

Summer 2026 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

To create a **Recreation Family account** for recreation program/membership registration please visit one of our Recreation customer service desks. For new accounts with a Whitby address proof of residency will be required (Photo ID and proof of address such as a Drivers Licence or Ontario Photo Card).

Once your new customer Recreation Family account is created, be sure to choose the "**forgot my password**" link to choose your new password the first time you login.

If you have held an account with us in the past please try your email address in the **forgot password link** to retrieve your account and prevent creating a duplicate account.

To change your address in your existing Active Net Recreation Family account please visit a **Recreation customer service desk for assistance**.

Online Payment methods include: Visa, AMEX, Mastercard, Apple Pay, and Google Pay (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, Apple Pay, and Google Pay

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 - Recreation Programs and Memberships

Program Cancellations:

The Town of Whitby is committed to providing fair and transparent refund practices for recreation programs. If a program is cancelled by the Town prior to its start, participants will receive a full refund; if cancelled after the program begins, a prorated refund will be issued.

Participants who withdraw at least three business days before the start date are eligible for a refund or account credit, less a \$10 + HST administrative fee. Withdrawals made after the program begins but before the second class may receive a prorated refund or credit, also subject to the administrative fee. No refunds are available after the second class unless supported by medical documentation or approved by a supervisor.

For camps, workshops, and P.A. Day programs, **refund requests** must be submitted at least five days before the start date, less a \$10 + HST administrative fee. No partial refunds are provided once the camp week has begun, except in cases of medical exemption with documentation.

Refund requests for special events made within seven days of the event are considered at staff discretion. Drop in admission tickets and 10-pass packages are non-refundable and hold no cash value.

Transfers are permitted based on availability, with level based programs such as swimming lessons requiring staff approval. **The refund request form** is for withdrawals/refunds only. For assistance with a program transfer please contact one of our customer service desks.

Membership Cancellations:

Membership cancellations must be submitted within the membership term and will be prorated from the date of cancellation, subject to the administrative fee. Health Club members who cancel within ten days of joining may choose either a full refund or a full value credit.

Missed Classes

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

How to Request a Refund, Withdrawal or Program Transfer

Refund Requests:

Withdrawals, refunds and transfers cannot be processed in your online account. To request a withdrawal or refund, participants must complete **the refund request form**. If you are unable to complete the form online please call our Customer Service Centre at 905.666.1991 or visit a recreation facility customer service desk for an alternate format.

Program Transfers:

Transfers are permitted based on availability, with level-based programs such as swimming lessons requiring staff approval. For assistance with a program transfer please contact one of our customer service desks.

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

If you have questions regarding subsidy please visit whitby.ca/subsidy

55+ Programs

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

Table of Contents

Preschool	13
General Interest	13
ABC Come learn with me	13
Craft and Play	13
Family Fun Fridays	13
Messy Family Fun	13
Paint and Play	13
Play and Learn	14
Ready for School	14
Summer Move and Groove	14
Summer Sounds: Parent and Tot Music	14
Leagues and Sporting Groups	15
Parent and Tot Basketball	15
Parent and Tot Indoor Soccer	15
Parent and Tot Kinder Sports	15
Children	15
Fitness	15
Taekwondo 4-6 YRS	15
Taekwondo 7-11 YRS	16
Leagues and Sporting Groups	16
Badminton - Basics for Kids	16
Badminton – Kids	17
Basketball - Basics for Kids	17
Basketball – Kids	17
Indoor Soccer – Kids	17
Sportball - Outdoor Coach and Child Multi-Sport (#@)	17
Sportball - Outdoor Coach and Child Soccer (#@)	18
Sportball - Outdoor Coach and Child Soccer/T-Ball (#@)	18
Sportball - Outdoor Parent and Child Multi-Sport (#@)	18
Sportball - Outdoor Parent and Child Multi-Sport (#@)	19
Sportball - Outdoor Parent and Child Soccer (#@)	19

Sportball - Outdoor Parent and Child Soccer/T-Ball (#@)	19
Youth	19
First Aid & Safety	19
Stay Safe! Course (#@)	19
Leadership and Training	20
Babysitting Course (#@)	20
Leagues and Sporting Groups	20
Badminton – Youth	20
Basketball – Youth	20
Basketball - Youth Girls	21
Swimming Summer 2026	21
Adult	21
Aquafit	21
Aquafit - Deep Water Ages 13+	21
Aquafit- Shallow Water Ages 13+	21
Group Swimming Lessons	22
Adult Swimmer 1 - Beginner – AOP Ages 14+	22
Adult Swimmer 1 - Beginner – CRC Ages 14+	23
Adult Swimmer 2 - Intermediate – AOP Ages 14+	23
Adult Swimmer 2 - Intermediate – CRC Ages 14+	24
Adult Swimmer 3 - Advanced – AOP Ages 14+	24
Adult Swimmer 3 - Advanced – CRC Ages 14+	25
Private Swimming Lessons	25
Private Adult Swimmer - AOP (#@) Ages 14+	25
Children	27
Group Swimming Lessons	27
Swimmer 1 – AOP Ages 6-13yrs	27
Swimmer 1 – CRC Ages 6-13yrs	29
Swimmer 2 – AOP Ages 6-13yrs	34
Swimmer 2 – CRC Ages 6-13 yrs	36
Swimmer 3 – AOP Ages 6-13yrs	40
Swimmer 4 – AOP Ages 6-13 yrs	44
Swimmer 5 – AOP Ages 6-13yrs	46

Swimmer 6 – AOP	Ages 6-13 yrs	48
Private Swimming Lessons		50
Private Swimming Lessons- AOP (#@)	Ages 3-14 yrs	50
Private Swimming Lessons- CRC (#@)	Ages 3-14yrs	54
Semi-Private Swimming Lessons		58
Semi-Private Swimmer 1 - AOP (#@)	Ages 6-13yrs	58
Semi-Private Swimmer 1 - CRC (#@)	Ages 6-13yrs	59
Semi-Private Swimmer 2 - AOP (#@)	Ages 6-13yrs	59
Semi-Private Swimmer 2 - CRC (#@)	Ages 6-13yrs	60
Semi-Private Swimmer 3 - AOP (#@)	Ages 6-13yrs	60
Semi-Private Swimmer 4 - AOP (#@)	Ages 6-13yrs	61
Semi-Private Swimmer 5- AOP (#@)	Ages 6-13yrs	62
Semi-Private Swimmer 6 - AOP (#@)	Ages 6-13yrs	62
Preschool		63
Group Swimming Lessons		63
Parent and Tot 1 – AOP	Ages 4-12 months	63
Parent and Tot 1 – CRC	Ages 4-12 months	64
Parent and Tot 2 – AOP	Ages 1-2yrs	65
Parent and Tot 2 – CRC	Ages 1-2yrs	65
Parent and Tot 3- AOP	Ages 2-3yrs	67
Parent and Tot 3- CRC	Ages 2-3yrs	67
Preschool 1 – AOP	Ages 3-5yrs	68
Preschool 1 – CRC	Ages 3-5yrs	71
Preschool 2 – AOP	Ages 3-5yrs	75
Preschool 2 – CRC	Ages 3-5yrs	77
Preschool 3 – AOP	Ages 3-5yrs	81
Preschool 3 – CRC	Ages 3-5yrs	83
Preschool 4 – AOP	Ages 3-5yrs	85
Preschool 4 – CRC	Ages 3-5yrs	86
Preschool 5 – AOP	Ages 3-5yrs	88
Preschool 5 – CRC	Ages 3-5yrs	89
Semi-Private Swimming Lessons		90
Semi-Private Preschool 1 - AOP (#@)	Ages 3-5yrs	90

Semi-Private Preschool 1 - CRC (#@)	Ages 3-5yrs	91
Semi-Private Preschool 2 - AOP (#@)	Ages 3-5yrs	91
Semi-Private Preschool 2 - CRC (#@)	Ages 3-5yrs	92
Semi-Private Preschool 3 - AOP (#@)	Ages 3-5yrs	92
Semi-Private Preschool 3 - CRC (#@)	Ages 3-5yrs	93
Semi-Private Preschool 4 - AOP (#@)	Ages 3-5yrs	93
Semi-Private Preschool 5 - AOP (#@)	Ages 3-5yrs	93
Youth		94
Group Swimming Lessons		94
Teen Swimmer 1- Beginner- AOP	Ages 14-18yrs	94
Teen Swimmer 1- Beginner – CRC	Ages 14-18yrs	94
Teen Swimmer 2- Intermediate- AOP	Ages 14-18yrs	95
Teen Swimmer 2- Intermediate – CRC	Ages 14-18yrs	95
Teen Swimmer 3- Advanced- AOP	Ages 14-18yrs	95
Teen Swimmer 3- Advanced – CRC	Ages 14-18yrs	95
Leadership		96
Basic First Aid	Ages 10+	96
Bronze Cross	Ages 14+	96
Bronze Medallion & Basic First Aid	Ages 13+	96
Bronze Star	Ages 10-13yrs	97
Canadian Swim Patrol 1- Rookie	Ages 8-12yrs	97
Canadian Swim Patrol 2- Ranger	Ages 8-12yrs	97
Canadian Swim Patrol 3- Star	Ages 8-12yrs	98
Intermediate First Aid	Ages 13+	98
National Lifeguard and Intermediate First Aid	Ages 15+	98
Swim and Lifesaving Instructor	Ages 15+	98
Private Swimming Lessons		99
Private Teen Swimmer - CRC (#@)	Ages 14-18yrs	99
Adult		100
Fitness		100
20/20/20 Fitness		100
Ab Attack		100
ABT-Abs/Butt/Thighs		100

