

# Winter 2024 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.

### **Subsidized Program Guide**

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

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# Preschool Programs

## General Interest

### Messy Family Fun (%)

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

<a href="#">51257</a>	18mos-5yrs	Brooklin CC&L	10 weeks
Fri	Jan 19-Mar 29	9:15am-10:00am	\$85.52

### Parent and Tot Music (%)

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

<a href="#">51271</a>	18mos-3yrs	Brooklin CC&L	9 weeks
Mon	Jan 15-Mar 25	11:30am-12:15pm	\$76.97

### Parent and Tot Theme Days- ABC's (%)

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

<a href="#">51258</a>	18mons-4yrs	Brooklin CC&L	1 class
Fri	Feb 23-Feb 23	11:30am-12:15pm	\$8.55

### Parent and Tot Theme Days- Happy New Year (%)

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

<a href="#">51259</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jan 19-Jan 19	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days- Red, Yellow and Blue (%)

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

<a href="#">51260</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Feb 2-Feb 2	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days- Winter Animals (%)

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

<a href="#">51261</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jan 26-Jan 26	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days-Brown Bear Brown Bear (%)

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

<a href="#">51262</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 22-Mar 22	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days-Happy St. Patrick's Day(%)

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

<a href="#">51263</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 8-Mar 8	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days-Happy Valentine's Day(%)

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

<a href="#">51264</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Feb 9-Feb 9	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days-I love my family (%)

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

<a href="#">51265</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Feb 16-Feb 16	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days-Old MacDonald's Farm(%)

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

<a href="#">51266</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 29-Mar 29	11:30am-12:15pm	\$8.55

## Parent and Tot Theme Days-The Very Hungry Caterpillar(%)

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

<a href="#">51267</a>	18mos-4yrs	Brooklin CC&L	1 class
Fri	Mar 1-Mar 1	11:30am-12:15pm	\$8.55

## Ready for School (%)

If your child is heading off to kindergarten soon, this is the perfect class to get them ready for school! It introduces children to the fundamentals of science, math, and language. It also introduces fine and gross motor skills taught in school by using structured circle and table activities in a fun-filled and positive atmosphere. In preparation for Kindergarten, this program promotes independence and socialization skills. Children should be toilet trained and out of diapers in order to join this class. Children must be 4 by December 31, 2024, in order to register for this program.

<a href="#">51269</a>	4-5yrs	Brooklin CC&L	19 classes
Mon,Wed	Jan 15-Mar 27	9:15am-11:15am	\$324.98
<a href="#">51268</a>	4-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Jan 16-Mar 28	9:15am-11:15am	\$342.08
<a href="#">51270</a>	4-5yrs	Brooklin CC&L	10 weeks
Fri	Jan 19-Mar 29	9:15am-11:15am	\$171.04



<a href="#">52392</a>	4-5yrs	McKinney	20 classes
Mon,Wed	Jan 15-Mar 27	9:15am-11:15am	\$342.08

## 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="#">51272</a>	2-5yrs	Brooklin CC&L	10 weeks
Wed	Jan 17-Mar 27	11:30am-12:15pm	\$85.52

## Leagues and Sporting Groups

### Parent and Tot Basketball

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

<a href="#">51966</a>	3-5yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	10:15am-10:55am	\$70.51

### 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="#">51967</a>	3-5yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	11:45am-12:25pm	\$70.51

### 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="#">51968</a>	2-3yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	11:00am-11:40am	\$70.51

## 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="#">51969</a>	2-4yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	9:30am-10:10am	\$70.51

## Parent and Tot Rookie Sports (%)

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

<a href="#">51970</a>	18-30ms	Brooklin CC&L	11 classes
Sat	Jan 13-Mar23	9:00am-9:25am	\$47.08

# Children Programs

## Computer & Technology

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

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

<a href="#">52385</a>	8-14yrs	Brooklin CC&L	8 classes
Thu	Jan 11-Feb 29	7:25pm-8:55pm	\$270.00

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

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

<a href="#">52386</a>	6-11yrs	Brooklin CC&L	8 classes
Thu	Jan 11-Feb 29	4:45pm-5:45pm	\$170.00

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

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

<a href="#">52387</a>	8-12yrs	Brooklin CC&L	8 classes
Thu	Jan 11-Feb 29	5:50pm-7:20pm	\$270.00

## **Leagues and Sporting Groups**

### **Badminton - Basics for Kids**

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

<a href="#">51950</a>	7-9yrs	Brooklin CC&L	11 classes
Wed	Jan 10-Mar 20	6:00pm-6:25pm	\$47.08

### **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="#">51951</a>	10-12yrs	Brooklin CC&L	11 classes
Wed	Jan 10-Mar 20	6:30pm-7:25pm	\$94.05

### **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="#">51955</a>	6-8yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	3:00pm-3:55pm	\$94.05
<a href="#">51954</a>	6-8yrs	Brooklin CC&L	11 classes
Tue	Jan 9-Mar 19	5:00pm-5:55pm	\$94.05

## Basketball – Kids

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

<a href="#">51956</a>	9-11yrs	Brooklin CC&L	11 classes
Thu	Jan 11-Mar 21	5:00pm-5:55pm	\$94.05
<a href="#">51957</a>	9-11yrs	Brooklin CC&L	16 classes
Sat	Jan 13 -Mar 23	4:00pm-4:55pm	\$94.05

## 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="#">51964</a>	6-8yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	2:00pm-2:55pm	\$94.05

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

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

<a href="#">51975</a>	3-5yrs	Brooklin CC&L	9 classes
Sun	Jan 14-Mar 24	9:45am-10:45am	\$206.25
<a href="#">51976</a>	5-8yrs	Brooklin CC&L	9 classes
Sun	Jan 14-Mar 24	10:45am-11:45am	\$206.25
<a href="#">51977</a>	3-5yrs	Brooklin CC&L	9 classes
Sun	Jan 14-Mar 24	11:45am-12:45pm	\$206.25
<a href="#">51973</a>	3-5yrs	Brooklin CC&L	9 classes
Mon	Jan 8-Mar 18	5:30pm-6:30pm	\$206.25
<a href="#">51974</a>	5-8yrs	Brooklin CC&L	9 classes
Mon	Jan 8-Mar 18	6:30pm-7:30pm	\$206.25

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

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

<a href="#">51978</a>	2-3yrs	Brooklin CC&L	9 classes
Sun	Jan 14-Mar 24	9:00am-9:45am	\$206.25
<a href="#">51979</a>	2-3yrs	Brooklin CC&L	19 classes
Mon	Jan 8-Mar 18	4:45pm-5:30pm	\$206.25

## March Break Camps

### March Break Kidz Camp

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

<a href="#">51255</a>	6-13yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 11-Mar 15	9:00am-4:30pm	\$217.06

### March Break Kinder Camp

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

<a href="#">51256</a>	4-5yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 11-Mar 15	9:00am-4:30pm	\$229.33

### Sportball-March Break Camp

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

<a href="#">52390</a>	4-8yrs	McKinney Centre	5 days
Mon-Fri	Mar 11-Mar 15	9:00am-4:30pm	\$170.00

# Youth Programs

## First Aid & SafetyStay

### Safe! Course (#@%)

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

<a href="#">51945</a>	9-13yrs	McKinney Centre	1 class
Fri	Jan 26-Jan 26	9:00am-3:00pm	\$71.00
<a href="#">51946</a>	9-13yrs	Brooklin CC&L	1 classes
Thu	Mar 14-Mar 14	9:00am-3:00pm	\$71.00

## Leadership and Training

### Babysitting Course (#@%)

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

<a href="#">51943</a>	11-16yrs	Brooklin CC&L	1 class
Fri	Jan 26-Jan 26	9:00am-5:00pm	\$76.00
<a href="#">51944</a>	11-16yrs	McKinney Centre	1 class
Thu	Mar 13-Mar 13	9:00am-5:00pm	\$76.00

## Leagues and Sporting Groups

### Badminton – Youth

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

<a href="#">51952</a>	11-15yrs	Brooklin CC&L	11 classes
Wed	Jan 10-Mar 20	7:30pm-8:25pm	\$94.05

## Basketball – Youth

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

<a href="#">51958</a>	11-14yrs	Brooklin CC&L	11 classes
Thu	Jan 11-Mar21	6:00pm-6:55pm	\$94.05
<a href="#">51959</a>	11-14yrs	Brooklin CC&L	11 classes
Sat	Jan 13-Mar 23	5:00pm-5:55pm	\$94.05

# Programs Community Connection

## Adult

### Leagues and Sporting Groups

#### Badminton for Adults (#@%)

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

<a href="#">52008</a>	18 and up	Donald A. Wilson S.S.	14 weeks
Wed	Jan 17-May 1	6:15pm-7:15pm	\$84.00
<a href="#">52009</a>	18 and up	Donald A. Wilson S.S.	14 weeks
Wed	Jan 17-May 1	7:15pm-8:15pm	\$84.00
<a href="#">52010</a>	18 and up	Donald A. Wilson S.S.	14 weeks
Wed	Jan 17-May 1	8:15pm-9:15pm	\$84.00

#### Volleyball Adult Co-Ed Recreational (#@)

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

<a href="#">51999</a>	16 and up	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	7:45pm-9:00pm	\$98.00

## Children Programs

### Dance

#### Ballet /Jazz (@#)

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

<a href="#">52013</a>	5-6yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	7:00pm-7:30pm	\$60.00

#### Ballet 1 (#@)

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

<a href="#">52039</a>	3-4yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	6:00pm-6:30pm	\$60.00
<a href="#">52014</a>	3-4yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	6:00pm-6:30pm	\$60.00
<a href="#">52048</a>	4-5yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	6:30pm-7:00pm	\$60.00
<a href="#">52015</a>	3-4yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	6:00pm-6:30pm	\$70.00
<a href="#">52005</a>	3-4yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:30pm	\$70.00

#### Dance Medley (#@)

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

<a href="#">52045</a>	4-5yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	6:30pm-7:00pm	\$60.00
<a href="#">52047</a>	6-7yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	7:00pm-7:30pm	\$60.00
<a href="#">52021</a>	5-6yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	6:30pm-7:00pm	\$70.00



<a href="#">52022</a>	7-10yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	7:30pm-8:15pm	\$105.00
<a href="#">52049</a>	6-7yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	7:00pm-7:30pm	\$70.00
<a href="#">52034</a>	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:45pm	\$105.00
<a href="#">52035</a>	7-10yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	7:30pm-8:15pm	\$105.00
<a href="#">51997</a>	3-4yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	6:30pm-7:00pm	\$70.00
<a href="#">51998</a>	5-6yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	7:00pm-7:30pm	\$70.00
<a href="#">52006</a>	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	7:30pm-8:15pm	\$105.00

## Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles.

<a href="#">52026</a>	7-10yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	7:30pm-8:15pm	\$90.00
<a href="#">52046</a>	7-10yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	7:30pm-8:15pm	\$60.00
<a href="#">52025</a>	6-7yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:45pm-7:30pm	\$105.00

## Drawing & Painting

### Art Connection (#@%)

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

<a href="#">52037</a>	6-7yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	6:00pm-6:45pm	\$98.00

<a href="#">52038</a>	8-11yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	6:45pm-7:30pm	\$98.00
<a href="#">52011</a>	6-7yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:45pm	\$115.00
<a href="#">52012</a>	8-11yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:45pm-7:30pm	\$115.00

## General Interest

### Lego Club (#@%)

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

<a href="#">52027</a>	6-11yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	6:00pm-6:45pm	\$80.00
<a href="#">52028</a>	6-11yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	6:45pm-7:30pm	\$80.00

## Children Leagues and Sporting Groups

### Basketball with Community Connection (@#)

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

<a href="#">52016</a>	5-6yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	6:00pm-6:45pm	\$90.00
<a href="#">52017</a>	7-8yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	6:45pm-7:30pm	\$90.00
<a href="#">52018</a>	9-12yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	7:30pm-8:15pm	\$90.00
<a href="#">52050</a>	9-11yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	7:30pm-8:15pm	\$105.00
<a href="#">52019</a>	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:45pm	\$105.00

<a href="#">52020</a>	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:45pm-7:30pm	\$105.00

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

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

<a href="#">52040</a>	5-7yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	6:00pm-6:30pm	\$60.00
<a href="#">51992</a>	5-7yrs	Ormiston P.S.	14 weeks
Tue	Jan 16-Apr 30	6:00pm-6:30pm	\$70.00
<a href="#">51986</a>	5-7yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:30pm	\$70.00
<a href="#">51980</a>	5-7yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 18-May 9	6:00pm-6:30pm	\$70.00

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

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

<a href="#">52041</a>	5-7yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	6:30pm-7:00pm	\$60.00
<a href="#">51993</a>	5-7yrs	Ormiston P.S.	14 weeks
Tue	Jan 16-Apr 30	6:30pm-7:00pm	\$70.00
<a href="#">51987</a>	5-7yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 17-May 1	6:30pm-7:00pm	\$70.00

<a href="#">51981</a>	5-7yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 18-May 9	6:30pm-7:00pm	\$70.00

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

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

<a href="#">52042</a>	8-17yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	7:00pm-7:30pm	\$60.00
<a href="#">51994</a>	8-17yrs	Ormiston P.S.	14 weeks
Tue	Jan 16-Apr 30	7:00pm-7:30pm	\$70.00
<a href="#">51988</a>	8-17yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 17-May 1	7:00pm-7:30pm	\$70.00
<a href="#">51982</a>	8-17yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 18-May 9	7:00pm-7:30pm	\$70.00

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

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

<a href="#">52043</a>	8-17yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	7:30pm-8:00pm	\$60.00
<a href="#">51995</a>	8-15yrs	Ormiston P.S.	14 weeks
Tue	Jan 16-Apr 30	7:30pm-8:00pm	\$70.00
<a href="#">51989</a>	8-15yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 17-May 1	7:30pm-8:00pm	\$70.00

