a>	55yrs+	Heydenshore Pavilion	7 weeks
Mon	Jul 7-Aug 25	9:00am-11:00am	\$18.12
<a href="#">61810</a>	55yrs+	Heydenshore Pavilion	8 weeks
Tue	Jul 8-Aug 26	2:00pm-4:00pm	\$20.30

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

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

<a href="#">61942</a>	55yrs+	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	3:00pm-5:15pm	\$22.44

### **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 includes ball fee. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

<a href="#">61813</a>	55yrs+	Heydenshore Pavilion	6 weeks
Fri	Jul 4-Aug 29	9:30am-11:30am	\$15.96
<a href="#">61812</a>	55yrs+	Heydenshore Pavilion	7 weeks
Tue	Jul 8-Aug 26	9:00am-11:00am	\$18.12

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

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

<a href="#">61943</a>	55yrs+	Brooklin CC&L	9 weeks
Wed	Jul 2-Aug 27	12:30pm-2:45pm	\$22.44

## Special Events

### Line Dance Workshop with Nicole (%)

Join your friends and dance with Nicole at this Line Dance Workshop and Social. Enjoy an afternoon filled with all the dances you love, meet new friends and have some fun! Nicole will offer dances at Beginner, Beginner Plus and Intermediate levels with a break in the middle of the event. Dress for summer and bring your water bottle and dancing shoes.

<a href="#">63220</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Jul 14-Jul 14	3:15pm-5:15pm	\$5.00

## Wellness and Lifestyle

### Forest Bathing (Shinrin Yoku) Workshop

Forest Bathing began as a practice in Japan and became a recognized health practice globally by the early 2000's. Participants learn the science behind why being immersed in nature and especially being among trees improves our mental and physical health.

<a href="#">63503</a>	55yrs+	Whitby 55+ Rec Centre	1 week
Tues	Jul 15-Jul 15	10:00am-11:30am	Free

### Powerful Tools for Caregivers Workshop

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

<a href="#">62642</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Jul 2-Aug 6	9:30am-11:00am	Free

### Practical Planning for your Health Workshop

There was a time when we thought of wellness as simply that our body was disease-free. Now we understand health and wellness include taking care of many aspects of our well-being, including physical, emotional, intellectual, social and spiritual. In this workshop, we explore what it means to do well in each area of our health and actions we can take in places you wish to see improvement.

<a href="#">63504</a>	55yrs+	Whitby 55+ Rec Centre	1 week
Tues	Aug 19-Aug 19	10:00am-11:30am	Free

# Station Gallery Programs

## Art Workshops

### **AAW - Brushes & Beverages: Family Edition! (#@%)**

Unleash your creativity at Paint Night! Join us for an evening of artistic expression as you paint, sip, and enjoy some time with your loved ones. Our friendly instructors will help you create your own masterpieces in a fun and relaxed atmosphere surrounded by inspiring artworks in our galleries.\*All materials provided - canvas, acrylic paint and a beverage\*Cash bar and light refreshments available\*All family members must be individually enrolled

<a href="#">61107</a>	8yrs+	Station Gallery	1 class
Sat	Sep 6-Sep 6	1:00pm-2:30pm	\$45/\$50

### **AAW - Brushes & Beverages: Paint Night at SG (#@%)**

Unleash your creativity at Paint Night! 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.\*All materials provided - canvas, acrylic paint and a beverage\*Cash bar and light refreshments available

<a href="#">61112</a>	19yrs+	Station Gallery	1 class
Thu	Jun 12-Jun 12	7:00pm-9:00pm	\$45/\$50
<a href="#">61106</a>	19yrs+	Station Gallery	1 class
Thu	Jul 24-Jul 24	7:00pm-9:00pm	\$45/\$50
<a href="#">61104</a>	19yrs+	Station Gallery	1 class
Thu	Aug 7-Aug 7	7:00pm-9:00pm	\$45/\$50
<a href="#">61105</a>	19yrs+	Station Gallery	1 class
Thu	Aug 21-Aug 21	7:00pm-9:00pm	\$45/\$50

### **AAW - Brushes & Beverages: Teen Edition! (#@%)**

Unleash your creativity at Paint Night! 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.\*All materials provided - canvas, acrylic paint, non-alcoholic beverages, and light refreshments available

<a href="#">61103</a>	13-18yrs+	Station Gallery	1 class
Thu	Jul 10-Jul 10	7:00pm-9:00pm	\$45/\$50