Ball Fit	101
Barre	101
Basic Boot Camp	101
Basics of Barbell Training	101
Beginner Dance	102
Boot Camp	102
Built Strong	102
Cardio and Core	102
Circuit Training	103
Dance Fit	103
Deep Stretch	103
Easy Fit	104
Express Strength & Conditioning	104
Full Body Fitness	104
Gentle Yoga	104
HIIT	105
Jazz 1	105
Light and Lively 1	105
Light and Lively 2	105
Low Impact	106
Lower Body Shred	106
Mat Pilates	106
Metabolic Conditioning	106
Metabolic Conditioning 2	107
Mom and Baby Fitness	107
Mom and Baby Yoga	107
Pilates	108
Pilates for Seniors Level 1	108
Pilates for Seniors Level 2	108
Power Yoga	108
Rock Body	108
Sculpt & Stretch	109
Spin and Strength	109

Spin and Strength	109
Spinning	110
Step and Sculpt	110
Strength & Core	110
Strength & Stretch	111
Strength and Stretch	111
Stretch and Core	111
Stretch and Myofascial Release (SMR)	112
Tap 1	112
Total Body Circuit	112
Yoga Flow	113
Yogalates	113
Zumba Fit	113
Leagues and Sporting Groups	114
Badminton – Adult	114
Pickleball - Adult Beginner	114
Pickleball - Adult Intermediate	114
All Ages	114
Taekwondo 12+ YRS	114
55+ Programs	115
New Members Orientation	115
Computer & Technology	115
Tech Fridays	115
Tech Wednesday	117
Creative Arts	119
Drawing with Jade	119
Figurative Drawing Workshop Part 1 with Marni	119
Figurative Drawing Workshop Part 2 with Marni	119
Instructed Acrylic Painting with David	120
Intro to Cross-Stitch with Marjorie	120
Next Steps in Cross-Stitch with Marjorie	120
Woodcarving - Open Studio	120
Workshop - Coloured Pencil Iris with Chrissie	121

Workshop - Mixed Media Rooster with Chrissie	121
Fitness	121
Arthritis Exercise with Karel	121
Arthritis Exercise with Tracy	122
Barre Fitness with Tracy	122
Build Your Own Bones with Tracy	122
Cardio Salsa with Tracy	122
Chair Aerobics with Rida	123
Chair Exercise with Rida	123
Classical Stretch with Zoe	123
Latin Dance Fitness with Tracy	123
Low Impact Bootcamp with Karel	124
Morning Energizer with Charles	124
Osteofit with Zoe	124
Strength & Balance with Rida	124
Strong Core (without the floor) with Zoe	125
Timed Strength and Cardio Circuit with Tracy	125
Total Body Tone with Zoe	125
Total Body Workout with Tracy	125
Twenty, Twenty, Twenty with Charles	126
Twenty, Twenty, Twenty with Tracy	126
Walk Aerobics with Rida	126
Weight Training - Level 1 and Level 2 with Tracy	126
Weight Training - Level 2 with Tracy	127
Yin Yoga with Judy	127
Yin Yoga with Judy	127
Yin Yoga with Patricia	127
Yoga - Beginner with Pamela	128
Yoga - Chair with Judy	128
Yoga - Chair with Marcey	128
Yoga - Chair with Pamela	128
Yoga - Energy Flow with Patricia	128
Yoga Flow with Patricia	129

Yogalates with Deb	129
Yoga in the Park with Judy	129
Tai Chi - Level 1 with Mary Grace and Rick	129
Tai Chi (Yang Style 24) with Dave	130
Tai Chi - Level 1 with Rick	130
Tai Chi - Level 2 with Mary Grace and Rick	130
Tai Chi - Level 2 with Rick	131
Tai Chi - Level 3 with Mary Grace and Rick	131
General Interest	131
55+ Photographic Club	131
Golf - Level 1	131
Golf - Level 3	132
Guided Meditation with Julie	132
Qigong with Dave	132
Rise and Shine 55+ Walking Group	132
Leagues and Sporting Groups	133
Badminton League	133
Pickleball - All Levels	133
Pickleball - Learn to Play Beginners	133
Pickleball - Level 1 and 2	134
Pickleball - Level 2	134
Pickleball - Level 2 and Level 3	135
Pickleball - Level 3	135
Leisure Programs	135
Penny Bingo	135
Music and Drama	136
Djembe Drumming - Level 1 with Julie	136
Djembe Drumming - Level 2 with Julie	136
Special Events	136
Game of Clue- Submarine Escape	136
Wellness and Lifestyle	136
Forest Bathing (Shinrin Yoku) Workshop	136
How to Read Food Labels Workshop	137

Practical Planning for your Health Workshop	137
Walking Together: A Journey Through Truth, Reconciliation	137
Powerful Tools for Caregivers Workshop	137
Station Gallery Summer Programs 2026	138
Adult Visual Arts	138
AAC - Art as Therapy with Kayleigh (#@%)	138
AAC - Pottery Open Studio with Sarah (#@%)	138
AAC - Watercolour Painting with Sakshi (#@%)	138
AAW - Brushes & Beverages: Paint Night at SG (#@%)	139
AAW - Pottery Workshop: Beautiful Bird Vases (#@%)	139
AAW - Pottery Workshop: Wind Chimes (#@%)	139
Children Art Classes	139
KAC - Artventures with Elaine (#@%)	139
Family	140
AAW - Brushes & Beverages: Family Edition! (#@%)	140
Parent & Tot	140
PT - Mini-Makers with Elaine (#%@)	140
Youth	140
AAW - Brushes & Beverages: Teen Edition! (#@%)	140

Preschool

General Interest

ABC Come learn with me

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

69650	2.5-5yrs	Whitby Civic Rec Complex	9 weeks
Wed	Jul 8-Sep 2	11:30am-12:15pm	\$83.05

Craft and Play

Each week participants will make a craft, meet new friends and learn through play. Please note this is not a parent and tot class.

68535	2.5-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Jun 30-Jul 28	5:30pm-7:00pm	\$69.21

Family Fun Fridays

Each week families will explore new themes including music, messy play, movement, dance, sensory time, STEM activities and more. A craft story time and free play are included in this program.

68538	1.5-5yrs	Whitby Civic Rec Complex	5 weeks
Fri	Jul 3-Jul 31	9:15am-10:45am	\$69.21
68539	1.5-5yrs	Whitby Civic Rec Complex	5 weeks
Fri	Aug 7-Sep 4	9:15am-10:45am	\$69.21

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.

69356	1.5-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jun 30-Sep 1	11:30am-12:15pm	\$92.28

Paint and Play

Each week participants will paint a new masterpiece, meet new friends and learn through play. Please note this is not a parent and tot class.

68536	2.5-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Aug 4-Sep 1	5:30pm-7:00pm	\$69.21

Play and Learn

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

68534	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jun 30-Sep 1	9:15am-11:15am	\$184.55

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, 2026, in order to register for this program.

68509	3-5yrs	Whitby Civic Rec Complex	18 classes
Mon,Wed	Jun 29-Sep 2	9:15am-11:15am	\$332.19
68508	3-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Jun 30-Sep 3	12:45pm-2:45pm	\$369.10

Summer Move and Groove

Parents and tots will dance, move, stretch and strengthen their gross motor skills, through a variety of activities. Tots will develop coordination, balance, and body awareness through playful movement, games, and obstacle circuits. Each class encourages teamwork, confidence, and joyful energy while supporting early physical-literacy skills.

69379	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jul 3-Sep 4	11:00am-12:00pm	\$92.28

Summer Sounds: 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.

69357	1.5-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	11:30am-12:15pm	\$83.05

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.

68331	3-5yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	10:15am-10:55am	\$89.59

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.

68332	2-3yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	11:00am-11:40am	\$89.59

68333	3-5yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	11:45am-12:25pm	\$89.59

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.

68330	2-4yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	9:30am-10:10am	\$89.59

Children

Fitness

Taekwondo 4-6 YRS

Do you want to discover the dynamic sport of Olympic Taekwondo with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Then join this class! Our

family training environment supports the recreational and performance streams. This program is for children 4-7 years old. This program is by registration only.