<a href="#">51983</a>	8-15yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 18-May 9	7:30pm-8:00pm	\$70.00

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

<a href="#">52044</a>	8-15yrs	Brooklin Village P.S.	12 weeks
Mon	Jan 15-May 6	7:30pm-8:30pm	\$120.00
<a href="#">51996</a>	8-15yrs	Ormiston P.S.	14 weeks
Tue	Jan 16-Apr 30	7:30pm-8:30pm	\$140.00
<a href="#">51990</a>	8-15yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 17-May 1	7:30pm-8:30pm	\$140.00
<a href="#">51984</a>	8-15yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 18-May 9	7:30pm-8:30pm	\$140.00

### **Dodgeball for Kids (@#)**

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

<a href="#">52023</a>	9-12yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	6:45pm-7:30pm	\$105.00
<a href="#">52024</a>	6-8yrs	John Dryden P.S.	14 weeks
Tue	Jan 16-Apr 30	6:00pm-6:45pm	\$105.00

### **Soccer for Kids with Community Connection (@#)**

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

<a href="#">52029</a>	5-6yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	6:00pm-6:45pm	\$90.00
<a href="#">52030</a>	7-8yrs	John Dryden P.S.	12 weeks
Mon	Jan 15-May 6	6:45pm-7:30pm	\$90.00
<a href="#">52031</a>	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:45pm	\$105.00

<a href="#">52032</a>	6-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	6:45pm-7:30pm	\$105.00
<a href="#">52033</a>	9-12yrs	John Dryden P.S.	14 weeks
Wed	Jan 17-May 1	7:30pm-8:15pm	\$105.00

## **Volleyball Co-ed (#@)**

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

<a href="#">52000</a>	12-14yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	6:45pm-7:45pm	\$140.00
<a href="#">52001</a>	11-12yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-6:45pm	\$105.00

## **Music and Drama**

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

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

<a href="#">52051</a>	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	6:00pm-7:00pm	\$140.00

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

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

<a href="#">52052</a>	10-15yrs	Ormiston P.S.	14 weeks
Wed	Jan 17-May 1	7:00pm-8:00pm	\$140.00

## **Swim Programs**

### **Aquafit**

#### **Aquafit - Deep Water**

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

<a href="#">52368</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Tue	Jan 9-Mar 19	9:00am-9:45am	\$87.00
<a href="#">52377</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Tue	Jan 9-Mar 19	9:45am-10:30am	\$87.00
<a href="#">52378</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Wed	Jan 10-Mar 20	9:00am-9:45am	\$87.00
<a href="#">52379</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Wed	Jan 10-Mar 20	9:45am-10:30am	\$87.00
<a href="#">52380</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Wed	Jan 10-Mar 20	8:00pm-8:45pm	\$87.00
<a href="#">52381</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Jan 12-Mar 22	9:00am-9:45am	\$87.00
<a href="#">52382</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Jan 12-Mar 22	9:45am-10:30am	\$87.00

## 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="#">52376</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Sat	Jan 6-Mar 23	1:15pm-2:00pm	\$87.00
<a href="#">52367</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Mon	Jan 8-Mar 25	9:00am-9:45am	\$87.00
<a href="#">52369</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Mon	Jan 8-Mar 25	9:45am-10:30am	\$87.00
<a href="#">52370</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Tue	Jan 9-Mar 19	8:45am-9:30am	\$87.00
<a href="#">52371</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Tue	Jan 9-Mar 19	7:15pm-8:00pm	\$87.00
<a href="#">52372</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Thu	Jan 11-Mar 21	9:00am-9:45am	\$87.00

<a href="#">52373</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Thu	Jan 11-Mar 21	9:45am-10:30am	\$87.00
<a href="#">52374</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Thu	Jan 11-Mar 21	7:15pm-8:00pm	\$87.00
<a href="#">52375</a>	13yrs+	Whitby Civic Rec Complex	10 classes
Fri	Jan 12-Mar 22	8:45am-9:30am	\$87.00

## Adult Swimming Lessons

### Adult Swimmer 1/2/3- CRC

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

<a href="#">52303</a>	14yrs+	Whitby Civic Rec Complex	10 classes
Sat	Jan 6-Mar 23	12:00pm-12:45pm	\$115.54

## Children

### Swimmer 1 – AOP

### 6-13yrs

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$106.97</b>
<a href="#">51609</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">51610</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">51611</a>	Sat	Jan 6-Mar 23	12:00pm-12:30pm
<a href="#">51658</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">51659</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">51660</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">51661</a>	Sun	Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">51431</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51473</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51474</a>	Mon	Jan 8-Mar 25	7:30pm-8:00pm



<a href="#">51503</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51504</a>	Tue	Jan 9-Mar 19	7:00pm-7:30pm
<a href="#">51505</a>	Tue	Jan 9-Mar 19	8:00pm-8:30pm
<a href="#">51539</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51540</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">52354</a>	Wed	Jan 10-Mar 20	7:30pm-8:00pm
<a href="#">51570</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">51571</a>	Thu	Jan 11-Mar 21	7:00pm-7:30pm
<a href="#">51572</a>	Thu	Jan 11-Mar 21	8:00pm-8:30pm

## 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.

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$106.97</b>	
<a href="#">52237</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">52238</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">52244</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">52245</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52246</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">52247</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52248</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">52251</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52252</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">52253</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">52254</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">52256</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51456</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51776</a>	Mon	Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51777</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51778</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51779</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51780</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm

<a href="#">51781</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51839</a>	Tue	Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51840</a>	Tue	Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51841</a>	Tue	Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51842</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51843</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51844</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51905</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51906</a>	Wed	Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51907</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51908</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51909</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51910</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51911</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52080</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52081</a>	Thu	Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52082</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52083</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52084</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52085</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52142</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52143</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52144</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm
<a href="#">52145</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm
<a href="#">52146</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm
<a href="#">52147</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm

## Swimmer 2 – AOP

## 6-13yrs

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

**10 classes**

**Anne Ottenbrite Pool**

**\$106.97**

<a href="#">51612</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">51613</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">51614</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">51662</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">51663</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51664</a>	Sun	Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">51432</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51475</a>	Mon	Jan 8-Mar 25	7:30pm-8:00pm
<a href="#">51476</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51477</a>	Mon	Jan 8-Mar 25	8:00pm-8:30pm
<a href="#">51506</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51507</a>	Tue	Jan 9-Mar 19	7:30pm-8:00pm
<a href="#">51508</a>	Tue	Jan 9-Mar 19	8:00pm-8:30pm
<a href="#">51541</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51542</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52353</a>	Wed	Jan 10-Mar 20	7:30pm-8:00pm
<a href="#">51573</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">51574</a>	Thu	Jan 11-Mar 21	7:30pm-8:00pm
<a href="#">51575</a>	Thu	Jan 11-Mar 21	8:00pm-8:30pm

## Swimmer 2 – CRC

**6-13yrs**

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$106.97</b>	
<a href="#">52261</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">52266</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">52267</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">52268</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52274</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">52275</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52276</a>	Sun	Jan 7-Mar 24	9:00am-9:30am

<a href="#">52277</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52278</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">52279</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">52280</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">52281</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51457</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51783</a>	Mon	Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51784</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51785</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51786</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51787</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51846</a>	Tue	Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51847</a>	Tue	Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51848</a>	Tue	Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51849</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51850</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51913</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51914</a>	Wed	Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51915</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51916</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51917</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51918</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52086</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52087</a>	Thu	Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52088</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52089</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52090</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52149</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52150</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52151</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm
<a href="#">52152</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm
<a href="#">52153</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm

## Swimmer 3 – AOP

6-13yrs

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$110.09</b>
<a href="#">51615</a>	Sat Jan 6-Mar 23	9:00am-9:45am
<a href="#">51616</a>	Sat Jan 6-Mar 23	9:45am-10:30am
<a href="#">51617</a>	Sat Jan 6-Mar 23	10:30am-11:15am
<a href="#">51618</a>	Sat Jan 6-Mar 23	11:15am-12:00pm
<a href="#">51665</a>	Sun Jan 7-Mar 24	9:00am-9:45am
<a href="#">51666</a>	Sun Jan 7-Mar 24	10:30am-11:15am
<a href="#">51667</a>	Sun Jan 7-Mar 24	11:15am-12:00pm
<a href="#">51668</a>	Sun Jan 7-Mar 24	12:00pm-12:45pm
<a href="#">51433</a>	Mon Jan 8-Mar 25	5:30pm-6:15pm
<a href="#">51478</a>	Mon Jan 8-Mar 25	6:15pm-7:00pm
<a href="#">51479</a>	Mon Jan 8-Mar 25	7:00pm-7:45pm
<a href="#">51509</a>	Tue Jan 9-Mar 19	6:00pm-6:45pm
<a href="#">51510</a>	Tue Jan 9-Mar 19	6:45pm-7:30pm
<a href="#">51511</a>	Tue Jan 9-Mar 19	7:30pm-8:15pm
<a href="#">51544</a>	Wed Jan 10-Mar 20	6:15pm-7:00pm
<a href="#">51545</a>	Wed Jan 10-Mar 20	7:00pm-7:45pm
<a href="#">51546</a>	Wed Jan 10-Mar 20	5:30pm-6:15pm
<a href="#">51576</a>	Thu Jan 11-Mar 21	6:00pm-6:45pm
<a href="#">51577</a>	Thu Jan 11-Mar 21	6:45pm-7:30pm
<a href="#">51578</a>	Thu Jan 11-Mar 21	7:30pm-8:15pm

## Swimmer 4 – AOP

6-13yrs

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$110.09</b>
<a href="#">51619</a>	Sat Jan 6-Mar 23	9:00am-9:45am

<a href="#">51620</a>	Sat	Jan 6-Mar 23	10:30am-11:15am
<a href="#">51621</a>	Sat	Jan 6-Mar 23	11:15am-12:00pm
<a href="#">51622</a>	Sat	Jan 6-Mar 23	12:00pm-12:45pm
<a href="#">51669</a>	Sun	Jan 7-Mar 24	9:00am-9:45am
<a href="#">51670</a>	Sun	Jan 7-Mar 24	9:45am-10:30am
<a href="#">51671</a>	Sun	Jan 7-Mar 24	10:30am-11:15am
<a href="#">51672</a>	Sun	Jan 7-Mar 24	11:15am-12:00pm
<a href="#">51434</a>	Mon	Jan 8-Mar 25	5:30pm-6:15pm
<a href="#">51480</a>	Mon	Jan 8-Mar 25	6:15pm-7:00pm
<a href="#">51481</a>	Mon	Jan 8-Mar 25	7:00pm-7:45pm
<a href="#">51482</a>	Mon	Jan 8-Mar 25	7:45pm-8:30pm
<a href="#">51512</a>	Tue	Jan 9-Mar 19	6:00pm-6:45pm
<a href="#">51513</a>	Tue	Jan 9-Mar 19	6:45pm-7:30pm
<a href="#">51514</a>	Tue	Jan 9-Mar 19	7:30pm-8:15pm
<a href="#">51547</a>	Wed	Jan 10-Mar 20	5:30pm-6:15pm
<a href="#">51548</a>	Wed	Jan 10-Mar 20	6:15pm-7:00pm
<a href="#">51549</a>	Wed	Jan 10-Mar 20	7:00pm-7:45pm
<a href="#">51579</a>	Thu	Jan 11-Mar 21	6:00pm-6:45pm
<a href="#">51580</a>	Thu	Jan 11-Mar 21	6:45pm-7:30pm
<a href="#">51581</a>	Thu	Jan 11-Mar 21	7:30pm-8:15pm

## Swimmer 5 – AOP

## 6-13yrs

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

### 10 classes

### Anne Ottenbrite Pool

**\$110.09**

<a href="#">51623</a>	Sat	Jan 6-Mar 23	9:00am-9:45am
<a href="#">51624</a>	Sat	Jan 6-Mar 23	9:45am-10:30am
<a href="#">51625</a>	Sat	Jan 6-Mar 23	10:30am-11:15am
<a href="#">51626</a>	Sat	Jan 6-Mar 23	12:00pm-12:45pm
<a href="#">51673</a>	Sun	Jan 7-Mar 24	9:00am-9:45am

<a href="#">51674</a>	Sun	Jan 7-Mar 24	9:45am-10:30am
<a href="#">51675</a>	Sun	Jan 7-Mar 24	11:15am-12:00pm
<a href="#">51676</a>	Sun	Jan 7-Mar 24	12:00pm-12:45pm
<a href="#">51435</a>	Mon	Jan 8-Mar 25	5:30pm-6:15pm
<a href="#">51483</a>	Mon	Jan 8-Mar 25	7:00pm-7:45pm
<a href="#">51484</a>	Mon	Jan 8-Mar 25	7:45pm-8:30pm
<a href="#">51515</a>	Tue	Jan 9-Mar 19	6:00pm-6:45pm
<a href="#">51516</a>	Tue	Jan 9-Mar 19	6:45pm-7:30pm
<a href="#">51517</a>	Tue	Jan 9-Mar 19	7:30pm-8:15pm
<a href="#">51551</a>	Wed	Jan 10-Mar 20	5:30pm-6:15pm
<a href="#">51552</a>	Wed	Jan 10-Mar 20	7:00pm-7:45pm
<a href="#">51553</a>	Wed	Jan 10-Mar 20	6:15pm-7:00pm
<a href="#">51582</a>	Thu	Jan 11-Mar 21	6:00pm-6:45pm
<a href="#">51583</a>	Thu	Jan 11-Mar 21	6:45pm-7:30pm
<a href="#">51584</a>	Thu	Jan 11-Mar 21	7:30pm-8:15pm

## Swimmer 6 – AOP

## 6-13yrs

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$110.09</b>	
<a href="#">51627</a>	Sat	Jan 6-Mar 23	9:45am-10:30am
<a href="#">51628</a>	Sat	Jan 6-Mar 23	11:15am-12:00pm
<a href="#">51629</a>	Sat	Jan 6-Mar 23	12:00pm-12:45pm
<a href="#">51677</a>	Sun	Jan 7-Mar 24	9:45am-10:30am
<a href="#">51678</a>	Sun	Jan 7-Mar 24	10:30am-11:15am
<a href="#">51679</a>	Sun	Jan 7-Mar 24	12:00pm-12:45pm
<a href="#">51436</a>	Mon	Jan 8-Mar 25	6:15pm-7:00pm
<a href="#">51485</a>	Mon	Jan 8-Mar 25	7:45pm-8:30pm
<a href="#">51518</a>	Tue	Jan 9-Mar 19	6:00pm-6:45pm

<a href="#">51519</a>	Tue	Jan 9-Mar 19	6:45pm-7:30pm
<a href="#">51520</a>	Tue	Jan 9-Mar 19	7:30pm-8:15pm
<a href="#">51554</a>	Wed	Jan 10-Mar 20	7:00pm-7:45pm
<a href="#">52351</a>	Wed	Jan 10-Mar 20	5:30pm-6:15pm
<a href="#">52352</a>	Wed	Jan 10-Mar 20	6:15pm-7:00pm
<a href="#">51585</a>	Thu	Jan 11-Mar 21	6:00pm-6:45pm
<a href="#">51586</a>	Thu	Jan 11-Mar 21	6:45pm-7:30pm
<a href="#">51587</a>	Thu	Jan 11-Mar 21	7:30pm-8:15pm

## 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.

**10 classes**

**Anne Ottenbrite Pool**

**\$357.07**

<a href="#">51636</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">51637</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">51638</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">51639</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">51640</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">51641</a>	Sat	Jan 6-Mar 23	12:00pm-12:30pm
<a href="#">51715</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51716</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51717</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51718</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51719</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51720</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51721</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51722</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51723</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51724</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51725</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm



<a href="#">51726</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51727</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51728</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51729</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51730</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51731</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51732</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51733</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51734</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51735</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51736</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51737</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51738</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51739</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51740</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51741</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51742</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51743</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51744</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51745</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51746</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51688</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">51689</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">51690</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51691</a>	Sun	Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">51692</a>	Sun	Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">51486</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51487</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51588</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">51589</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">51590</a>	Thu	Jan 11-Mar 21	7:00pm-7:30pm
<a href="#">51591</a>	Thu	Jan 11-Mar 21	7:30pm-8:00pm

## 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.

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$357.07</b>
<a href="#">52290</a>	Sun Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">52291</a>	Sun Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">52292</a>	Sun Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">52293</a>	Sun Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">52294</a>	Sun Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">52295</a>	Sun Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">52296</a>	Sun Jan 7-Mar 24	1:00pm-1:30pm
<a href="#">52297</a>	Sun Jan 7-Mar 24	1:00pm-1:30pm
<a href="#">52298</a>	Sun Jan 7-Mar 24	1:00pm-1:30pm
<a href="#">52299</a>	Sun Jan 7-Mar 24	1:30pm-2:00pm
<a href="#">52300</a>	Sun Jan 7-Mar 24	1:30pm-2:00pm
<a href="#">52301</a>	Sun Jan 7-Mar 24	1:30pm-2:00pm
<a href="#">51807</a>	Tue Jan 9-Mar 19	1:30pm-2:00pm
<a href="#">51808</a>	Tue Jan 9-Mar 19	2:00pm-2:30pm
<a href="#">51809</a>	Tue Jan 9-Mar 19	2:30pm-3:00pm
<a href="#">51810</a>	Tue Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51811</a>	Tue Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51812</a>	Tue Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51813</a>	Tue Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51814</a>	Tue Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51866</a>	Wed Jan 10-Mar 20	1:30pm-2:00pm
<a href="#">51867</a>	Wed Jan 10-Mar 20	2:00pm-2:30pm
<a href="#">52091</a>	Thu Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52092</a>	Thu Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52093</a>	Thu Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52094</a>	Thu Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52095</a>	Thu Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52096</a>	Fri Jan 12-Mar 22	9:30am-10:00am

<a href="#">52097</a>	Fri	Jan 12-Mar 22	10:00am-10:30am
<a href="#">52098</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52099</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm
<a href="#">52100</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm

### **Semi-Private Swimmer 1 - AOP (#@)**

**6-13yrs**

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51631</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">51703</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51704</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51680</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">51443</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm

### **Semi-Private 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. Ratio 3:1

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$218.13</b>
<a href="#">52257</a>	Sun	Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">52258</a>	Sun	Jan 7-Mar 24	1:00pm-1:30pm
<a href="#">51463</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51782</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51903</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51904</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm

### **Semi-Private Swimmer 2 - AOP (#@)**

**6-13yrs**

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support

themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres). Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51632</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">51705</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51706</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51681</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">51444</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm

### **Semi-Private Swimmer 2 - CRC (#@)**

**6-13yrs**

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres). Ratio 3:1

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$218.13</b>
<a href="#">52285</a>	Sun	Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">52286</a>	Sun	Jan 7-Mar 24	1:30pm-2:00pm
<a href="#">51464</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51912</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">52148</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm

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

**6-13yrs**

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 metres of front crawl, back crawl and 10 metres of whip kick. Flutter kick interval training increases to 4 x 15 metres. Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51633</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">51707</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51708</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51682</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">51445</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm

## Semi-Private Swimmer 4 - AOP (#@)

6-13yrs

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

Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$218.13</b>
<a href="#">51634</a>	Sat Jan 6-Mar 23	10:30am-11:00am
<a href="#">51709</a>	Sat Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51710</a>	Sat Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51683</a>	Sun Jan 7-Mar 24	10:30am-11:00am
<a href="#">51446</a>	Mon Jan 8-Mar 25	7:00pm-7:30pm

## Semi-Private Swimmer 5- AOP (#@)

6-13yrs

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$218.13</b>
<a href="#">51635</a>	Sat Jan 6-Mar 23	11:00am-11:30am
<a href="#">51711</a>	Sat Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51712</a>	Sat Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51685</a>	Sun Jan 7-Mar 24	11:00am-11:30am
<a href="#">51447</a>	Mon Jan 8-Mar 25	7:30pm-8:00pm

## Semi-Private Swimmer 6 - AOP (#@)

6-13yrs

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 metres. They'll easily swim lengths of front crawl, back crawl and breaststroke, and they'll complain about the 300 metre workout. Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$218.13</b>
<a href="#">51630</a>	Sat Jan 6-Mar 23	11:30am-12:00pm

<a href="#">51713</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51714</a>	Sat	Jan 6-Mar 23	7:00pm-7:30pm
<a href="#">51684</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51448</a>	Mon	Jan 8-Mar 25	8:00pm-8:30pm

## Preschool

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

**4-12months**

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

**10 classes**

**Anne Ottenbrite Pool**

**\$106.97**

<a href="#">51592</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">51643</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">51423</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51488</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51525</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm

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

**4-12months**

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

10 classes

Whitby Civic Rec Complex

\$106.97

<a href="#">52154</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">52155</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52156</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52161</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">51449</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51753</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51788</a>	Tue	Jan 9-Mar 19	9:30am-10:00am
<a href="#">51789</a>	Tue	Jan 9-Mar 19	11:00am-11:30am
<a href="#">51792</a>	Tue	Jan 9-Mar 19	1:30pm-2:00pm
<a href="#">51794</a>	Tue	Jan 9-Mar 19	2:00pm-2:30pm
<a href="#">51815</a>	Tue	Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51816</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51851</a>	Wed	Jan 10-Mar 20	10:30am-11:00am

<a href="#">51868</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51869</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">52056</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52057</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52101</a>	Fri	Jan 12-Mar 22	10:00am-10:30am
<a href="#">52102</a>	Fri	Jan 12-Mar 22	11:00am-11:30am
<a href="#">52103</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52104</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm

### Parent and Tot 2 - AOP (%)

**12-24months**

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$106.97</b>
<a href="#">51596</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">51644</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">51424</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51489</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51524</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm

### Parent and Tot 2 - CRC (%)

**12-24months**

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$106.97</b>
<a href="#">52157</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">52158</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">52159</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">52160</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">51450</a>	Mon	Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51754</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51790</a>	Tue	Jan 9-Mar 19	10:00am-10:30am
<a href="#">51793</a>	Tue	Jan 9-Mar 19	1:30pm-2:00pm
<a href="#">51817</a>	Tue	Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51818</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51852</a>	Wed	Jan 10-Mar 20	10:00am-10:30am

<a href="#">51870</a>	Wed	Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51871</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">52058</a>	Thu	Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52059</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52105</a>	Fri	Jan 12-Mar 22	9:30am-10:00am
<a href="#">52106</a>	Fri	Jan 12-Mar 22	11:00am-11:30am
<a href="#">52107</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm

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

**2-3yrs**

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$106.97</b>
<a href="#">51597</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">51645</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">51425</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51490</a>	Tue	Jan 9-Mar 19	7:00pm-7:30pm
<a href="#">51526</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm

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

**2-3yrs**

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$106.97</b>
<a href="#">52162</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">52163</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52164</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">52165</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51451</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51791</a>	Tue	Jan 9-Mar 19	10:30am-11:00am
<a href="#">51819</a>	Tue	Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51853</a>	Wed	Jan 10-Mar 20	9:30am-10:00am
<a href="#">51872</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">52060</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52108</a>	Fri	Jan 12-Mar 22	10:30am-11:00am
<a href="#">52109</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm



[52110](#)

Fri

Jan 12-Mar 22

6:30pm-7:00pm

### Preschool 1 – AOP

**3-5yrs**

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

**10 classes**

**Anne Ottenbrite Pool**

**\$106.97**

[51598](#)

Sat

Jan 6-Mar 23

9:00am-9:30am

[51599](#)

Sat

Jan 6-Mar 23

10:00am-10:30am

[51600](#)

Sat

Jan 6-Mar 23

12:00pm-12:30pm

[51646](#)

Sun

Jan 7-Mar 24

9:00am-9:30am

[51647](#)

Sun

Jan 7-Mar 24

10:00am-10:30am

[51648](#)

Sun

Jan 7-Mar 24

12:30pm-1:00pm

[51426](#)

Mon

Jan 8-Mar 25

5:30pm-6:00pm

[51468](#)

Mon

Jan 8-Mar 25

6:00pm-6:30pm

[51491](#)

Tue

Jan 9-Mar 19

6:00pm-6:30pm

[51492](#)

Tue

Jan 9-Mar 19

6:30pm-7:00pm

[51493](#)

Tue

Jan 9-Mar 19

7:30pm-8:00pm

[51527](#)

Wed

Jan 10-Mar 20

5:30pm-6:00pm

[51528](#)

Wed

Jan 10-Mar 20

6:00pm-6:30pm

[52355](#)

Wed

Jan 10-Mar 20

6:30pm-7:00pm

[51559](#)

Thu

Jan 11-Mar 21

6:00pm-6:30pm

[51560](#)

Thu

Jan 11-Mar 21

6:30pm-7:00pm

### Preschool 1 – CRC

**3-5yrs**

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

**10 classes**

**Whitby Civic Rec Complex**

**\$106.97**

[52166](#)

Sat

Jan 6-Mar 23

9:00am-9:30am

[52167](#)

Sat

Jan 6-Mar 23

9:00am-9:30am

[52168](#)

Sat

Jan 6-Mar 23

9:30am-10:00am

[52169](#)

Sat

Jan 6-Mar 23

10:00am-10:30am

<a href="#">52170</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">52171</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52172</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">52173</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">52174</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52175</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">52176</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">52177</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52178</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">52179</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">52180</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">52181</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">52182</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">52184</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51452</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51755</a>	Mon	Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51756</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51757</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51758</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51759</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51795</a>	Tue	Jan 9-Mar 19	9:30am-10:00am
<a href="#">51796</a>	Tue	Jan 9-Mar 19	10:00am-10:30am
<a href="#">51797</a>	Tue	Jan 9-Mar 19	10:30am-11:00am
<a href="#">51798</a>	Tue	Jan 9-Mar 19	11:00am-11:30am
<a href="#">51799</a>	Tue	Jan 9-Mar 19	1:30pm-2:00pm
<a href="#">51800</a>	Tue	Jan 9-Mar 19	2:30pm-3:00pm
<a href="#">51820</a>	Tue	Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51821</a>	Tue	Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51822</a>	Tue	Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51823</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51824</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51854</a>	Wed	Jan 10-Mar 20	9:30am-10:00am
<a href="#">51855</a>	Wed	Jan 10-Mar 20	11:00am-11:30am

<a href="#">51856</a>	Wed	Jan 10-Mar 20	1:30pm-2:00pm
<a href="#">51857</a>	Wed	Jan 10-Mar 20	2:00pm-2:30pm
<a href="#">51858</a>	Wed	Jan 10-Mar 20	2:30pm-3:00pm
<a href="#">51873</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51874</a>	Wed	Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51875</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51876</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51877</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51878</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52061</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52062</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52063</a>	Thu	Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52064</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52065</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52111</a>	Fri	Jan 12-Mar 22	9:30am-10:00am
<a href="#">52112</a>	Fri	Jan 12-Mar 22	10:00am-10:30am
<a href="#">52113</a>	Fri	Jan 12-Mar 22	1:30pm-2:00pm
<a href="#">52114</a>	Fri	Jan 12-Mar 22	2:00pm-2:30pm
<a href="#">52115</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52116</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52117</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm
<a href="#">52118</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm
<a href="#">52119</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm

## Preschool 2 – AOP

## 3-5yrs

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

**10 classes**

**Anne Ottenbrite Pool**

**\$106.97**

<a href="#">51601</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">51602</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">51603</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">51649</a>	Sun	Jan 7-Mar 24	9:30am-10:00am