68261	4-7yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	4:30pm-5:25pm	\$103.80
68262	4-7yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	5:30pm-6:25pm	\$103.80
68267	4-7yrs	Whitby Civic Rec Complex	9 weeks
Sat	Jul 11-Sep 19	10:00am-10:55am	\$93.45
68278	4-7yrs	Whitby Civic Rec Complex	9 week
Sun	Jul 12-Sep 20	10:00am-10:55am	\$93.45

Taekwondo 7-11 YRS

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

68269	7-11yrs	Whitby Civic Rec Complex	9 weeks
Sat	Jul 11-Sep 19	11:00am-11:55am	\$93.45
68279	7-11yrs	Whitby Civic Rec Complex	9 weeks
Sun	Jul 12-Sep 20	11:00am-11:55am	\$93.45
68263	7-11yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	6:30pm-7:25pm	\$103.80

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.

68321	7-9yrs	Brooklin CC&L	9 weeks
Wed	Jul 8-Sep 2	6:00pm-6:25pm	\$41.52

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.

68322	12-12yrs	Brooklin CC&L	9 weeks
Wed	Jul 8-Sep 2	6:30pm-7:25pm	\$80.63

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.

68342	6-8yrs	Brooklin CC&L	10 weeks
Tue	Jun 30-Sep 1	5:00pm-5:55pm	\$89.59
68336	6-8yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	3:00pm-3:55pm	\$89.59

Basketball – Kids

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

68326	9-11yrs	Brooklin CC&L	10 weeks
Thu	Jul 2-Sep 3	5:00pm-5:55pm	\$89.59
68337	9-11yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	4:00pm-4:55pm	\$89.59

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.

68335	6-8yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	2:00pm-2:55pm	\$89.59

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

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

68347	4-6yrs	Heydenshore Pavilion	9 weeks
-----------------------	--------	----------------------	---------

Mon	Jun 29-Aug 31	10:00am-11:00am	\$191.25
68348	5-7yrs	Heydenshore Pavilion	9 weeks
Mon	Jun 29-Aug 31	11:00am-12:00pm	\$191.25
68345	3-5yrs	Carnwith Park	10 weeks
Tue	Jun 30-Sep 1	10:45am-11:45am	\$212.50

Sportball - Outdoor Coach and Child Soccer (#@)

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

68356	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jul 2-Sep 3	6:00pm-7:00pm	\$229.50
68357	5-8yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jul 2-Sep 3	7:00pm-8:00pm	\$229.50

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

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

68351	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	6:00pm-7:00pm	\$208.25
68352	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	6:00pm-7:00pm	\$208.25
68353	5-8yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	7:00pm-8:00pm	\$208.25
68354	5-8yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	7:00pm-8:00pm	\$208.25

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

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

68346	2-3yrs	Heydenshore Pavilion	9 weeks
Mon	Jun 29-Aug 31	9:15am-10:00am	\$191.25

68343	16mos-23mos	Carnwith Park	10 weeks
Tue	Jun 30-Sep 1	9:15am-10:00am	\$212.50

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

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

68344	2-3yrs	Carnwith Park	10 weeks
Tue	Jun 30-Sep 1	10:00am-10:45am	\$212.50

Sportball - Outdoor Parent and Child Soccer (#@)

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

68355	2-3yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jul 2-Sep 3	5:15pm-6:00pm	\$229.50

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

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

68349	2-3yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	5:15pm-6:00pm	\$208.25
68350	2-3yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jun 29-Aug 31	5:15pm-6:00pm	\$208.25

Youth

First Aid & Safety

Stay Safe! Course (#@)

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

69387	9-13yrs	McKinney Centre	1 class
Tue	Jul 28-Jul 28	9:00am-3:00pm	\$71.00
69389	9-13yrs	McKinney Centre	3 classes
Tue,Wed,Thu	Aug 11-Aug 13	9:30am-12:00pm	\$71.00
69393	9-13yrs	Whitby Civic Rec Complex	1 class
Mon	Aug 24-Aug 24	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.

69392	11-16yrs	Whitby Civic Rec Complex	1 class
Mon	Jul 13-Jul 13	9:00am-5:00pm	\$76.00
69385	11-16yrs	McKinney Centre	1 class
Tue	Jul 21-Jul 21	9:00am-5:00pm	\$76.00
69390	11-16yrs	McKinney Centre	3 classes
Tue,Wed,Thu	Aug 11-Aug 13	1:00pm-4:00pm	\$76.00

Leagues and Sporting Groups

Badminton – Youth

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

68323	11-15yrs	Brooklin CC&L	9 weeks
Wed	Jul 8-Sep 2	7:30pm-8:25pm	\$80.63

Basketball – Youth

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

68327	11-14yrs	Brooklin CC&L	10 weeks
-----------------------	----------	---------------	----------

Thu	Jul 2-Sep 3	6:00pm-6:55pm	\$89.59
-----	-------------	---------------	---------

Basketball - Youth Girls

Exclusively for girls, enjoy fun and friendly basketball games while working on skills and drills too. Some experience recommended.

68338	11-14yrs	Brooklin CC&L	10 weeks
Sat	Jul 4-Sep 5	5:00pm-5:55pm	\$89.59

Swimming Summer 2026

Adult

Aquafit

Aquafit - Deep Water Ages 13+

Aquafit - Deep Water is a challenging, full-body workout designed to strengthen the core, improve endurance, and build overall fitness. Held entirely in the deep end, this class uses the natural resistance of the water to support movement without impact on the joints. Participants wear buoyancy belts, which are provided, to help maintain proper form and stability during suspended exercises. All participants must be comfortable in deep water. Open to individuals 14 years of age and older.

10 classes	Anne Ottenbrite Pool	\$95.09
70691	Fri Jul 3-Sep 4	8:00am-8:45am
9 classes	Anne Ottenbrite Pool	\$85.58
68491	Mon Jun 29-Aug 31	8:00am-8:45am
70690	Wed Jul 8-Sep 2	8:00am-8:45am
70692	Wed Jul 8-Sep 2	8:00pm-8:45pm

Aquafit- Shallow Water Ages 13+

Aquafit- Shallow Water is an energetic, cardio focused fitness class designed to boost endurance, strength, and overall conditioning. Participants will engage in dynamic movements-including jumping, hopping, and jogging in the water- to take advantage of the buoyancy and resistance the shallow pool provides. Held entirely in the shallow end, no-deep-water skills are required, and all equipment is provided. Open to participants 14 years of age and older.

10 classes	Whitby Civic Rec Complex	\$95.09
-------------------	---------------------------------	----------------

68457	Tue	Jun 30-Sep 1	10:30am-11:15am
70687	Tue	Jun 30-Sep 1	7:15pm-8:00pm
70686	Thu	Jul 2-Sep 3	10:30am-11:15am
70688	Thu	Jul 2-Sep 3	7:15pm-8:00pm
8 classes	Whitby Civic Rec Complex		\$76.07
70689	Sat	Jul 4-Aug 29	1:15pm-2:00pm

Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP Ages 14+

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

4 classes	Anne Ottenbrite Pool		\$50.50
69938	Sat	Jul 4-Jul 25	1:15pm-2:00pm
69939	Sat	Jul 4-Jul 25	2:00pm-2:45pm
69940	Sat	Jul 4-Jul 25	2:00pm-2:45pm
69941	Sat	Jul 4-Jul 25	2:45pm-3:30pm
70157	Sun	Jul 5-Jul 26	5:00pm-5:45pm
70158	Sun	Jul 5-Jul 26	5:00pm-5:45pm
70159	Sun	Jul 5-Jul 26	5:00pm-5:45pm
70160	Sun	Jul 5-Jul 26	5:45pm-6:30pm
70161	Sun	Jul 5-Jul 26	5:45pm-6:30pm
70162	Sun	Jul 5-Jul 26	6:30pm-7:15pm
70163	Sun	Jul 5-Jul 26	6:30pm-7:15pm
70164	Sun	Jul 5-Jul 26	7:15pm-8:00pm
70165	Sun	Jul 5-Jul 26	7:15pm-8:00pm
70537	Sat	Aug 8-Aug 29	1:15pm-2:00pm
70538	Sat	Aug 8-Aug 29	1:15pm-2:00pm
70539	Sat	Aug 8-Aug 29	2:00pm-2:45pm
70540	Sat	Aug 8-Aug 29	2:00pm-2:45pm
70541	Sat	Aug 8-Aug 29	2:45pm-3:30pm
70667	Sun	Aug 9-Aug 30	5:00pm-5:45pm

70668	Sun	Aug 9-Aug 30	5:00pm-5:45pm
70669	Sun	Aug 9-Aug 30	5:00pm-5:45pm
70670	Sun	Aug 9-Aug 30	5:45pm-6:30pm
70671	Sun	Aug 9-Aug 30	5:45pm-6:30pm
70672	Sun	Aug 9-Aug 30	6:30pm-7:15pm
70673	Sun	Aug 9-Aug 30	6:30pm-7:15pm
70674	Sun	Aug 9-Aug 30	7:15pm-8:00pm
70675	Sun	Aug 9-Aug 30	7:15pm-8:00pm