<a href="#">51650</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">51427</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51469</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51494</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51496</a>	Tue	Jan 9-Mar 19	7:00pm-7:30pm
<a href="#">51529</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51530</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51562</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">51563</a>	Thu	Jan 11-Mar 21	7:00pm-7:30pm

## Preschool 2 – CRC

## 3-5yrs

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$106.97</b>	
<a href="#">52187</a>	Sat	Jan 6-Mar 23	9:00am-9:30am
<a href="#">52188</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">52189</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">52190</a>	Sat	Jan 6-Mar 23	10:00am-10:30am
<a href="#">52191</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52192</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52193</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">52195</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52196</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52197</a>	Sun	Jan 7-Mar 24	9:00am-9:30am
<a href="#">52198</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52199</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52200</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">52201</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">52202</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">52203</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">52204</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">52205</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm

<a href="#">51465</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51760</a>	Mon	Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51761</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51762</a>	Mon	Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51763</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51764</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51801</a>	Tue	Jan 9-Mar 19	9:30am-10:00am
<a href="#">51802</a>	Tue	Jan 9-Mar 19	10:00am-10:30am
<a href="#">51803</a>	Tue	Jan 9-Mar 19	10:30am-11:00am
<a href="#">51804</a>	Tue	Jan 9-Mar 19	11:00am-11:30am
<a href="#">51805</a>	Tue	Jan 9-Mar 19	2:00pm-2:30pm
<a href="#">51806</a>	Tue	Jan 9-Mar 19	2:30pm-3:00pm
<a href="#">51825</a>	Tue	Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51826</a>	Tue	Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51827</a>	Tue	Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51828</a>	Tue	Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51829</a>	Tue	Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51859</a>	Wed	Jan 10-Mar 20	9:30am-10:00am
<a href="#">51860</a>	Wed	Jan 10-Mar 20	10:00am-10:30am
<a href="#">51861</a>	Wed	Jan 10-Mar 20	1:30pm-2:00pm
<a href="#">51862</a>	Wed	Jan 10-Mar 20	2:00pm-2:30pm
<a href="#">51863</a>	Wed	Jan 10-Mar 20	2:30pm-3:00pm
<a href="#">51880</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51881</a>	Wed	Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51882</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51883</a>	Wed	Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51884</a>	Wed	Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51885</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52066</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52067</a>	Thu	Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52068</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52069</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52070</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm

<a href="#">52120</a>	Fri	Jan 12-Mar 22	10:30am-11:00am
<a href="#">52121</a>	Fri	Jan 12-Mar 22	11:00am-11:30am
<a href="#">52122</a>	Fri	Jan 12-Mar 22	1:30pm-2:00pm
<a href="#">52123</a>	Fri	Jan 12-Mar 22	2:00pm-2:30pm
<a href="#">52124</a>	Fri	Jan 12-Mar 22	2:30pm-3:00pm
<a href="#">52125</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52126</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52127</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm
<a href="#">52128</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm
<a href="#">52129</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm

### Preschool 3 – AOP

### 3-5yrs

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$106.97</b>
<a href="#">51604</a>	Sat Jan 6-Mar 23	9:30am-10:00am
<a href="#">51605</a>	Sat Jan 6-Mar 23	10:30am-11:00am
<a href="#">51606</a>	Sat Jan 6-Mar 23	11:30am-12:00pm
<a href="#">51651</a>	Sun Jan 7-Mar 24	9:30am-10:00am
<a href="#">51652</a>	Sun Jan 7-Mar 24	11:00am-11:30am
<a href="#">51428</a>	Mon Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51470</a>	Mon Jan 8-Mar 25	8:00pm-8:30pm
<a href="#">51497</a>	Tue Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51498</a>	Tue Jan 9-Mar 19	7:30pm-8:00pm
<a href="#">51531</a>	Wed Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51532</a>	Wed Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">51564</a>	Thu Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">51565</a>	Thu Jan 11-Mar 21	7:30pm-8:00pm

## Preschool 3 – CRC

## 3-5yrs

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$106.97</b>
<a href="#">52208</a>	Sat Jan 6-Mar 23	9:00am-9:30am
<a href="#">52209</a>	Sat Jan 6-Mar 23	9:30am-10:00am
<a href="#">52210</a>	Sat Jan 6-Mar 23	10:00am-10:30am
<a href="#">52211</a>	Sat Jan 6-Mar 23	10:30am-11:00am
<a href="#">52212</a>	Sat Jan 6-Mar 23	11:00am-11:30am
<a href="#">52213</a>	Sat Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52214</a>	Sun Jan 7-Mar 24	9:00am-9:30am
<a href="#">52215</a>	Sun Jan 7-Mar 24	9:30am-10:00am
<a href="#">52216</a>	Sun Jan 7-Mar 24	10:00am-10:30am
<a href="#">52218</a>	Sun Jan 7-Mar 24	10:30am-11:00am
<a href="#">52219</a>	Sun Jan 7-Mar 24	11:00am-11:30am
<a href="#">52220</a>	Sun Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51453</a>	Mon Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51765</a>	Mon Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51766</a>	Mon Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51767</a>	Mon Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51769</a>	Mon Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51830</a>	Tue Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51831</a>	Tue Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51832</a>	Tue Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51833</a>	Tue Jan 9-Mar 19	6:30pm-7:00pm
<a href="#">51864</a>	Wed Jan 10-Mar 20	10:00am-10:30am
<a href="#">51865</a>	Wed Jan 10-Mar 20	2:30pm-3:00pm
<a href="#">51887</a>	Wed Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51888</a>	Wed Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51889</a>	Wed Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51890</a>	Wed Jan 10-Mar 20	6:30pm-7:00pm
<a href="#">51891</a>	Wed Jan 10-Mar 20	7:00pm-7:30pm

<a href="#">52071</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52072</a>	Thu	Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52073</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52074</a>	Thu	Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52075</a>	Thu	Jan 11-Mar 21	6:30pm-7:00pm
<a href="#">52131</a>	Fri	Jan 12-Mar 22	2:30pm-3:00pm
<a href="#">52132</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52133</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52134</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm
<a href="#">52135</a>	Fri	Jan 12-Mar 22	6:00pm-6:30pm
<a href="#">52137</a>	Fri	Jan 12-Mar 22	6:30pm-7:00pm

## Preschool 4 – AOP

## 3-5yrs

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

### 10 classes

### Anne Ottenbrite Pool

**\$106.97**

<a href="#">51607</a>	Sat	Jan 6-Mar 23	11:00am-11:30am
<a href="#">51653</a>	Sun	Jan 7-Mar 24	10:00am-10:30am
<a href="#">51654</a>	Sun	Jan 7-Mar 24	11:00am-11:30am
<a href="#">51655</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51429</a>	Mon	Jan 8-Mar 25	6:30pm-7:00pm
<a href="#">51471</a>	Mon	Jan 8-Mar 25	7:30pm-8:00pm
<a href="#">51499</a>	Tue	Jan 9-Mar 19	7:00pm-7:30pm
<a href="#">51534</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">51535</a>	Wed	Jan 10-Mar 20	7:30pm-8:00pm
<a href="#">51566</a>	Thu	Jan 11-Mar 21	7:00pm-7:30pm
<a href="#">51567</a>	Thu	Jan 11-Mar 21	8:00pm-8:30pm

## Preschool 4 – CRC

## 3-5yrs

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



<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$106.97</b>
<a href="#">52223</a>	Sat Jan 6-Mar 23	9:00am-9:30am
<a href="#">52224</a>	Sat Jan 6-Mar 23	10:00am-10:30am
<a href="#">52227</a>	Sat Jan 6-Mar 23	11:00am-11:30am
<a href="#">52228</a>	Sun Jan 7-Mar 24	9:00am-9:30am
<a href="#">52229</a>	Sun Jan 7-Mar 24	10:00am-10:30am
<a href="#">52230</a>	Sun Jan 7-Mar 24	11:00am-11:30am
<a href="#">51454</a>	Mon Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51770</a>	Mon Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51771</a>	Mon Jan 8-Mar 25	6:00pm-6:30pm
<a href="#">51772</a>	Mon Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51834</a>	Tue Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51835</a>	Tue Jan 9-Mar 19	5:00pm-5:30pm
<a href="#">51836</a>	Tue Jan 9-Mar 19	6:00pm-6:30pm
<a href="#">51893</a>	Wed Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51894</a>	Wed Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">51895</a>	Wed Jan 10-Mar 20	6:00pm-6:30pm
<a href="#">51896</a>	Wed Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52076</a>	Thu Jan 11-Mar 21	5:00pm-5:30pm
<a href="#">52077</a>	Thu Jan 11-Mar 21	6:00pm-6:30pm
<a href="#">52138</a>	Fri Jan 12-Mar 22	5:00pm-5:30pm
<a href="#">52139</a>	Fri Jan 12-Mar 22	6:00pm-6:30pm

## Preschool 5 – AOP

## 3-5yrs

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

10 classes	Anne Ottenbrite Pool	\$106.97
<a href="#">51608</a>	Sat Jan 6-Mar 23	12:00pm-12:30pm
<a href="#">51656</a>	Sun Jan 7-Mar 24	10:30am-11:00am
<a href="#">51657</a>	Sun Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">51430</a>	Mon Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51472</a>	Mon Jan 8-Mar 25	8:00pm-8:30pm

<a href="#">51502</a>	Tue	Jan 9-Mar 19	8:00pm-8:30pm
<a href="#">51536</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">51537</a>	Wed	Jan 10-Mar 20	7:30pm-8:00pm
<a href="#">51568</a>	Thu	Jan 11-Mar 21	7:30pm-8:00pm
<a href="#">51569</a>	Thu	Jan 11-Mar 21	8:00pm-8:30pm

## Preschool 5 – CRC

## 3-5yrs

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$106.97</b>	
<a href="#">52231</a>	Sat	Jan 6-Mar 23	9:30am-10:00am
<a href="#">52232</a>	Sat	Jan 6-Mar 23	10:30am-11:00am
<a href="#">52233</a>	Sat	Jan 6-Mar 23	11:30am-12:00pm
<a href="#">52234</a>	Sun	Jan 7-Mar 24	9:30am-10:00am
<a href="#">52235</a>	Sun	Jan 7-Mar 24	10:30am-11:00am
<a href="#">52236</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm
<a href="#">51773</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51774</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51775</a>	Mon	Jan 8-Mar 25	7:00pm-7:30pm
<a href="#">51837</a>	Tue	Jan 9-Mar 19	4:30pm-5:00pm
<a href="#">51838</a>	Tue	Jan 9-Mar 19	5:30pm-6:00pm
<a href="#">51897</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm
<a href="#">51899</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm
<a href="#">51900</a>	Wed	Jan 10-Mar 20	7:00pm-7:30pm
<a href="#">52078</a>	Thu	Jan 11-Mar 21	4:30pm-5:00pm
<a href="#">52079</a>	Thu	Jan 11-Mar 21	5:30pm-6:00pm
<a href="#">52140</a>	Fri	Jan 12-Mar 22	4:30pm-5:00pm
<a href="#">52141</a>	Fri	Jan 12-Mar 22	5:30pm-6:00pm

### **Semi-Private Preschool 1 - AOP (#@)**

**3-5yrs**

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51694</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51695</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51696</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51438</a>	Sun	Jan 7-Mar 24	9:30am-10:00am

### **Semi-Private Preschool 1 - CRC (#@)**

**3-5yrs**

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. Ratio 3:1

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$218.13</b>
<a href="#">52185</a>	Sun	Jan 7-Mar 24	12:00pm-12:30pm
<a href="#">52186</a>	Sun	Jan 7-Mar 24	1:30pm-2:00pm
<a href="#">51458</a>	Mon	Jan 8-Mar 25	4:30pm-5:00pm
<a href="#">51879</a>	Wed	Jan 10-Mar 20	4:30pm-5:00pm

### **Semi-Private Preschool 2 - AOP (#@)**

**3-5yrs**

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51439</a>	Sat	Jan 6-Mar 23	4:30pm-5:00pm
<a href="#">51697</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51686</a>	Sun	Jan 7-Mar 24	10:30am-11:00am

### **Semi-Private Preschool 2 - CRC (#@)**

**3-5yrs**

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. Ratio 3:1

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$218.13</b>
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<a href="#">52206</a>	Sun	Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">52207</a>	Sun	Jan 7-Mar 24	1:00pm-1:30pm
<a href="#">51459</a>	Mon	Jan 8-Mar 25	5:00pm-5:30pm
<a href="#">51886</a>	Wed	Jan 10-Mar 20	5:00pm-5:30pm
<a href="#">52130</a>	Fri	Jan 12-Mar 22	5:00pm-5:30pm

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

**3-5yrs**

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. Ratio 3:1

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51698</a>	Sat	Jan 6-Mar 23	5:00pm-5:30pm
<a href="#">51699</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51440</a>	Sun	Jan 7-Mar 24	11:30am-12:00pm

### **Semi-Private Preschool 3 - CRC (#@)**

**3-5yrs**

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. Ratio 3:1

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>		<b>\$218.13</b>
<a href="#">52221</a>	Sun	Jan 7-Mar 24	12:30pm-1:00pm
<a href="#">52222</a>	Sun	Jan 7-Mar 24	1:00pm-1:30pm
<a href="#">51460</a>	Mon	Jan 8-Mar 25	5:30pm-6:00pm
<a href="#">51892</a>	Wed	Jan 10-Mar 20	5:30pm-6:00pm

### **Semi-Private Preschool 4 - AOP (#@)**

**3-5yrs**

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>		<b>\$218.13</b>
<a href="#">51701</a>	Sat	Jan 6-Mar 23	5:30pm-6:00pm
<a href="#">51441</a>	Sun	Jan 7-Mar 24	12:00pm-12:30pm

### **Semi-Private Preschool 4 - CRC (#@)**

**3-5yrs**

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$218.13</b>	
<a href="#">51461</a>	Sun	Jan 7-Mar 24	12:00pm-12:30pm

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

**3-5yrs**

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$218.13</b>	
<a href="#">51442</a>	Sat	Jan 6-Mar 23	6:00pm-6:30pm
<a href="#">51702</a>	Sat	Jan 6-Mar 23	6:30pm-7:00pm
<a href="#">51687</a>	Sun	Jan 7-Mar 24	12:30pm-1:00pm

### **Semi-Private Preschool 5 - CRC (#@)**

**3-5yrs**

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$218.13</b>	
<a href="#">51462</a>	Sun	Jan 7-Mar 24	1:30pm-2:00pm

## **Youth**

### **Swimming Lessons for Teens- AOP**

**14-18yrs**

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

<b>10 classes</b>	<b>Anne Ottenbrite Pool</b>	<b>\$115.54</b>	
<a href="#">51521</a>	Mon	Jan 8-Mar 25	8:30pm-9:30pm

## Swimming Lessons for Teens- CRC

**14-18yrs**

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

<b>10 classes</b>	<b>Whitby Civic Rec Complex</b>	<b>\$115.54</b>	
<a href="#">52302</a>	Sat	Jan 6-Mar 23	12:00pm-1:00pm

## Leadership

### Bronze Cross and Emergency First Aid

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

<a href="#">52348</a>	14yrs+	Anne Ottenbrite Pool	10 classes
Sun	Jan 7-Mar 24	11:30am-2:30pm	\$213.88
<a href="#">52345</a>	14yrs+	Anne Ottenbrite Pool	10 classes
Thu	Jan 11-Mar 21	7:00pm-10:00pm	\$213.88

### Bronze Medallion

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

<a href="#">52349</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Sun	Jan 7-Mar 24	1:00pm-4:00pm	\$205.44
<a href="#">52346</a>	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Jan 12-Mar 22	5:30pm-8:30pm	\$205.44

## Bronze Star

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

<a href="#">52350</a>	10-13yrs	Anne Ottenbrite Pool	10 classes
Sun	Jan 7-Mar 24	2:30pm-3:30pm	\$115.17
<a href="#">52347</a>	10-13yrs	Anne Ottenbrite Pool	10 classes
Fri	Jan 12-Mar 22	7:00pm-8:00pm	\$115.17

## Canadian Swim Patrol 1- Rookie

Ability is the only prerequisite here! Content is challenging and achievable with effort and provides enriched training for participants who want to go beyond learn-to-swim. Canadian Swim Patrol consists of three levels; Rookie, Ranger and Star. Participants start at the Rookie level and graduate to Ranger then Star. This course is an excellent introduction to the Bronze Star Program. The minimum prerequisite for this program is Swimmer 6 and 8 years of age.

<a href="#">51495</a>	8-12yrs	Anne Ottenbrite Pool	10 classes
Mon	Jan 8-Mar 25	7:30pm-8:30pm	\$115.17

## Canadian Swim Patrol 2- Ranger

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

<a href="#">51558</a>	8-12yrs	Anne Ottenbrite Pool	10 classes
Tue	Jan 9-Mar 19	7:30pm-8:30pm	\$115.17

## Canadian Swim Patrol 3- Star

Content is challenging and achievable with effort and provides enriched training for participants who want to go beyond learn-to-swim. Canadian Swim Patrol consists of three levels; Rookie, Ranger and Star. Participants registered in this level have

successfully completed Rookie and Ranger Patrol and are ready to move onto the final level, Star Patrol. This course is an excellent introduction to the Bronze Star Program. The minimum prerequisite for this program is Swimmer 6, 8 years of age and completed Rookie and Ranger Patrol.

<a href="#">51693</a>	8-12yrs	Anne Ottenbrite Pool	10 classes
Sun	Jan 7-Mar 24	12:00pm-1:00pm	\$115.17

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

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

<a href="#">52344</a>	15yrs+	Anne Ottenbrite Pool	11 classes
Tue	Jan 9-Mar 26	6:00pm-10:30pm	\$352.19

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

This is a two certification course. The Lifesaving Society Swim for Life Instructor course prepares the candidate to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. The Lifesaving Instructor course prepares the candidate to organize, plan, teach and evaluate lifesaving and first aid skills as well as resuscitation techniques to instruct Lifesavings Canadian Swim Patrol, Bronze Medallion, Bronze Cross and Emergency First Aid programs. 100% attendance is required.

<a href="#">52343</a>	15yrs+	Anne Ottenbrite Pool	10 classes
Mon	Jan 8-Mar 25	6:00pm-10:00pm	\$422.34

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



<a href="#">52304</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	10:15am-11:10am	\$85.00
<a href="#">52305</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	10:15am-11:10am	\$85.00

## Beginner Dance

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

<a href="#">52356</a>	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 10-Mar 20	7:30pm-8:25pm	\$85.00

## Beginner Jazz

Welcome aspiring dancers! Learn the basics of jazz dance technique while improving coordination, strength and flexibility. Traditional jazz steps, isolation work, jazz progressions and combinations will be taught. Jazz dance combines rhythmic movement with great music and dynamic energy. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52357</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	11:15am-12:10pm	\$85.00

## Body Barre

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

<a href="#">52339</a>	14yrs+	Brooklin CC&L	11 weeks
Mon	Jan 8-Mar 18	6:30pm-7:25pm	\$85.00
<a href="#">52338</a>	14yrs+	Brooklin CC&L	11 weeks
Thu	Jan 11-Mar 21	7:00pm-7:55pm	\$85.00

## Boot Camp

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

<a href="#">52337</a>	14yrs+	Brooklin CC&L	11 weeks
Mon	Jan 8-Mar 18	5:30pm-6:25pm	\$85.00
<a href="#">52241</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	5:30pm-6:25pm	\$85.00
<a href="#">52336</a>	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 10-Mar 20	5:30pm-6:25pm	\$85.00
<a href="#">52243</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	7:30pm-8:25pm	\$85.00
<a href="#">52240</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	10:15am-11:10am	\$85.00

## Cardio Circuit

Cardio & Core Circuit is a full body high energy workout that keeps you moving. Alternating between back to back cardio progressions and body weight core work, this class will challenge your endurance and energize your mind. All fitness levels and abilities are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52327</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	6:30pm-7:25pm	\$85.00

## Cut to the Core

Develop core body strength and improve your posture. In this muscle conditioning class you will stimulate the core muscles to stabilize and activate, using body weight exercises, BOSU balls, stability balls and foam rollers. All fitness levels are welcome. \*Proper gym shoes are required. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52358</a>	14yrs+	Brooklin CC&L	11 weeks
Thu	Jan 11-Mar 21	6:00pm-6:55pm	\$85.00

## Dance Fit

Enjoy the most popular music, across all genres with this fun and motivating low impact dance inspired workout. Shape and tone your body while improving your sense of rhythm, body awareness and coordination. Get fit and have fun as you move and groove to hottest new music. Suitable for all ages and fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52309</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	11:15am-12:10pm	\$85.00
<a href="#">52310</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	12:15pm-1:10pm	\$85.00

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

<a href="#">52307</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	6:15am-7:10am	\$85.00
<a href="#">52308</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	6:15am-7:10am	\$85.00

## Gentle Yoga

Explore up to 60 different postures and breathing techniques. Postures will be broken down, the use of muscle groups identified, and the benefits and reasons “why” explained. Learn about the history of yoga, how it improves your way of life and some Sanskrit along the way. Namaste (is a Sanskrit word) - meaning: a respectful greeting of one another. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52284</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	6:30pm-7:25pm	\$85.00
<a href="#">52283</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	6:30pm-7:25pm	\$85.00
<a href="#">52282</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	9:00am-9:55am	\$85.00

## Restorative Yoga

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

<a href="#">52391</a>	14yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	8:00pm-8:55pm	\$76.50

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

<a href="#">52330</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	9:00am-9:55am	\$85.00
<a href="#">52242</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	9:00am-9:55am	\$85.00

## Kettlebell Conditioning

Kettlebell workouts develop movement skills, body awareness, core, and grip strength. This class will train every major muscle group in the body in multiple movement planes for an effective and efficient workout. Improve your athleticism by building strength, power and endurance. Each week you will be motivated and guided through a variety of exercises and intervals that include variations suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52321</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	5:30pm-6:25pm	\$85.00

## Latin Dance Fit

<a href="#">52287</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	7:30pm-8:25pm	\$85.00

## Latin Dance Fit

Sweat and groove to the flavourful Latin rhythms of Salsa, Reggaeton, Samba and more! This fun and exciting high energy workout will burn calories, strengthen and tone your body while energizing your body and mind. suitable for all fitness levels.

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

<a href="#">52342</a>	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 10-Mar 20	6:30pm-7:25pm	\$85.00
<a href="#">52288</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	7:30pm-8:25pm	\$85.00
<a href="#">52289</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 13-Mar 23	10:30am-11:25am	\$85.00

## Low Impact

Move to music with choreographed low impact cardio routines for a fun and energizing workout. Strength conditioning and a stretch complete this class. All fitness levels are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52249</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	10:15am-11:10am	\$85.00

## Mom and Baby Fitness

This small group training fitness and mobility workout is specifically designed for post natal women and their fitness needs. Babies (non crawling) are welcome to attend this class with mom as she works on strength, sculpt, core, posture and mobility. Taught by a Pre and Post Natal Personal Trainer Specialist, this class caters to all fitness levels and abilities. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52320</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	11:15am-12:10pm	\$85.00

## Pilates

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

<a href="#">52255</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	11:15am-12:10pm	\$85.00

## Power Yoga

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

<a href="#">52260</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	12:30pm-1:25pm	\$85.00
<a href="#">52259</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	7:30pm-8:25pm	\$85.00

## Rock Body

Rock Body is a strength training and conditioning class, balanced and designed to improve overall fitness. Build muscle and sculpt your entire body with this incredible workout. Free weights will be combined with the use of stability balls, BOSU balls and bench work. Challenge yourself while getting fit and having fun. All fitness levels and abilities are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing

<a href="#">52340</a>	14yrs+	Brooklin CC&L	11 weeks
Tue	Jan 9-Mar 19	6:00pm-6:55pm	\$85.00
<a href="#">52326</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	5:30pm-6:25pm	\$85.00

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

<a href="#">52325</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	1:30pm-2:25pm	\$85.00
<a href="#">52239</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	9:00am-9:55am	\$85.00

## Spinning

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 45-minute indoor stationary cycling program. You will learn proper spin

technique while increasing your cardiovascular endurance and stamina. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping. Rockin' music with a few laughs and tears. Bring a towel and water bottle and be prepared to sweat. This class is suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52269</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	5:30pm-6:15pm	\$85.00
<a href="#">52273</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	4:30pm-5:15pm	\$85.00
<a href="#">52270</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	5:30pm-6:15pm	\$85.0
<a href="#">52271</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 13-Mar 23	8:00am-8:55am	\$85.00

## Step and Sculpt

Heart-pumping, exciting step aerobic routines alternate with strength training intervals to give you a complete cardiovascular and weights workout. Get energized and get fit. This is an excellent cross-training class for all skill and fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52316</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	6:30pm-7:25pm	\$85.00
<a href="#">52315</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	9:00am-9:55am	\$85.00
<a href="#">52317</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 13-Mar 23	9:15am-10:10am	\$85.00

## Strength & Conditioning

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

<a href="#">52328</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	7:30pm-8:25pm	\$85.00
<a href="#">52329</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 13-Mar 23	12:00pm-12:55pm	\$85.00

## Stretch and Myofascial Release (SMR)

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

<a href="#">52312</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	12:15pm-1:10pm	\$85.00
<a href="#">52311</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	10:15am-11:10am	\$85.00
<a href="#">52313</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	12:15pm-1:10pm	\$85.00
<a href="#">52314</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	1:30pm-2:25pm	\$85.00

## Tai Chi - Beginner with Mary Grace & Rick

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

<a href="#">52053</a>	14yrs+	Whitby 55+ Recreation Centre	11 weeks
Tue	Jan 9-Mar 19	6:00pm-6:55pm	\$76.50

## Tai Chi - Level 2 with Mary Grace & Rick

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

<a href="#">52054</a>	14yrs+	Whitby 55+ Recreation Centre	11 weeks
Tue	Jan 9-Mar 19	7:00pm-7:55pm	\$76.50.