Adult Swimmer 1 - Beginner – CRC Ages 14+

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

4 classes	Whitby Civic Recreation Complex	\$50.50	
68443	Sun	Jul 5-Jul 26	1:00pm-1:45pm
68892	Sun	Jul 5-Jul 26	1:00pm-1:45pm
68893	Sun	Jul 5-Jul 26	1:45pm-2:30pm
68894	Sun	Jul 5-Jul 26	1:45pm-2:30pm
69286	Sun	Aug 9-Aug 30	1:00pm-1:45pm
69287	Sun	Aug 9-Aug 30	1:00pm-1:45pm
69288	Sun	Aug 9-Aug 30	1:45pm-2:30pm
69289	Sun	Aug 9-Aug 30	1:45pm-2:30pm

Adult Swimmer 2 - Intermediate – AOP Ages 14+

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

4 classes	Anne Ottenbrite Pool	\$50.50	
69942	Sat	Jul 4-Jul 25	2:45pm-3:30pm
69943	Sat	Jul 4-Jul 25	1:15pm-2:00pm
70166	Sun	Jul 5-Jul 26	5:00pm-5:45pm

70167	Sun	Jul 5-Jul 26	5:45pm-6:30pm
70168	Sun	Jul 5-Jul 26	6:30pm-7:15pm
70169	Sun	Jul 5-Jul 26	6:30pm-7:15pm
70170	Sun	Jul 5-Jul 26	7:15pm-8:00pm
70542	Sat	Aug 8-Aug 29	1:15pm-2:00pm
70543	Sat	Aug 8-Aug 29	2:45pm-3:30pm
70676	Sun	Aug 9-Aug 30	5:00pm-5:45pm
70677	Sun	Aug 9-Aug 30	5:45pm-6:30pm
70678	Sun	Aug 9-Aug 30	6:30pm-7:15pm
70679	Sun	Aug 9-Aug 30	6:30pm-7:15pm
70682	Sun	Aug 9-Aug 30	7:15pm-8:00pm

Adult Swimmer 2 - Intermediate – CRC Ages 14+

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

4 classes	Whitby Civic Recreation Complex	\$50.50	
68444	Sun	Jul 5-Jul 26	1:00pm-1:45pm
68895	Sun	Jul 5-Jul 26	1:00pm-1:45pm
68896	Sun	Jul 5-Jul 26	1:45pm-2:30pm
68897	Sun	Jul 5-Jul 26	1:45pm-2:30pm
69290	Sun	Aug 9-Aug 30	1:00pm-1:45pm
69291	Sun	Aug 9-Aug 30	1:00pm-1:45pm
69292	Sun	Aug 9-Aug 30	1:45pm-2:30pm
69293	Sun	Aug 9-Aug 30	1:45pm-2:30pm

Adult Swimmer 3 - Advanced – AOP Ages 14+

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

4 classes	Anne Ottenbrite Pool	\$50.50	
69944	Sat	Jul 4-Jul 25	2:00pm-2:45pm
69945	Sat	Jul 4-Jul 25	2:45pm-3:30pm

70171	Sun	Jul 5-Jul 26	5:45pm-6:30pm
70172	Sun	Jul 5-Jul 26	7:15pm-8:00pm
70544	Sat	Aug 8-Aug 29	2:00pm-2:45pm
70545	Sat	Aug 8-Aug 29	2:45pm-3:30pm
70680	Sun	Aug 9-Aug 30	5:45pm-6:30pm
70681	Sun	Aug 9-Aug 30	7:15pm-8:00pm

Adult Swimmer 3 - Advanced – CRC Ages 14+

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

4 classes	Whitby Civic Recreation Complex	\$50.50
68445	Sun	Jul 5-Jul 26
68898	Sun	Jul 5-Jul 26
69294	Sun	Aug 9-Aug 30
69295	Sun	Aug 9-Aug 30

Private Swimming Lessons

Private Adult Swimmer - AOP (#@) Ages 14+

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

4 classes	Anne Ottenbrite Pool	\$156.07
69917	Sat	Jul 4-Jul 25
69918	Sat	Jul 4-Jul 25
69919	Sat	Jul 4-Jul 25
69920	Sat	Jul 4-Jul 25
69921	Sat	Jul 4-Jul 25
69922	Sat	Jul 4-Jul 25
69923	Sat	Jul 4-Jul 25
69924	Sat	Jul 4-Jul 25
69925	Sat	Jul 4-Jul 25
69926	Sat	Jul 4-Jul 25

69927	Sat	Jul 4-Jul 25	2:00pm-2:30pm
69928	Sat	Jul 4-Jul 25	2:00pm-2:30pm
69929	Sat	Jul 4-Jul 25	2:30pm-3:00pm
69930	Sat	Jul 4-Jul 25	2:30pm-3:00pm
69931	Sat	Jul 4-Jul 25	2:30pm-3:00pm
69932	Sat	Jul 4-Jul 25	2:30pm-3:00pm
69933	Sat	Jul 4-Jul 25	3:00pm-3:30pm
69934	Sat	Jul 4-Jul 25	3:00pm-3:30pm
69935	Sat	Jul 4-Jul 25	3:00pm-3:30pm
69936	Sat	Jul 4-Jul 25	3:00pm-3:30pm
70517	Sat	Aug 8-Aug 29	1:00pm-1:30pm
70518	Sat	Aug 8-Aug 29	1:00pm-1:30pm
70519	Sat	Aug 8-Aug 29	1:00pm-1:30pm
70520	Sat	Aug 8-Aug 29	1:00pm-1:30pm
70521	Sat	Aug 8-Aug 29	1:30pm-2:00pm
70522	Sat	Aug 8-Aug 29	1:30pm-2:00pm
70523	Sat	Aug 8-Aug 29	1:30pm-2:00pm
70524	Sat	Aug 8-Aug 29	1:30pm-2:00pm
70525	Sat	Aug 8-Aug 29	2:00pm-2:30pm
70526	Sat	Aug 8-Aug 29	2:00pm-2:30pm
70527	Sat	Aug 8-Aug 29	2:00pm-2:30pm
70528	Sat	Aug 8-Aug 29	2:00pm-2:30pm
70529	Sat	Aug 8-Aug 29	2:30pm-3:00pm
70530	Sat	Aug 8-Aug 29	2:30pm-3:00pm
70531	Sat	Aug 8-Aug 29	2:30pm-3:00pm
70532	Sat	Aug 8-Aug 29	2:30pm-3:00pm
70533	Sat	Aug 8-Aug 29	3:00pm-3:30pm
70534	Sat	Aug 8-Aug 29	3:00pm-3:30pm
70535	Sat	Aug 8-Aug 29	3:00pm-3:30pm
70536	Sat	Aug 8-Aug 29	3:00pm-3:30pm

Children

Group Swimming Lessons

Swimmer 1 – AOP

Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$58.46
68481	Mon Jun 29-Jul 27	6:00pm-6:30pm
69386	Mon Jun 29-Jul 27	8:00pm-8:30pm
69635	Tue Jun 30-Jul 28	8:00pm-8:30pm
69636	Tue Jun 30-Jul 28	7:30pm-8:00pm
69637	Tue Jun 30-Jul 28	6:00pm-6:30pm
69638	Tue Jun 30-Jul 28	7:00pm-7:30pm
69833	Thu Jul 2-Jul 30	6:00pm-6:30pm
69834	Thu Jul 2-Jul 30	8:00pm-8:30pm
69446	Mon-Fri Jul 6-Jul 10	9:00am-9:30am
69448	Mon-Fri Jul 6-Jul 10	10:00am-10:30am
69451	Mon-Fri Jul 6-Jul 10	11:00am-11:30am
69455	Mon-Fri Jul 6-Jul 10	11:30am-12:00pm
69516	Mon-Fri Jul 13-Jul 17	9:00am-9:30am
69517	Mon-Fri Jul 13-Jul 17	10:00am-10:30am
69518	Mon-Fri Jul 13-Jul 17	11:00am-11:30am
69519	Mon-Fri Jul 13-Jul 17	11:30am-12:00pm
69592	Mon-Fri Jul 20-Jul 24	9:00am-9:30am
69593	Mon-Fri Jul 20-Jul 24	10:00am-10:30am
69594	Mon-Fri Jul 20-Jul 24	11:00am-11:30am
69595	Mon-Fri Jul 20-Jul 24	11:30am-12:00pm
69685	Mon-Fri Jul 27-Jul 31	9:00am-9:30am
69687	Mon-Fri Jul 27-Jul 31	10:00am-10:30am
69689	Mon-Fri Jul 27-Jul 31	11:00am-11:30am
69691	Mon-Fri Jul 27-Jul 31	11:30am-12:00pm
70380	Tue Aug 4-Sep 1	6:00pm-6:30pm

70381	Tue	Aug 4-Sep 1	7:00pm-7:30pm
70382	Tue	Aug 4-Sep 1	7:30pm-8:00pm
70383	Tue	Aug 4-Sep 1	8:00pm-8:30pm
70416	Wed	Aug 5-Sep 2	6:30pm-7:00pm
70417	Wed	Aug 5-Sep 2	7:30pm-8:00pm
70418	Wed	Aug 5-Sep 2	7:30pm-8:00pm
70446	Thu	Aug 6-Sep 3	6:00pm-6:30pm
70447	Thu	Aug 6-Sep 3	8:00pm-8:30pm
70183	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
70184	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
70185	Mon-Fri	Aug 10-Aug 14	11:00am-11:30am
70186	Mon-Fri	Aug 10-Aug 14	11:30am-12:00pm
70222	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
70223	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
70224	Mon-Fri	Aug 17-Aug 21	11:00am-11:30am
70225	Mon-Fri	Aug 17-Aug 21	11:30am-12:00pm
70262	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70263	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70264	Mon-Fri	Aug 24-Aug 28	11:00am-11:30am
70265	Mon-Fri	Aug 24-Aug 28	11:30am-12:00pm
70302	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70303	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
70304	Mon-Fri	Aug 31-Sep 4	11:00am-11:30am
70305	Mon-Fri	Aug 31-Sep 4	11:30am-12:00pm

4 classes

Anne Ottenbrite Pool

\$46.76

69868	Sat	Jul 4-Jul 25	11:00am-11:30am
69869	Sat	Jul 4-Jul 25	10:00am-10:30am
69870	Sat	Jul 4-Jul 25	12:00pm-12:30pm
70083	Sun	Jul 5-Jul 26	9:00am-9:30am
70084	Sun	Jul 5-Jul 26	10:00am-10:30am
70085	Sun	Jul 5-Jul 26	11:00am-11:30am
70086	Sun	Jul 5-Jul 26	12:00pm-12:30pm
70087	Sun	Jul 5-Jul 26	12:30pm-1:00pm

69724	Wed	Jul 8-Jul 29	6:30pm-7:00pm
69727	Wed	Jul 8-Jul 29	7:30pm-8:00pm
69729	Wed	Jul 8-Jul 29	7:30pm-8:00pm
70102	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
70103	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
70104	Tue-Fri	Aug 4-Aug 7	11:00am-11:30am
70105	Tue-Fri	Aug 4-Aug 7	11:30am-12:00pm
70481	Sat	Aug 8-Aug 29	10:00am-10:30am
70482	Sat	Aug 8-Aug 29	11:00am-11:30am
70483	Sat	Aug 8-Aug 29	12:00pm-12:30pm
70631	Sun	Aug 9-Aug 30	9:00am-9:30am
70632	Sun	Aug 9-Aug 30	10:00am-10:30am
70633	Sun	Aug 9-Aug 30	11:00am-11:30am
70634	Sun	Aug 9-Aug 30	12:00pm-12:30pm
70635	Sun	Aug 9-Aug 30	12:30pm-1:00pm
70344	Mon	Aug 10-Aug 31	6:00pm-6:30pm
70345	Mon	Aug 10-Aug 31	8:00pm-8:30pm

Swimmer 1 – CRC Ages 6-13yrs

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

5 classes	Whitby Civic Rec Complex	\$58.46	
68451	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68576	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68577	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68578	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68579	Mon	Jun 29-Jul 27	6:30pm-7:00pm
68580	Mon	Jun 29-Jul 27	6:30pm-7:00pm
68581	Mon	Jun 29-Jul 27	7:00pm-7:30pm
68624	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68625	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68626	Tue	Jun 30-Jul 28	5:30pm-6:00pm

68627	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68628	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68629	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68718	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68719	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68720	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68721	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68722	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68723	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68724	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68760	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68761	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68762	Fri	Jul 3-Jul 31	5:00pm-5:30pm
68763	Fri	Jul 3-Jul 31	5:30pm-6:00pm
68764	Fri	Jul 3-Jul 31	6:00pm-6:30pm
68765	Fri	Jul 3-Jul 31	6:00pm-6:30pm
68766	Fri	Jul 3-Jul 31	6:30pm-7:00pm
68767	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69316	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69317	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69318	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69319	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69320	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69417	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69418	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69419	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69420	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69421	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69494	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69497	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69498	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69500	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69502	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am

69567	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69568	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69569	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69570	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
69571	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68979	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68980	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68981	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68982	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68983	Tue	Aug 4-Sep 1	6:30pm-7:00pm
68984	Tue	Aug 4-Sep 1	6:30pm-7:00pm
69023	Wed	Aug 5-Sep 2	4:30pm-5:00pm
69024	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69025	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69026	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69027	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69028	Wed	Aug 5-Sep 2	6:30pm-7:00pm
69029	Wed	Aug 5-Sep 2	6:30pm-7:00pm
69030	Wed	Aug 5-Sep 2	7:00pm-7:30pm
69031	Wed	Aug 5-Sep 2	7:00pm-7:30pm
69073	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69074	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69075	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69076	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69077	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69078	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69079	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69114	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69115	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69116	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69117	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69118	Fri	Aug 7-Sep 4	6:00pm-6:30pm
69119	Fri	Aug 7-Sep 4	6:00pm-6:30pm

69120	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69121	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69750	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69754	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69756	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69758	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69759	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69811	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69813	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69814	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
69815	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
69817	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
70004	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
70005	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70006	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70007	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70008	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70055	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70056	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70057	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70058	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
70059	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am

4 classes

Whitby Civic Rec Complex

\$46.76

68811	Sat	Jul 4-Jul 25	9:00am-9:30am
68812	Sat	Jul 4-Jul 25	9:00am-9:30am
68813	Sat	Jul 4-Jul 25	9:30am-10:00am
68814	Sat	Jul 4-Jul 25	10:00am-10:30am
68815	Sat	Jul 4-Jul 25	10:30am-11:00am
68816	Sat	Jul 4-Jul 25	11:00am-11:30am
68817	Sat	Jul 4-Jul 25	11:30am-12:00pm
68818	Sat	Jul 4-Jul 25	11:30am-12:00pm
68869	Sun	Jul 5-Jul 26	9:00am-9:30am
68870	Sun	Jul 5-Jul 26	9:30am-10:00am

68871	Sun	Jul 5-Jul 26	10:00am-10:30am
68872	Sun	Jul 5-Jul 26	10:30am-11:00am
68873	Sun	Jul 5-Jul 26	11:00am-11:30am
68874	Sun	Jul 5-Jul 26	11:30am-12:00pm
68875	Sun	Jul 5-Jul 26	11:30am-12:00pm
68668	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68669	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68670	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68671	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68672	Wed	Jul 8-Jul 29	6:00pm-6:30pm
68673	Wed	Jul 8-Jul 29	6:30pm-7:00pm
68674	Wed	Jul 8-Jul 29	6:30pm-7:00pm
68675	Wed	Jul 8-Jul 29	7:00pm-7:30pm
68676	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69662	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69666	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69669	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69670	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69671	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69165	Sat	Aug 8-Aug 29	9:00am-9:30am
69166	Sat	Aug 8-Aug 29	9:00am-9:30am
69167	Sat	Aug 8-Aug 29	9:30am-10:00am
69168	Sat	Aug 8-Aug 29	10:00am-10:30am
69169	Sat	Aug 8-Aug 29	10:30am-11:00am
69170	Sat	Aug 8-Aug 29	11:00am-11:30am
69171	Sat	Aug 8-Aug 29	11:30am-12:00pm
69172	Sat	Aug 8-Aug 29	11:30am-12:00pm
69263	Sun	Aug 9-Aug 30	9:00am-9:30am
69264	Sun	Aug 9-Aug 30	9:30am-10:00am
69265	Sun	Aug 9-Aug 30	10:00am-10:30am
69266	Sun	Aug 9-Aug 30	10:30am-11:00am
69267	Sun	Aug 9-Aug 30	11:00am-11:30am
69268	Sun	Aug 9-Aug 30	11:30am-12:00pm

69269	Sun	Aug 9-Aug 30	11:30am-12:00pm
68927	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68928	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68929	Mon	Aug 10-Aug 31	5:30pm-6:00pm
68930	Mon	Aug 10-Aug 31	6:00pm-6:30pm
68931	Mon	Aug 10-Aug 31	6:30pm-7:00pm
68932	Mon	Aug 10-Aug 31	6:30pm-7:00pm
68933	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Swimmer 2 – AOP Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$58.46	
68482	Mon	Jun 29-Jul 27	6:30pm-7:00pm
69388	Mon	Jun 29-Jul 27	7:30pm-8:00pm
69639	Tue	Jun 30-Jul 28	6:30pm-7:00pm
69640	Tue	Jun 30-Jul 28	7:30pm-8:00pm
69641	Tue	Jun 30-Jul 28	8:00pm-8:30pm
69642	Tue	Jun 30-Jul 28	8:00pm-8:30pm
69835	Thu	Jul 2-Jul 30	6:30pm-7:00pm
69836	Thu	Jul 2-Jul 30	7:30pm-8:00pm
69456	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69457	Mon-Fri	Jul 6-Jul 10	10:30am-11:00am
69459	Mon-Fri	Jul 6-Jul 10	11:00am-11:30am
69461	Mon-Fri	Jul 6-Jul 10	11:30am-12:00pm
69520	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69521	Mon-Fri	Jul 13-Jul 17	10:30am-11:00am
69522	Mon-Fri	Jul 13-Jul 17	11:00am-11:30am
69523	Mon-Fri	Jul 13-Jul 17	11:30am-12:00pm
69596	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69597	Mon-Fri	Jul 20-Jul 24	10:30am-11:00am
69599	Mon-Fri	Jul 20-Jul 24	11:00am-11:30am