## Xpress ABT-Abs/Butt/Thighs

Wake up the core, glutes and thighs with this unique and targeted muscle conditioning class. Lift and tone, stabilize the pelvis and improve balance and mobility. Equipment used will include free weights, body bars, stability balls and bender balls. Variations suitable for all fitness levels and abilities will be provided. Come and join us for this amazing workout! Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52262</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	4:30pm-5:15pm	\$85.00

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

<a href="#">52263</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 9-Mar 19	4:30pm-5:15pm	\$85.00 47265

## Xpress Dance Fit

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

<a href="#">52264</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 18	4:30pm-5:15pm	\$85.00
<a href="#">52265</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 12-Mar 22	4:30pm-5:15pm	\$85.00

## Yoga Flow

Wind down, reduce stress and improve flexibility. Yoga improves your way of life, by achieving health in body, mind and spirit. This class starts with pranayama, A and B Sun Salutations and standing asanas to promote strength and flexibility. We will then move towards grounding yin postures, ending with restorative and relaxation postures and finally savasana. More advanced asanas will be introduced depending on the level of participation. See you on the Mat! Participants 14-17yrs and 55+yrs receive 50% discount pricing

<a href="#">52250</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	12:30pm-1:25pm	\$85.00

## Zumba Fit

Zumba Fit is a dynamic and exciting high energy workout set to a musical fusion of Latin and International rhythms. One of the most popular group exercise classes in the world, Zumba Fit is an interval workout that alternates between high intensity and low intensity dance moves, guaranteed to burn calories. Easy to learn choreographed dance routines will elevate your heart rate and boost your cardiovascular endurance. You are invited to “Join the Party”! No rhythm required, just enjoy the music, move, and have fun. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">52341</a>	14yrs+	Brooklin CC&L	11 weeks
Tue	Jan 9-Mar 19	7:00pm-7:55pm	\$85.00
<a href="#">52322</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 10-Mar 20	6:30pm-7:25pm	\$85.00
<a href="#">52323</a>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 11-Mar 21	11:15am-12:10pm	\$85.00

## Leagues and Sporting Groups

### Badminton - Adult

Play badminton and have loads of fun staying active. Participants will rotate through games with other players. Some experience is recommended. Racquets are provided but you are welcome to bring your own. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

<a href="#">51949</a>	15 yrs+	Brooklin CC&L	11 weeks
Wed	Jan 10-Mar 20	8:30pm-9:55pm	\$129.77

### Ball Hockey - Adult (%)

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

<a href="#">51953</a>	18 yrs+	Brooklin CC&L	11 weeks
Thu	Jan 11-Mar 21	8:30pm-9:55pm	\$129.80

## 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="#">51971</a>	16-54yrs	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	8:45pm-9:55pm	\$70.87

## Pickleball - Adult Learn to Play

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

<a href="#">51972</a>	16-54yrs	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	7:45pm-8:45pm	\$70.87

# All Ages

## Fitness

### Taekwondo

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="#">52394</a>	4-6yrs	Whitby Civic Rec	10 weeks
Sat	Jan 14-Mar 17	10:00am-10:55pm	\$76.50
<a href="#">52395</a>	7-11yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 14-Mar 17	11:00pm-11:55pm	\$76.50
<a href="#">52393</a>	12yrs+	Whitby Civic Rec	10 weeks
Sat	Jan 14-Mar 17	12:00pm-12:55pm	\$76.50

# 55+ Programs

## Online Virtual Programs

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

<a href="#">52398</a>	55yrs+	Online	11 weeks
Wed	Jan 10-Mar 20	10:00am-11:00am	\$43.34

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

<a href="#">52399</a>	55yrs+	Online	11 weeks
Thu	Jan 11-Mar 21	9:00am-10:00am	\$43.34

## 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="#">51642</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Feb 7-Mar 27	10:00am-12:00pm	\$41.52

### Knitted Beginner Socks with Tara (%) -NEW

This workshop will provide you with a guided journey through knitting your very first pair of socks. A pair of slipper socks will be made to make the process of sock building simple and easy to understand. A basic knowledge of knitting is needed in order to participate in this workshop. Supplies required: See list on online notes and on your receipt. List also available at Whitby 55+ Rec Centre and Brooklin CC&L.

<a href="#">52383</a>	55yrs+	Brooklin CC&L	4 weeks
Thu	Jan 18-Feb 8	10:00am-12:00pm	\$40.00

## Knitted Cable Hat and Headband with Tara (%)

This class will cover two cable projects. A basic knowledge of knitting is needed to take this class. A supply list is included on the receipt notes and will be available for pick up at the front desk at the 55+ Recreation Centre and the Brooklin CC&L.

<a href="#">52365</a>	55yrs+	Brooklin CC&L	3 weeks
Thu	Feb 22-Mar 7	10:00am-12:00pm	\$30.00

## Lino Printmaking Workshop with Marni (%)

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

<a href="#">51353</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Mar 5-Mar 5	10:00am-12:00pm	\$40.00

## Nature Art with Acrylic Paints with David (%)

Accomplish a wonderful work of art in just one sitting. The instructor will provide instruction through lessons, samples and demonstrations, guiding you towards a finished masterpiece. Beginning with a loose approach and getting tighter along the way, the limited palette painting will evolve to a quality finish. Each workshop will focus on a single creature from the natural world (bird, mammal, amphibian, fish, etc.). A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

<a href="#">51361</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jan 16-Jan 16	9:30am-11:30am	\$30.00
<a href="#">52363</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Feb 20-Feb 20	9:30am-11:30am	\$30.00
<a href="#">52364</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Mar 19-Mar 19	9:30am-11:30am	\$30.00

## Pen and Ink with Watercolour Winter Landscape with Chrissie

Explore the magic and versatility of pen and ink with watercolour! In this workshop we'll explore a variety of basic texturing techniques that will be used to create a beautiful winter landscape. Try a variety of watercolour techniques that create the luminosity seen on a crisp clear winter day. Look forward to leaving with new knowledge and

inspiration to take your pen and ink with watercolour drawings to the next level! All materials are provided by the instructor.

<a href="#">51349</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Jan 18-Jan 18	10:00am-12:00pm	\$30.00

### **Spring Flowers in Graphite with Chrissie (%)**

Using graphite powder and pencils, you will learn the tips and tricks to create the dewy look of a waterdrop. With this medium you will be able to create the soft contours, textures and bright highlights that will make this spring flower a wall-worthy work of art. All supplies will be provided by the instructor.

<a href="#">51594</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Mar 14-Mar 14	10:00am-12:00pm	\$30.00

### **Valentine's Printmaking Workshop With Chrissie (%)**

Using gelli plates and monotype printmaking techniques, create one of a kind Valentine cards. This experimental and expressive form of art creates beautiful and unique results with each print. Using stencils and embellishments each card will be sure to wow! \$15 material fee per participant payable to the instructor. Art smocks are recommended.

<a href="#">51593</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Feb 6-Feb 6	1:00pm-4:00pm	\$40.00

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

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

<a href="#">51413</a>	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 12-Mar 22	3:30pm-5:30pm	\$22.00

## Dance

### Ballet with Tracy (%)

Come and enjoy the benefits of a traditional ballet class, whether you are a beginner or an intermediate revisiting a love from the past. You will use a chair for the barre section of the class and then move into the center of the room for movement and travelling. We will combine steps that will help with posture, balance and coordination. Soft, flexible shoes are suggested.

<a href="#">51341</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Jan 12-Mar 1	12:00pm-1:00pm	\$31.52

### Clogging - Beginner Plus with Sandy (%)

Clogging is a type of folk dance practiced worldwide in which the dancer's footwear is used percussively by striking the heel, the toe or both against the floor or each other to create audible rhythms, usually to the downbeat with the heel keeping the rhythm. Wear comfortable shoes, preferably a soft leather sole. Taps are not required at this time. Previous Clogging experience or completion of Clogging – Beginner is a prerequisite to participate in this class

<a href="#">51400</a>	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 11-Mar 14	10:00am-11:00am	\$39.42

### Dance Flow with Alison (%)

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

<a href="#">51343</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	9:00am-10:00am	\$43.34

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

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

<a href="#">51362</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	6:30pm-7:30pm	\$43.34

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

This intermediate class is designed to build on the skills learned in the Level 1 class. You will learn more challenging steps along with an introduction to technique. Although

there will be some quick review of the basics, participants should only join this class if they have mastered the steps learned in Level 1. You must have a partner to join.

<a href="#">51363</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	7:30pm-8:30pm	\$43.34

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

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

<a href="#">51369</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	11:30am-12:30pm	\$43.34

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

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

<a href="#">51370</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	10:15am-11:15am	\$43.34

### **Traditional Line Dance - Level 2 with Nicole (%)**

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

<a href="#">51225</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 9-Mar 19	1:30pm-2:30pm	\$39.42

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

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

<a href="#">51374</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	3:15pm-4:15pm	\$43.34



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

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

<a href="#">51375</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	10:30am-11:30am	\$43.34

## 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="#">51231</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	9:00am-10:00am	\$39.42
<a href="#">51336</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 8-Mar 18	1:45pm-2:45pm	\$39.42
<a href="#">51337</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	1:15pm-2:15pm	\$43.34

### Arthritis Exercise with Lynn (%) -New!

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="#">51230</a>	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 11-Mar 21	8:45am-9:45am	\$39.42

### Arthritis Exercise with Kim (%)

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

<a href="#">51296</a>	55yrs+	Centennial Building	11 weeks
Tue	Jan 16-Mar 26	9:00am-10:00am	\$43.34

<a href="#">51338</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 18-Mar 28	11:30am-12:30pm	\$43.34

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

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

<a href="#">51411</a>	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 12-Mar 22	12:15pm-1:15pm	\$43.34

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

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

<a href="#">51339</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 10-Mar 20	10:30am-11:30am	\$39.42
<a href="#">51340</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Jan 12-Mar 1	9:30am-10:30am	\$31.52

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

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

<a href="#">51333</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	12:15pm-1:15pm	\$39.42

### **Body Sculpt with Kim (%)**

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

<a href="#">51297</a>	55yrs+	Centennial Building	10 weeks
Mon	Jan 15-Mar 25	9:10am-10:10am	\$39.42

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

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

<a href="#">51330</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 16-Mar 19	11:20am-12:20pm	\$39.42

## **Build Your Own Bones with Lynn (%) -NEW!**

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="#">51281</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 25	1:00pm-2:00pm	\$39.42

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

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

<a href="#">51229</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	1:30pm-2:30pm	\$39.42

## **Cardiac and Stroke exercise with Kim**

Exercise is a key to recovery and healthy aging. If you have been diagnosed with heart disease, had a heart attack, or a stroke, this is for you. Keeping you fit and healthy, physically, and mentally and improving your quality of life. This class offers many variations for all levels.

<a href="#">52389</a>	55yrs+	Centennial Building	10 weeks
Mon	Jan 15-Mar 25	10:15am-11:15am	\$39.42

## Cardio and Core with Kim (%)

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

<a href="#">51298</a>	55yrs+	Centennial Building	10 weeks
Mon	Jan 15-Mar 25	8:00am-9:00am	\$39.42

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

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

<a href="#">51299</a>	55yrs+	Centennial Building	8 weeks
Wed	Jan 10-Mar 6	9:00am-10:00am	\$31.52

## Chair Exercise with Cindy (%)

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

<a href="#">51342</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 17-Mar 20	12:55pm-1:55pm	\$39.42

## Dance Fitness with Shari (%)

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

<a href="#">51300</a>	55yrs+	Centennial Building	11 weeks
Tue	Jan 9-Mar 19	3:15pm-4:15pm	\$43.34

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

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

exercises, including core exercises that will improve your stability and balance. The class finishes with safe stretching exercises to help loosen up tight muscles.

<a href="#">51301</a>	55yrs+	Centennial Building	11 weeks
Tue	Jan 16-Mar 26	10:15am-11:15am	\$43.34
<a href="#">51348</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 18-Mar 28	9:00am-10:00am	\$43.34
<a href="#">51302</a>	55yrs+	Centennial Building	11 weeks
Fri	Jan 19-Mar 29	9:00am-10:00am	\$43.34

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

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

<a href="#">51304</a>	55yrs+	Centennial Building	8 weeks
Wed	Jan 10-Mar 6	10:15am-11:15am	\$31.52

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

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

<a href="#">51351</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	1:15pm-2:15pm	\$43.34

### **Light and Lively - Level 2 with Karen (%)**

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

<a href="#">51352</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	12:00pm-1:00pm	\$43.34

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

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

<a href="#">51305</a>	55yrs+	Centennial Building	7 weeks
Thu	Jan 11-Mar 7	3:30pm-4:30pm	\$27.58

## Low Impact Boot Camp with Kim (%)

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

<a href="#">51354</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 18-Mar 28	10:15am-11:15am	\$43.34

## Men's Fitness with Tracy (%)

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

<a href="#">51355</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 9-Mar 19	9:15am-10:15am	\$39.42

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

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

<a href="#">51356</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 16-Mar 26	11:30am-12:30pm	\$43.34

## Pilates - Level 1 with Dennis (%)

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

<a href="#">51329</a>	55yrs+	Brooklin CC&L	11 weeks
Tue	Jan 9-Mar 19	9:00am-10:00am	\$43.34

## **Pilates - Level 1 with Karen (%)**

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

<a href="#">51357</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	9:00am-10:00am	\$43.34

## **Pilates - Level 1 with Lynn (%) -NEW!**

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

<a href="#">51277</a>	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 11-Mar 21	10:00am-11:00am	\$39.42

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

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

<a href="#">51358</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Fri	Jan 12-Mar 22	2:30pm-3:30pm	\$43.34

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

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

<a href="#">51316</a>	55yrs+	Centennial Building	11 weeks
Thu	Jan 11-Mar 21	1:00pm-2:00pm	\$43.34

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

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

<a href="#">51409</a>	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 12-Mar 22	9:45am-10:45am	\$43.34

## **Total Body Stretch with Lynn (%) -NEW!**

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

<a href="#">51284</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 25	2:15pm-3:15pm	\$39.42

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

One hour of muscle and limb stretch that will improve flexibility from head to toe. Stretching is essential for healthy posture and functional movement. It helps blood flow and also can alleviate stress. This class is suitable for all participant levels.