69600	Mon-Fri	Jul 20-Jul 24	11:30am-12:00pm
69695	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69696	Mon-Fri	Jul 27-Jul 31	10:30am-11:00am
69697	Mon-Fri	Jul 27-Jul 31	11:00am-11:30am
69699	Mon-Fri	Jul 27-Jul 31	11:30am-12:00pm
70384	Tue	Aug 4-Sep 1	6:30pm-7:00pm
70385	Tue	Aug 4-Sep 1	7:30pm-8:00pm
70386	Tue	Aug 4-Sep 1	8:00pm-8:30pm
70387	Tue	Aug 4-Sep 1	8:00pm-8:30pm
70419	Wed	Aug 5-Sep 2	7:00pm-7:30pm
70420	Wed	Aug 5-Sep 2	7:30pm-8:00pm
70448	Thu	Aug 6-Sep 3	6:30pm-7:00pm
70449	Thu	Aug 6-Sep 3	7:30pm-8:00pm
70187	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
70188	Mon-Fri	Aug 10-Aug 14	10:30am-11:00am
70189	Mon-Fri	Aug 10-Aug 14	11:00am-11:30am
70190	Mon-Fri	Aug 10-Aug 14	11:30am-12:00pm
70226	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
70227	Mon-Fri	Aug 17-Aug 21	10:30am-11:00am
70228	Mon-Fri	Aug 17-Aug 21	11:00am-11:30am
70229	Mon-Fri	Aug 17-Aug 21	11:30am-12:00pm
70266	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70267	Mon-Fri	Aug 24-Aug 28	10:30am-11:00am
70268	Mon-Fri	Aug 24-Aug 28	11:00am-11:30am
70269	Mon-Fri	Aug 24-Aug 28	11:30am-12:00pm
70306	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70307	Mon-Fri	Aug 31-Sep 4	10:30am-11:00am
70308	Mon-Fri	Aug 31-Sep 4	11:00am-11:30am
70309	Mon-Fri	Aug 31-Sep 4	11:30am-12:00pm
4 classes	Anne Ottenbrite Pool		\$46.76
69871	Sat	Jul 4-Jul 25	11:30am-12:00pm
69872	Sat	Jul 4-Jul 25	10:30am-11:00am
69873	Sat	Jul 4-Jul 25	9:00am-9:30am

70088	Sun	Jul 5-Jul 26	10:30am-11:00am
70089	Sun	Jul 5-Jul 26	11:30am-12:00pm
70090	Sun	Jul 5-Jul 26	11:00am-11:30am
70091	Sun	Jul 5-Jul 26	12:00pm-12:30pm
70093	Sun	Jul 5-Jul 26	12:30pm-1:00pm
69732	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69735	Wed	Jul 8-Jul 29	7:30pm-8:00pm
70107	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
70108	Tue-Fri	Aug 4-Aug 7	10:30am-11:00am
70110	Tue-Fri	Aug 4-Aug 7	11:00am-11:30am
70111	Tue-Fri	Aug 4-Aug 7	11:30am-12:00pm
70484	Sat	Aug 8-Aug 29	9:00am-9:30am
70485	Sat	Aug 8-Aug 29	10:30am-11:00am
70486	Sat	Aug 8-Aug 29	11:30am-12:00pm
70637	Sun	Aug 9-Aug 30	10:30am-11:00am
70638	Sun	Aug 9-Aug 30	11:00am-11:30am
70639	Sun	Aug 9-Aug 30	11:30am-12:00pm
70640	Sun	Aug 9-Aug 30	12:00pm-12:30pm
70641	Sun	Aug 9-Aug 30	12:30pm-1:00pm
70346	Mon	Aug 10-Aug 31	6:30pm-7:00pm
70347	Mon	Aug 10-Aug 31	7:30pm-8:00pm

Swimmer 2 – CRC

Ages 6-13 yrs

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

5 classes

Whitby Civic Rec Complex

\$58.46

68452	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68583	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68584	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68585	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68586	Mon	Jun 29-Jul 27	6:30pm-7:00pm
68587	Mon	Jun 29-Jul 27	7:00pm-7:30pm

68630	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68631	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68632	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68633	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68634	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68725	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68726	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68727	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68728	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68729	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68730	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68768	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68769	Fri	Jul 3-Jul 31	5:00pm-5:30pm
68770	Fri	Jul 3-Jul 31	5:30pm-6:00pm
68771	Fri	Jul 3-Jul 31	6:00pm-6:30pm
68772	Fri	Jul 3-Jul 31	6:00pm-6:30pm
68773	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69321	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69322	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69323	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69324	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69422	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69423	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69424	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69425	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69489	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69490	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69491	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69492	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69572	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69573	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69575	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69577	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am

68985	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68986	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68987	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68988	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68989	Tue	Aug 4-Sep 1	6:30pm-7:00pm
69034	Wed	Aug 5-Sep 2	4:30pm-5:00pm
69035	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69036	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69037	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69038	Wed	Aug 5-Sep 2	6:30pm-7:00pm
69039	Wed	Aug 5-Sep 2	6:30pm-7:00pm
69040	Wed	Aug 5-Sep 2	7:00pm-7:30pm
69041	Wed	Aug 5-Sep 2	7:00pm-7:30pm
69080	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69081	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69082	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69083	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69084	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69085	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69122	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69123	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69124	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69125	Fri	Aug 7-Sep 4	6:00pm-6:30pm
69126	Fri	Aug 7-Sep 4	6:00pm-6:30pm
69127	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69766	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69767	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69769	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69770	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69818	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69820	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69821	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
69822	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am

70009	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
70010	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70011	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70013	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70060	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70061	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70062	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70063	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
4 classes	Whitby Civic Rec Complex		\$46.76
68819	Sat	Jul 4-Jul 25	9:00am-9:30am
68820	Sat	Jul 4-Jul 25	9:30am-10:00am
68821	Sat	Jul 4-Jul 25	10:00am-10:30am
68822	Sat	Jul 4-Jul 25	10:30am-11:00am
68823	Sat	Jul 4-Jul 25	10:30am-11:00am
68824	Sat	Jul 4-Jul 25	11:00am-11:30am
68825	Sat	Jul 4-Jul 25	11:30am-12:00pm
68876	Sun	Jul 5-Jul 26	9:00am-9:30am
68877	Sun	Jul 5-Jul 26	9:30am-10:00am
68878	Sun	Jul 5-Jul 26	10:00am-10:30am
68879	Sun	Jul 5-Jul 26	10:30am-11:00am
68880	Sun	Jul 5-Jul 26	11:00am-11:30am
68881	Sun	Jul 5-Jul 26	11:30am-12:00pm
68679	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68680	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68681	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68682	Wed	Jul 8-Jul 29	6:00pm-6:30pm
68683	Wed	Jul 8-Jul 29	6:30pm-7:00pm
68684	Wed	Jul 8-Jul 29	6:30pm-7:00pm
68685	Wed	Jul 8-Jul 29	7:00pm-7:30pm
68686	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69674	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69676	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69678	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am

69680	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69173	Sat	Aug 8-Aug 29	9:00am-9:30am
69174	Sat	Aug 8-Aug 29	9:30am-10:00am
69175	Sat	Aug 8-Aug 29	10:00am-10:30am
69176	Sat	Aug 8-Aug 29	10:30am-11:00am
69177	Sat	Aug 8-Aug 29	10:30am-11:00am
69178	Sat	Aug 8-Aug 29	11:00am-11:30am
69179	Sat	Aug 8-Aug 29	11:30am-12:00pm
69270	Sun	Aug 9-Aug 30	9:00am-9:30am
69271	Sun	Aug 9-Aug 30	9:30am-10:00am
69272	Sun	Aug 9-Aug 30	10:00am-10:30am
69273	Sun	Aug 9-Aug 30	10:30am-11:00am
69274	Sun	Aug 9-Aug 30	11:00am-11:30am
69275	Sun	Aug 9-Aug 30	11:30am-12:00pm
68936	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68937	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68938	Mon	Aug 10-Aug 31	5:30pm-6:00pm
68939	Mon	Aug 10-Aug 31	6:00pm-6:30pm
68940	Mon	Aug 10-Aug 31	6:30pm-7:00pm
68941	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Swimmer 3 – AOP Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$60.15
70710	Mon	Jun 29-Jul 27
69449	Mon	Jun 29-Jul 27
69453	Mon	Jun 29-Jul 27
68483	Tue	Jun 30-Jul 28
69672	Tue	Jun 30-Jul 28
69673	Tue	Jun 30-Jul 28
69675	Tue	Jun 30-Jul 28

69845	Thu	Jul 2-Jul 30	6:00pm-6:45pm
69846	Thu	Jul 2-Jul 30	6:45pm-7:30pm
69847	Thu	Jul 2-Jul 30	7:30pm-8:15pm
69475	Mon-Fri	Jul 6-Jul 10	9:00am-9:45am
69476	Mon-Fri	Jul 6-Jul 10	9:00am-9:45am
69477	Mon-Fri	Jul 6-Jul 10	9:45am-10:30am
69478	Mon-Fri	Jul 6-Jul 10	10:30am-11:15am
69479	Mon-Fri	Jul 6-Jul 10	10:30am-11:15am
69480	Mon-Fri	Jul 6-Jul 10	11:15am-12:00pm
69533	Mon-Fri	Jul 13-Jul 17	9:00am-9:45am
69534	Mon-Fri	Jul 13-Jul 17	9:00am-9:45am
69535	Mon-Fri	Jul 13-Jul 17	9:45am-10:30am
69537	Mon-Fri	Jul 13-Jul 17	10:30am-11:15am
69538	Mon-Fri	Jul 13-Jul 17	10:30am-11:15am
69539	Mon-Fri	Jul 13-Jul 17	11:15am-12:00pm
69607	Mon-Fri	Jul 20-Jul 24	9:00am-9:45am
69608	Mon-Fri	Jul 20-Jul 24	9:00am-9:45am
69609	Mon-Fri	Jul 20-Jul 24	9:45am-10:30am
69610	Mon-Fri	Jul 20-Jul 24	10:30am-11:15am
69611	Mon-Fri	Jul 20-Jul 24	10:30am-11:15am
69612	Mon-Fri	Jul 20-Jul 24	11:15am-12:00pm
69744	Mon-Fri	Jul 27-Jul 31	9:00am-9:45am
69746	Mon-Fri	Jul 27-Jul 31	9:00am-9:45am
69748	Mon-Fri	Jul 27-Jul 31	9:45am-10:30am
69752	Mon-Fri	Jul 27-Jul 31	10:30am-11:15am
69753	Mon-Fri	Jul 27-Jul 31	10:30am-11:15am
69755	Mon-Fri	Jul 27-Jul 31	11:15am-12:00pm
70389	Tue	Aug 4-Sep 1	6:00pm-6:45pm
70390	Tue	Aug 4-Sep 1	6:45pm-7:30pm
70391	Tue	Aug 4-Sep 1	7:30pm-8:15pm
70392	Tue	Aug 4-Sep 1	6:00pm-6:45pm
70421	Wed	Aug 5-Sep 2	5:45pm-6:30pm
70422	Wed	Aug 5-Sep 2	5:45pm-6:30pm

70423	Wed	Aug 5-Sep 2	6:30pm-7:15pm
70424	Wed	Aug 5-Sep 2	7:15pm-8:00pm
70458	Thu	Aug 6-Sep 3	6:00pm-6:45pm
70459	Thu	Aug 6-Sep 3	6:45pm-7:30pm
70460	Thu	Aug 6-Sep 3	7:30pm-8:15pm
70196	Mon-Fri	Aug 10-Aug 14	9:00am-9:45am
70197	Mon-Fri	Aug 10-Aug 14	9:00am-9:45am
70198	Mon-Fri	Aug 10-Aug 14	9:45am-10:30am
70199	Mon-Fri	Aug 10-Aug 14	10:30am-11:15am
70200	Mon-Fri	Aug 10-Aug 14	10:30am-11:15am
70201	Mon-Fri	Aug 10-Aug 14	11:15am-12:00pm
70235	Mon-Fri	Aug 17-Aug 21	9:00am-9:45am
70236	Mon-Fri	Aug 17-Aug 21	9:00am-9:45am
70237	Mon-Fri	Aug 17-Aug 21	9:45am-10:30am
70238	Mon-Fri	Aug 17-Aug 21	10:30am-11:15am
70239	Mon-Fri	Aug 17-Aug 21	10:30am-11:15am
70240	Mon-Fri	Aug 17-Aug 21	11:15am-12:00pm
70275	Mon-Fri	Aug 24-Aug 28	9:00am-9:45am
70276	Mon-Fri	Aug 24-Aug 28	9:00am-9:45am
70277	Mon-Fri	Aug 24-Aug 28	9:45am-10:30am
70278	Mon-Fri	Aug 24-Aug 28	10:30am-11:15am
70279	Mon-Fri	Aug 24-Aug 28	10:30am-11:15am
70280	Mon-Fri	Aug 24-Aug 28	11:15am-12:00pm
70315	Mon-Fri	Aug 31-Sep 4	9:00am-9:45am
70316	Mon-Fri	Aug 31-Sep 4	9:00am-9:45am
70317	Mon-Fri	Aug 31-Sep 4	9:45am-10:30am
70318	Mon-Fri	Aug 31-Sep 4	10:30am-11:15am
70319	Mon-Fri	Aug 31-Sep 4	10:30am-11:15am
70320	Mon-Fri	Aug 31-Sep 4	11:15am-12:00pm
4 classes	Anne Ottenbrite Pool		\$48.12
69898	Sat	Jul 4-Jul 25	9:00am-9:45am
69899	Sat	Jul 4-Jul 25	9:45am-10:30am
69900	Sat	Jul 4-Jul 25	10:30am-11:15am

69901	Sat	Jul 4-Jul 25	11:15am-12:00pm
69902	Sat	Jul 4-Jul 25	12:00pm-12:45pm
70141	Sun	Jul 5-Jul 26	9:00am-9:45am
70143	Sun	Jul 5-Jul 26	9:45am-10:30am
70144	Sun	Jul 5-Jul 26	10:30am-11:15am
70145	Sun	Jul 5-Jul 26	11:15am-12:00pm
70146	Sun	Jul 5-Jul 26	12:00pm-12:45pm
69736	Wed	Jul 8-Jul 29	5:45pm-6:30pm
69737	Wed	Jul 8-Jul 29	5:45pm-6:30pm
69738	Wed	Jul 8-Jul 29	6:30pm-7:15pm
69739	Wed	Jul 8-Jul 29	7:15pm-8:00pm
70117	Tue-Fri	Aug 4-Aug 7	9:00am-9:45am
70118	Tue-Fri	Aug 4-Aug 7	9:45am-10:30am
70119	Tue-Fri	Aug 4-Aug 7	10:30am-11:15am
70120	Tue-Fri	Aug 4-Aug 7	11:15am-12:00pm
70121	Tue-Fri	Aug 4-Aug 7	9:00am-9:45am
70122	Tue-Fri	Aug 4-Aug 7	10:30am-11:15am
70502	Sat	Aug 8-Aug 29	9:00am-9:45am
70503	Sat	Aug 8-Aug 29	9:45am-10:30am
70504	Sat	Aug 8-Aug 29	10:30am-11:15am
70505	Sat	Aug 8-Aug 29	11:15am-12:00pm
70506	Sat	Aug 8-Aug 29	12:00pm-12:45pm
70643	Sun	Aug 9-Aug 30	9:00am-9:45am
70644	Sun	Aug 9-Aug 30	9:45am-10:30am
70645	Sun	Aug 9-Aug 30	10:30am-11:15am
70646	Sun	Aug 9-Aug 30	11:15am-12:00pm
70647	Sun	Aug 9-Aug 30	12:00pm-12:45pm
70356	Mon	Aug 10-Aug 31	6:00pm-6:45pm
70357	Mon	Aug 10-Aug 31	6:45pm-7:30pm
70358	Mon	Aug 10-Aug 31	7:30pm-8:15pm

Swimmer 4 – AOP

Ages 6-13 yrs

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

5 classes	Anne Ottenbrite Pool	\$60.15
70711	Mon Jun 29-Jul 27	6:00pm-6:45pm
69464	Mon Jun 29-Jul 27	6:45pm-7:30pm
69467	Mon Jun 29-Jul 27	7:30pm-8:15pm
68484	Tue Jun 30-Jul 28	6:45pm-7:30pm
69679	Tue Jun 30-Jul 28	6:45pm-7:30pm
69682	Tue Jun 30-Jul 28	6:00pm-6:45pm
69683	Tue Jun 30-Jul 28	7:30pm-8:15pm
69848	Thu Jul 2-Jul 30	6:00pm-6:45pm
69849	Thu Jul 2-Jul 30	6:45pm-7:30pm
69850	Thu Jul 2-Jul 30	7:30pm-8:15pm
69481	Mon-Fri Jul 6-Jul 10	9:00am-9:45am
69482	Mon-Fri Jul 6-Jul 10	9:45am-10:30am
69483	Mon-Fri Jul 6-Jul 10	9:45am-10:30am
69484	Mon-Fri Jul 6-Jul 10	11:15am-12:00pm
69541	Mon-Fri Jul 13-Jul 17	9:00am-9:45am
69542	Mon-Fri Jul 13-Jul 17	9:45am-10:30am
69543	Mon-Fri Jul 13-Jul 17	9:45am-10:30am
69545	Mon-Fri Jul 13-Jul 17	11:15am-12:00pm
69614	Mon-Fri Jul 20-Jul 24	9:00am-9:45am
69615	Mon-Fri Jul 20-Jul 24	9:45am-10:30am
69617	Mon-Fri Jul 20-Jul 24	9:45am-10:30am
69618	Mon-Fri Jul 20-Jul 24	11:15am-12:00pm
69761	Mon-Fri Jul 27-Jul 31	9:00am-9:45am
69762	Mon-Fri Jul 27-Jul 31	9:45am-10:30am
69763	Mon-Fri Jul 27-Jul 31	9:45am-10:30am
69764	Mon-Fri Jul 27-Jul 31	11:15am-12:00pm
70393	Tue Aug 4-Sep 1	6:00pm-6:45pm
70395	Tue Aug 4-Sep 1	6:45pm-7:30pm