<a href="#">51371</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	4:30pm-5:30pm	\$43.34

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

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

<a href="#">51331</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 16-Mar 19	12:30pm-1:30pm	\$39.42

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

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

<a href="#">51226</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	9:00am-10:00am	\$39.42

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

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



<a href="#">51372</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	5:15pm-6:15pm	\$43.34

### **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="#">51210</a>	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 8-Mar 18	9:15am-10:15am	\$35.46
<a href="#">51373</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 9-Mar 19	10:30am-11:30am	\$39.42

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

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

<a href="#">51376</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 17-Mar 20	11:45am-12:45pm	\$39.42

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

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

<a href="#">51223</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 9-Mar 19	9:00am-10:00am	\$39.42

### **Twenty, Twenty, Twenty with Lynn (%) -NEW!**

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

<a href="#">51283</a>	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 11-Mar 21	11:15am-12:15pm	\$39.42

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

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

<a href="#">51211</a>	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 8-Mar 18	10:30am-11:30am	\$35.46
<a href="#">51377</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Jan 12-Mar 1	10:45am-11:45am	\$31.52
<a href="#">51378</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Jan 12-Mar 1	1:15pm-2:15pm	\$31.52

## 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="#">51332</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 9-Mar 19	1:45pm-2:45pm	\$39.42

## 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="#">51381</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 10-Mar 20	9:15am-10:15am	\$39.42

## 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="#">51319</a>	55yrs+	Centennial Building	11 weeks
Tue	Jan 9-Mar 19	12:45pm-1:45pm	\$43.34

<a href="#">51318</a>	55yrs+	Centennial Building	11 weeks
Thu	Jan 11-Mar 21	9:00am-10:00am	\$43.34

### **Yoga - Deep Relaxation with Nancy (%)**

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

<a href="#">51382</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	7:15pm-8:15pm	\$43.34

### **Yoga - Detox Flow with Mary (%)**

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

<a href="#">51412</a>	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 12-Mar 22	1:30pm-2:30pm	\$43.34

### **Yoga - Dynamic with Mag (%)**

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

<a href="#">51320</a>	55yrs+	Centennial Building	11 weeks
Fri	Jan 12-Mar 22	10:30am-11:30am	\$43.34

### **Yoga - Intermediate with Mag (%)**

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

<a href="#">51383</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	10:00am-11:00am	\$43.34

## Yoga - Mid Morning with Donna (%)

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

<a href="#">51522</a>	55yrs+	Brooklin CC&L	6 weeks
Wed	Jan 10-Feb 14	10:00am-11:00am	\$23.64

## Yoga - Relax and Restore with Annalisa (%) -NEW!

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

<a href="#">51466</a>	55yrs+	Brooklin CC&L	7 weeks
Tue	Jan 23-Mar 5	6:30pm-7:30pm	\$27.58

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

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

<a href="#">51224</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 9-Mar 19	10:15am-11:15am	\$39.42

## Yoga - Relax and Restore with Lynn (%) -NEW!

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

<a href="#">51279</a>	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 11-Mar 21	12:30pm-1:30pm	\$39.42

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

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

<a href="#">51328</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	7:15pm-8:15pm	\$39.42

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

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

<a href="#">51408</a>	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 12-Mar 22	8:30am-9:30am	\$43.34

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

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

<a href="#">51384</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	8:45am-9:45am	\$43.34

### Yoga Arthritis with Judy (%)

This class, which can be done on the mat or in a chair, will focus on poses that can help keep the joints moving. Increase your range of motion, agility, balance, and strength. Yoga for 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="#">51322</a>	55yrs+	Centennial Building	11 weeks
Tue	Jan 9-Mar 19	2:00pm-3:00pm	\$43.34

<a href="#">51321</a>	55yrs+	Centennial Building	11 weeks
Thu	Jan 11-Mar 21	10:15am-11:15am	\$43.34

### Yoga Dance with Shari (%)

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

<a href="#">51323</a>	55yrs+	Centennial Building	11 weeks
Thu	Jan 11-Mar 21	2:15pm-3:15pm	\$43.34

### Yoga Flow with Annalisa (%)

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

<a href="#">51386</a>	55yrs+	Whitby 55+ Rec Centre	7 weeks
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Thu	Jan 25-Mar 7	6:30pm-7:30pm	\$27.58
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### **Yoga Flow with Nancy (%)**

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

<a href="#">51387</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 8-Mar 18	3:45pm-4:45pm	\$39.42

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

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

<a href="#">51388</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 8-Mar 18	9:00am-10:00am	\$39.42
<a href="#">51389</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	9:00am-10:00am	\$43.34

### **Yoga Stretch with Donna (%) -NEW!**

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="#">51523</a>	55yrs+	Brooklin CC&L	6 weeks
Wed	Jan 10-Feb 14	11:15am-12:00pm	\$15.76

### **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="#">51390</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Tue	Jan 9-Mar 19	11:15am-12:15pm	\$43.34

## Yoga with David (%)

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

<a href="#">51227</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	11:00am-12:00pm	\$39.42

## Yoga with Lynn (%) -NEW!

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

<a href="#">51280</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 25	11:45am-12:45pm	\$39.42

## Yoga with Mag (%)

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

<a href="#">51393</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Fri	Jan 12-Mar 22	9:00am-10:00am	\$43.34

## Yoga with Marian (%)

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

<a href="#">51410</a>	55yrs+	Brooklin CC&L	11 weeks
Fri	Jan 12-Mar 22	11:00am-12:00pm	\$43.34

## 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="#">51394</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	11:45am-12:45pm	\$43.34

### **Yogalates with Mag (%)**

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

<a href="#">51324</a>	55yrs+	Centennial Building	11 weeks
Tue	Jan 9-Mar 19	11:30am-12:30pm	\$43.34

### **Yogalates with Nancy (%)**

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

<a href="#">51327</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	6:00pm-7:00pm	\$39.42
<a href="#">51395</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Wed	Jan 10-Mar 20	6:00pm-7:00pm	\$43.34

### **Zumba Gold (lite) with Nicole (%)**

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

<a href="#">51212</a>	55yrs+	Brooklin CC&L	10 weeks
Mon	Jan 8-Mar 18	11:15am-12:15pm	\$39.42
<a href="#">51396</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	5:00pm-6:00pm	\$43.34



## Zumba Gold with Carolina (%)

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

<a href="#">51325</a>	55yrs+	Centennial Building	10 weeks
Mon	Jan 8-Mar 18	11:30am-12:30pm	\$39.42

## Zumba Toning with Carolina (%)

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

<a href="#">51326</a>	55yrs+	Centennial Building	11 weeks
Wed	Jan 10-Mar 20	11:30am-12:30pm	\$43.34

## 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="#">51232</a>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Jan 17-Mar 20	1:00pm-3:30pm	\$10.00

### Bridge Absolute Beginner - Part 2 with Jack (%)

This class is a continuation of Absolute Beginner - Part 1. Rebids by Responder, Overcalls, Takeout Doubles and Stayman may be covered. Suitable for those who have already completed Bridge Absolute Beginner - Part 1.

<a href="#">51406</a>	55yrs+	Brooklin CC&L	7 weeks
Tue	Jan 9-Feb 20	3:30pm-5:30pm	\$36.33

### Guided Meditation with Julie (%)

Guided meditation triggers a relaxation response which has many health benefits such as increased energy, a stronger immune system and relief from aches and pains. In this seated class, you will learn a variety of techniques including deep breathing, muscle relaxation, and creative visualization to quiet the mind, reduce worrying, and improve

sleep and memory. Feeling relaxed creates a positive perspective and will enhance an overall sense of well-being and vitality.

<a href="#">51350</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	3:30pm-4:30pm	\$43.34

## History (%)

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

<a href="#">51303</a>	55yrs+	Centennial Building	7 weeks
Mon	Jan 15-Mar 4	2:00pm-3:30pm	\$35.07

## Hollywood: An Insider's View with Tim (%)

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

51399	55yrs+	Whitby 55+ Rec Centre	4 weeks
<a href="#">Wed</a>	Jan 10-Feb 7	1:30pm-4:00pm	\$8.00

## Lifewriting (%)

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

<a href="#">51222</a>	55yrs+	Brooklin CC&L	8 weeks
Thu	Jan 11-Feb 29	10:00am-12:30pm	\$8.00

## Mindfulness Meditation with David (%)

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

<a href="#">51228</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	12:30pm-1:30pm	\$39.42

## **Sacred Art of Blessing (%)**

How can a Blessing create change? The Sacred Art of Blessing explores shifting one's attitude from negativity to enthusiasm. Blessing is a way of perceiving and shaping our reality, so it is filled with more joy and peace. Blessing is the conscious practice of seeing everyone in the world around you in their highest potential, genuinely wishing the best for them. In this course, you will learn the nature and structure of Blessing, how to write a Blessing and how to use Blessing to create more peace in your life and relationships and to deal with change and challenges.

<a href="#">52400</a>	55yrs+	Centennial Building	3 classes
Wed	Jan 31-Feb 14	2:30pm-4:00pm	\$15.03

## **Fairies, Guide and Angels (%)**

Fairies, Guide and Angels are celestial beings that vibrate at a different frequency than humans and are perceived to intervene in human affairs. Discover your personal Fairies, Guides and Angels through meditation and learn to seek assistance with your earthly concerns and questions. Connecting with your Fairies, Guide and Angels results in an increase feeling of balance and harmony, intuition, and overall happiness.

<a href="#">52397</a>	55yrs+	Centennial Building	3 classes
Wed	Jan 10-Jan 24	2:30pm-4:00pm	\$15.03

## **Tea Leaf Reading Workshop (%)**

The art of reading tea leaves is a form of divination that uses the pictures and symbols formed by tea leaves in the bottom of a cup as way to channel intuitive messages. In this workshop, learn the rituals that make a tea leaf reading personal to the tea drinker and how to use the symbols in a cup to channel information regarding personal growth. A Tea Leaf Reading an effective way to connect to the heart and soul's desire for a happier, healthier, more prosperous and fulfilling life.

<a href="#">52401</a>	55yrs+	Centennial Building	1 class
Wed	Feb 21-Feb21	2:30pm-4:00pm	\$5.01

## **How to use a Pendulum Workshop (%)**

Learn how a pendulum works and how to use a pendulum as a vibrational tool for personal, and spiritual connection and for healing In this workshop discover how to ask questions as a way to access our intuition more directly allowing us to transform our lives into playgrounds for manifesting our gifts and dreams.

<a href="#">52402</a>	55yrs+	Centennial Building	1 class
Wed	Feb 28-Feb 28	2:30pm-4:00pm	\$5.01

## 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="#">51360</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 9-Mar 12	4:00pm-5:30pm	\$50.06
<a href="#">51359</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Jan 12-Mar 15	9:30am-11:00am	\$50.06

## Rise and Shine 55+ Walking Group

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

<a href="#">51248</a>	55yrs+	Town of Whitby	22 classes
Tue,Thu	Jan 9-Mar 21	9:00am-10:00am	Free

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

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

<a href="#">51367</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 8-Mar 18	9:00am-10:00am	\$39.42
<a href="#">51368</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Jan 8-Mar 18	10:15am-11:15am	\$39.42

## The Ideas Café

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

<a href="#">51209</a>	55yrs+	Brooklin CC&L	8 weeks
Mon	Jan 8-Mar 4	9:30am-11:00am	Free

## Language

### French - Beginner with Maurice (%)

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

<a href="#">51347</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 11-Mar 14	10:00am-11:00am	\$42.42

### French - Intermediate with Maurice (%)

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

<a href="#">51346</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 11-Mar 14	11:15am-12:15pm	\$42.42

### Spanish - Advanced with Tony (%)

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

<a href="#">51364</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 9-Mar 12	9:00am-10:30am	\$53.06

### Spanish - Intermediate with Tony (%)

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

<a href="#">51366</a>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 9-Mar 12	10:45am-12:15pm	\$53.06

## Leagues and Sporting Groups

### Badminton League (%)

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

<a href="#">51208</a>	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 8-Mar 18	9:00am-11:30am	\$21.00
<a href="#">51215</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 9-Mar 19	9:00am-11:30am	\$23.00
<a href="#">51217</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	9:00am-11:30am	\$23.00

### Pickleball - All Levels (%)

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

<a href="#">51220</a>	55yrs+	Brooklin CC&L	5 weeks
Thu	Jan 11-Feb 8	9:00am-11:00am	\$13.00
<a href="#">51221</a>	55yrs+	Brooklin CC&L	5 weeks
Thu	Feb 15-Mar 21	9:00am-11:00am	\$13.00

### 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="#">51310</a>	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 9-Mar 19	6:00pm-8000pm	\$25.00
<a href="#">51309</a>	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Jan 10-Mar 20	1:00pm-3:00pm	\$25.00
<a href="#">51308</a>	55yrs+	Heydenshore Pavilion	9 weeks
Mon	Jan 15-Mar 18	9:30am-11:30am	\$23.00

## Pickleball - Level 2 (%)

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

<a href="#">51219</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	3:00pm-5:15pm	\$23.00
<a href="#">51311</a>	55yrs+	Heydenshore Pavilion	11 weeks
Fri	Jan 12-Mar 22	9:30am-12:00pm	\$25.00

## Pickleball - Level 2 and 3 (%)

This combined intermediate and Advanced program is designed for those who already know how to play the game and keep score as no formal instruction will be given. Price included ball fee.

<a href="#">51313</a>	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Jan 9-Mar 19	9:00am-11:30am	\$25.00
<a href="#">51216</a>	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 9-Mar 19	12:45pm-3:00pm	\$23.00

## Pickleball - Level 3 (%)

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

<a href="#">51218</a>	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 10-Mar 20	12:30pm-2:45pm	\$23.00

## Pickleball- Learn to Play Beginners (%)

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

<a href="#">51314</a>	55yrs+	Heydenshore Pavilion	8 weeks
Wed	Jan 24-Mar 13	9:30am-11:30am	\$41.52

## Leisure Programs

### Book Club

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

<a href="#">51291</a>	55yrs+	Brooklin CC&L	3 weeks
Mon	Jan 8-Mar 11	1:30pm-3:30pm	Free

### Penny Bingo (%)

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

<a href="#">51293</a>	55yrs+	Brooklin CC&L	1 class
Mon	Jan 15-Jan 15	1:00pm-3:00pm	\$1.00
<a href="#">51294</a>	55yrs+	Brooklin CC&L	1 class
Mon	Feb 26-Feb 26	1:00pm-3:00pm	\$1.00
<a href="#">51295</a>	55yrs+	Brooklin CC&L	1 class
Mon	Mar 18-Mar 18	1:00pm-3:00pm	\$1.00

## Music and Drama

### Drumming for Health - Level 1 with Julie (%)

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

Drums are provided or bring your own.

<a href="#">51345</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	1:00pm-2:00pm	\$43.34

### Drumming for Health - Level 2 with Julie (%)

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

<a href="#">51595</a>	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Jan 11-Mar 21	2:15pm-3:15pm	\$43.34



## Sciences

### Biology with Amanda (%)

The history of some ancient human sites in Turkey that led to human civilizations. Photos from Gobekli Tepe a site that is over 11,000 years old. The effect of this transition had on the development of infectious diseases, differences between bacteria and viruses, the human body response to infection and the effect infectious diseases have had on the history of the world.

<a href="#">52362</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Jan 12-Mar 1	1:30pm-2:30pm	\$31.52

## Wellness and Lifestyle

### Living a Healthy Life with Chronic Pain Workshop

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

<a href="#">51919</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Jan 18-Feb 22	9:30am-12:00pm	Free

### Power of Attorney and Wills Workshop

Join Martin Franssen from the Durham Regional Police Services as he discusses Power of Attorney documents and Wills. This is a two-part session. The first part will take place Tuesday January 23 from 10:00-11:30am and the second half will take place on Friday February 8 from 10:00 -11:30 am at the 55+ Recreation Centre. Participants should attend both sessions. By registering for this session, you are registering for both days.

<a href="#">52366</a>	55yrs+	Whitby 55+ Rec Centre	2 classes
Tue	Jan 23/Feb 8	10:00am-11:30am	Free

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

This 8 week Nutrition program will start you on your way to a healthier and more energetic you! Sylvia will guide you through holistic weight loss techniques including simple, healthy, and effective ways to improve your eating habits and reach your goals.

This program will include (optional) weigh ins and food tracking to help with accountability. Facilitated by: Certified Nutritionist Sylvia Emmorey. Sylvia is a certified nutritionist with 20 yrs. of experience.

<a href="#">51317</a>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Jan 24-Mar 13	1:30pm-2:30pm	\$50.00

## Wellness Seminar-Reading Food Labels

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

<a href="#">51922</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Feb 13-Feb 13	10:00am-11:30am	Free

## Wellness Seminar-Self Management Skills

As we age, the day-to-day lifestyle behaviors we choose become increasingly important. They impact our mental, physical, and emotional well-being, significantly impacting how we enjoy life. Many Self-Management Tools can help on our journey to wellness, in this workshop we will look at two of them. We will talk about Communication Skills and Positive Thinking. Knowing more about each of these skills can help us build healthy relationships with our family, friends and neighbours.

<a href="#">51923</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Jan 11-Jan 11	10:00am-11:30am	Free

## Wellness Seminar-Stress and Sleep

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

<a href="#">51921</a>	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Mar 14-Mar 14	10:00am-11:30am	Free

## Powerful Tools for Caregivers

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

<a href="#">52361</a>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Feb 6-Mar 12	9:30am-12:00pm	Free

## Station Gallery Programs

### **AAC - Advanced: Hand Building Pottery with Paulette G. (#@%)**

This hand-building pottery class is designed for intermediate level pottery students. Basic to intermediate knowledge and experience in hand-building pottery is required. Basic technical knowledge and practical skills in hand-building pottery will be reviewed but the focus will be in furthering these skills, which include methods such as pinching, coiling and slabbing as well as a diverse decorating techniques such as under glazing, appliqué, cut-out, graffito, and glazing. Join us to further grow your abilities and love for the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. \*Note: No class on the week of February 7\*Last session is 3-hours long to include glazing\*All materials provided\*Suitable for all levels of expertise

<a href="#">51930</a>	16yrs+	Station Gallery	6 classes
Wed	Jan 17-Feb 28	1:00pm-3:00pm	\$260.00/\$270.00

### **AAC - Contemporary Abstract Portraits with Randy H. (#@%)**

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

<a href="#">51941</a>	16yrs+	Station Gallery	7 classes
Fri	Jan 12-Feb 23	7:00pm-9:00pm	\$215.00/\$225.00

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

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

for a lifetime. \*Note: No class on the week of February 8\*Last session is 3-hours long to include glazing\*All materials provided\*Suitable for all levels of expertise

<a href="#">51928</a>	16yrs+	Station Gallery	6 classes
Thu	Jan 11-Feb 22	7:00pm-9:00pm	\$260.00/\$270.00

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

In this class, we focus on providing students with fundamental technical knowledge and practical skills in hand building pottery. Through hands-on experience, you'll explore various methods like pinching, coiling, and slabbing. Additionally, you'll learn diverse decorating techniques such as under glazing, appliqué, cut-out, graffito, and glazing. By mastering these techniques, you'll be able to complete several unique projects that will become cherished keepsakes. Join us in this enriching class to discover the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. \*Note: No class on the week of February 9\*Last session is 3-hours long to include glazing\*All materials provided\*Suitable for all levels of expertise

<a href="#">51929</a>	16yrs+	Station Gallery	6 classes
Fri	Jan 12-Feb 23	7:00pm-9:00pm	\$260.00/\$270.00

### **AAC - Lively, Colourful Landscapes with Lori Korkola (#@%A)**

In this timeless course, participants will explore the process involved in creating a finished landscape painting with acrylic paint. They will also examine different approaches to landscape painting as well as examine and discuss the use of both colour and shape to create memorable art work that celebrates nature and the beauty of sceneries. \*A list of the required art materials will be provided via email 7-10 days prior to the workshop\*Suitable for all levels of expertise (no class on Feb/19).

<a href="#">51937</a>	16yrs+	Station Gallery	6 classes
Mon	Jan 15-Feb 26	5:00pm-7:00pm	\$190.00/\$200.00

### **AAC - Pottery Wheel with Corinne Lawless (#@%)**

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

<a href="#">51931</a>	16yrs+	Station Gallery	6 classes
Thu	Jan 11-Feb 15	1:00pm-3:00pm	\$290.00/\$300.00
<a href="#">51932</a>	16yrs+	Station Gallery	6 classes
Fri	Jan 12-Feb 16	1:00pm-3:00pm	\$290.00/\$300.00

### **AAW - Mastering Winter Landscapes with Hi-Sook (#@%)**

In this workshop participants will learn how to capture pristine Canadian landscape using basic watercolour techniques and some negative painting. The instructor will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.\*A list of the required art materials will be provided via email 7-10 days prior to the program.\*Suitable for all levels of expertise.

<a href="#">51925</a>	16yrs+	Station Gallery	1 class
Sat	Jan 27-Jan 27	12:00pm-4:00pm	\$95.00/\$100.00

### **AAW - Coiling Clay Plates with Paulette Goulard (#@%)**

Come discover the magic of coiling clay in this exciting hand building pottery workshop! Coiling clay is a very versatile hand building technique. In this workshop students will learn to make coils and use them to form a functional food safe vessel or dish. \*Last session is 2-hours long, solely dedicated to glazing\*All materials provided\*Suitable for all levels of expertise

<a href="#">51940</a>	16yrs+	Station Gallery	2 classes
Sat	Jan 13-Jan 27	12:00pm-4:00pm	\$115.00/\$120.00

### **AAW - Rainy Day Street Scenes with Hi-Sook (#@%)**

Workshop will focus on the moody ambience of rainy street scenes, utilizing mostly the wet on wet technique with attention on learning to convey reflections. Instructor will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.\*A list of the required art materials will be provided via email 7-10 days prior to the program. \*Suitable for all levels of expertise.

<a href="#">51926</a>	16yrs+	Station Gallery	1 class
Sat	Feb 10-Feb 10	12:00pm-4:00pm	\$95.00/\$100.00

### **AAW - Spring Florals with Hi-Sook (#@%)**

Spring is coming! Get ready for the floral season as this workshop will teach participants on learning how to capture brilliant, sunlit glowing florals. Instructor will provide a complete demonstration followed with participants working on their own pieces. During this time guidance and any help requested will be given, enough time should be allotted for participants to also complete a full work.\*A list of the required art materials will be provided via email 7-10 days prior to the program. \*Suitable for all levels of expertise.

<a href="#">51927</a>	16yrs+	Station Gallery	1 class
Sat	Feb 24-Feb 24	12:00pm-4:00pm	\$95.00/\$100.00

### **AAW- Depicting nature with pen, ink& watercolour with Dianne D (#@%)**

As an artistic medium, pen and ink uses a series of lines and dots to create a pleasing composition. The appearance of texture and value contrast developed are the heart of an ink drawing. The addition of watercolour compliments the inking and elevates the subject matter to another level.\*A list of the required art materials will be provided via email 7-10 days prior to the workshop. \*Suitable for all levels of expertise.

<a href="#">52194</a>	16yrs+	Station Gallery	3 classes
Sat	Jan 13-Feb 3	1:00pm-3:00pm	\$130.00/\$135.00

### **KAC - Artscapes with Katherine Lavery (#@%)**

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

<a href="#">51933</a>	8-12yrs	Station Gallery	6 classes
Fri	Jan 12-Feb 16	4:00pm-6:00pm	\$170.00/\$175.00

### **KAC - Artscapes with Kerry Lovett (#@%)**

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

<a href="#">51936</a>	8-12yrs	Station Gallery	6 classes
Sat	Jan 13-Feb 17	1:30pm-3:30pm	\$170.00/\$175.00

### **KAC - Artventure (#@%)**

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

<a href="#">52036</a>	4-7yrs	Station Gallery	6 classes
Thu	Jan 11-Feb 15	4:00pm-5:00pm	\$125.00/\$130.00

### **KAC - Artventure with Samia Khalifa (#@%)**

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

<a href="#">51935</a>	4-7yrs	Station Gallery	6 classes
Sat	Jan 13-Feb 17	11:00am-12:00pm	\$125.00/\$130.00

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

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

<a href="#">51938</a>	8-11yrs	Station Gallery	6 classes
Fri	Jan 12-Feb 16	4:00pm-6:00pm	\$170.00/\$175.00

### **KYAW - 3D Printing: Animal Designs with Ryan Durrell (#@%)**

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

provided\*Knowledge on how to use a computer keyboard, mouse and web browser required

<a href="#">52004</a>	11-16yrs	Station Gallery	2 classes
Mon	Feb 26 & Mar 4	4:00pm-6:00pm	\$75.00/\$80.00

### **KYAW - 3D Printing: Tiny Machines with Ryan Durrell (#@%)**

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

<a href="#">52003</a>	11-16yrs	Station Gallery	2 classes
Mon	Feb 5-Feb 12	4:00pm-6:00pm	\$75.00/\$80.00

### **KYAW - 3D Printing: Winter is Here with Ryan Durrell (#@%)**

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

<a href="#">52002</a>	11-16yrs	Station Gallery	2 classes
Mon	Jan 15-Jan 22	4:00pm-6:00pm	\$75.00/\$80.00

### **YAAW - Pottery Wheel Spinoff with Corinne Lawless (#@%)**

A "spinoff" of our other pottery classes, this workshop is designed for ages 12 and up, which means that you could partake in it with your child! Come and learn how to confidently add a spout to a vessel to create beautiful as well as useful pottery pieces such as a teacup or a watering can. \*Last session is 2-hours long, solely dedicated to glazing\*All materials provided\* Suitable for all levels of expertise

<a href="#">51985</a>	12yrs+	Station Gallery	2 classes
Sat	Jan 20-Feb 3	12:00pm-4:00pm	\$115.00/\$120.00



## **YAC - Cartoons and Character Design with Katherine Lavery**

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

<a href="#">51934</a>	12-16yrs	Station Gallery	6 classes
Thu	Jan 11-Feb 15	6:00pm-8:00pm	\$180.00/\$185.00

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

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

<a href="#">51939</a>	12-16yrs	Station Gallery	6 classes
Fri	Jan 12-Feb 16	7:00pm-9:00pm	\$180.00/\$185.00

## **Adult Visual Arts AAC - Animal Portraits: Pets and More w Catherine M. (#@%)**

In this class, you will explore the exciting world of animal portraiture through oils or acrylics! We will take a look at animal morphology and anatomy, as well as discuss how to paint the textures of fur, feathers, and more. All discussions will be accompanied with demos and examples. By the end of the session, you could take home a cherished memento of your pet or a great wildlife study.\*A list of the required art materials will be provided via email 7-10 days prior to the program\*Elementary – Intermediate painting experience required

<a href="#">51942</a>	16yrs+	Station Gallery	6 classes
Thu	Jan 11-Feb 15	7:00pm-9:00pm	\$190.00/\$200.00

## **AAC - Pen and Ink Drawing with Patrick Hickman (#@%)**

With experienced artist educator Patrick Hickman, students will learn techniques for illustrating a variety of subjects using pen, ink and watercolours. Expect to learn about tools, styles and principles as well as framing, pricing and exhibition. \*A list of the required art materials will be provided via email 7-10 days prior to the workshop. \*Suitable for all levels of expertise.

<a href="#">52217</a>	16yrs+	Station Gallery	6 classes
Thu	Jan 11-Feb 15	3:00pm-5:00pm	\$170.00/\$185.00

## Children Camps

### March Break Camp - Art Masters (#@%)

Station Gallery is the place to be this March Break! At our art camp, kids will explore the current exhibitions and create projects inspired by artists from near and far, contemporary and historical. Taught by experienced artist instructors, we create experiences for campers that emphasize material exploration, cooperative learning and individuality where each creation is unique. \*Do pack a nut-free lunch and snacks, as well as a water bottle/drinks. \*Please wear art-friendly clothing.

<a href="#">52226</a>	8-12yrs	Station Gallery	5 classes
Mon-Fri	Mar 11-Mar 15	9:00am-4:00pm	\$205.00/\$225.00

### March Break Camp - Adventure (#@%)

Station Gallery is the place to be this March Break! At our art camp, kids will explore the current exhibitions and create projects inspired by artists from near and far, contemporary and historical. Taught by experienced artist instructors, we create experiences for campers that emphasize material exploration, cooperative learning and individuality where each creation is unique. \*Do pack a nut-free lunch and snacks, as well as a water bottle/drinks.\*Wear art-friendly clothing.

<a href="#">52225</a>	4-6yrs	Station Gallery	5 classes
Mon-Fri	Mar 11-Mar 15	9:00am-4:00pm	\$205.00/\$225.00