70396	Tue	Aug 4-Sep 1	6:45pm-7:30pm
70397	Tue	Aug 4-Sep 1	7:30pm-8:15pm
70425	Wed	Aug 5-Sep 2	5:45pm-6:30pm
70426	Wed	Aug 5-Sep 2	6:30pm-7:15pm
70427	Wed	Aug 5-Sep 2	6:30pm-7:15pm
70428	Wed	Aug 5-Sep 2	7:15pm-8:00pm
70461	Thu	Aug 6-Sep 3	6:00pm-6:45pm
70462	Thu	Aug 6-Sep 3	6:45pm-7:30pm
70463	Thu	Aug 6-Sep 3	7:30pm-8:15pm
70202	Mon-Fri	Aug 10-Aug 14	9:00am-9:45am
70203	Mon-Fri	Aug 10-Aug 14	9:45am-10:30am
70204	Mon-Fri	Aug 10-Aug 14	9:45am-10:30am
70205	Mon-Fri	Aug 10-Aug 14	11:15am-12:00pm
70241	Mon-Fri	Aug 17-Aug 21	9:00am-9:45am
70242	Mon-Fri	Aug 17-Aug 21	9:45am-10:30am
70243	Mon-Fri	Aug 17-Aug 21	9:45am-10:30am
70244	Mon-Fri	Aug 17-Aug 21	11:15am-12:00pm
70281	Mon-Fri	Aug 24-Aug 28	9:00am-9:45am
70282	Mon-Fri	Aug 24-Aug 28	9:45am-10:30am
70283	Mon-Fri	Aug 24-Aug 28	9:45am-10:30am
70284	Mon-Fri	Aug 24-Aug 28	11:15am-12:00pm
70321	Mon-Fri	Aug 31-Sep 4	9:00am-9:45am
70322	Mon-Fri	Aug 31-Sep 4	9:45am-10:30am
70323	Mon-Fri	Aug 31-Sep 4	9:45am-10:30am
70324	Mon-Fri	Aug 31-Sep 4	11:15am-12:00pm

4 classes

Anne Ottenbrite Pool

\$48.12

69903	Sat	Jul 4-Jul 25	9:00am-9:45am
69904	Sat	Jul 4-Jul 25	9:45am-10:30am
69905	Sat	Jul 4-Jul 25	10:30am-11:15am
69906	Sat	Jul 4-Jul 25	11:15am-12:00pm
69907	Sat	Jul 4-Jul 25	12:00pm-12:45pm
70147	Sun	Jul 5-Jul 26	9:00am-9:45am
70148	Sun	Jul 5-Jul 26	9:45am-10:30am

70149	Sun	Jul 5-Jul 26	10:30am-11:15am
70150	Sun	Jul 5-Jul 26	11:15am-12:00pm
70151	Sun	Jul 5-Jul 26	12:00pm-12:45pm
69742	Wed	Jul 8-Jul 29	5:45pm-6:30pm
69747	Wed	Jul 8-Jul 29	6:30pm-7:15pm
69749	Wed	Jul 8-Jul 29	7:15pm-8:00pm
69751	Wed	Jul 8-Jul 29	6:30pm-7:15pm
70123	Tue-Fri	Aug 4-Aug 7	9:00am-9:45am
70125	Tue-Fri	Aug 4-Aug 7	9:45am-10:30am
70126	Tue-Fri	Aug 4-Aug 7	9:45am-10:30am
70127	Tue-Fri	Aug 4-Aug 7	11:15am-12:00pm
70507	Sat	Aug 8-Aug 29	9:00am-9:45am
70508	Sat	Aug 8-Aug 29	9:45am-10:30am
70509	Sat	Aug 8-Aug 29	10:30am-11:15am
70510	Sat	Aug 8-Aug 29	11:15am-12:00pm
70511	Sat	Aug 8-Aug 29	12:00pm-12:45pm
70649	Sun	Aug 9-Aug 30	9:00am-9:45am
70650	Sun	Aug 9-Aug 30	9:45am-10:30am
70651	Sun	Aug 9-Aug 30	10:30am-11:15am
70652	Sun	Aug 9-Aug 30	11:15am-12:00pm
70653	Sun	Aug 9-Aug 30	12:00pm-12:45pm
70359	Mon	Aug 10-Aug 31	6:00pm-6:45pm
70360	Mon	Aug 10-Aug 31	6:45pm-7:30pm
70361	Mon	Aug 10-Aug 31	7:30pm-8:15pm

Swimmer 5 – AOP Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$60.15
69495	Mon	Jun 29-Jul 27
69698	Mon	Jun 29-Jul 27
68485	Tue	Jun 30-Jul 28

69688	Tue	Jun 30-Jul 28	6:00pm-6:45pm
69851	Thu	Jul 2-Jul 30	6:00pm-6:45pm
69852	Thu	Jul 2-Jul 30	7:30pm-8:15pm
69486	Mon-Fri	Jul 6-Jul 10	9:00am-9:45am
69488	Mon-Fri	Jul 6-Jul 10	10:30am-11:15am
69493	Mon-Fri	Jul 6-Jul 10	11:15am-12:00pm
69549	Mon-Fri	Jul 13-Jul 17	9:00am-9:45am
69551	Mon-Fri	Jul 13-Jul 17	10:30am-11:15am
69552	Mon-Fri	Jul 13-Jul 17	11:15am-12:00pm
69620	Mon-Fri	Jul 20-Jul 24	9:00am-9:45am
69622	Mon-Fri	Jul 20-Jul 24	10:30am-11:15am
69623	Mon-Fri	Jul 20-Jul 24	11:15am-12:00pm
69771	Mon-Fri	Jul 27-Jul 31	9:00am-9:45am
69773	Mon-Fri	Jul 27-Jul 31	10:30am-11:15am
69775	Mon-Fri	Jul 27-Jul 31	11:15am-12:00pm
70398	Tue	Aug 4-Sep 1	6:00pm-6:45pm
70399	Tue	Aug 4-Sep 1	7:30pm-8:15pm
70429	Wed	Aug 5-Sep 2	5:45pm-6:30pm
70430	Wed	Aug 5-Sep 2	7:15pm-8:00pm
70464	Thu	Aug 6-Sep 3	6:00pm-6:45pm
70465	Thu	Aug 6-Sep 3	7:30pm-8:15pm
70206	Mon-Fri	Aug 10-Aug 14	9:00am-9:45am
70207	Mon-Fri	Aug 10-Aug 14	10:30am-11:15am
70208	Mon-Fri	Aug 10-Aug 14	11:15am-12:00pm
70245	Mon-Fri	Aug 17-Aug 21	9:00am-9:45am
70246	Mon-Fri	Aug 17-Aug 21	10:30am-11:15am
70247	Mon-Fri	Aug 17-Aug 21	11:15am-12:00pm
70285	Mon-Fri	Aug 24-Aug 28	9:00am-9:45am
70286	Mon-Fri	Aug 24-Aug 28	10:30am-11:15am
70287	Mon-Fri	Aug 24-Aug 28	11:15am-12:00pm
70325	Mon-Fri	Aug 31-Sep 4	9:00am-9:45am
70326	Mon-Fri	Aug 31-Sep 4	10:30am-11:15am
70327	Mon-Fri	Aug 31-Sep 4	11:15am-12:00pm

4 classes	Anne Ottenbrite Pool		\$48.12
69909	Sat	Jul 4-Jul 25	9:00am-9:45am
69910	Sat	Jul 4-Jul 25	10:30am-11:15am
69911	Sat	Jul 4-Jul 25	12:00pm-12:45pm
70152	Sun	Jul 5-Jul 26	9:00am-9:45am
70153	Sun	Jul 5-Jul 26	10:30am-11:15am
70154	Sun	Jul 5-Jul 26	11:15am-12:00pm
69757	Wed	Jul 8-Jul 29	5:45pm-6:30pm
69760	Wed	Jul 8-Jul 29	7:15pm-8:00pm
70129	Tue-Fri	Aug 4-Aug 7	9:00am-9:45am
70131	Tue-Fri	Aug 4-Aug 7	10:30am-11:15am
70134	Tue-Fri	Aug 4-Aug 7	11:15am-12:00pm
70512	Sat	Aug 8-Aug 29	9:00am-9:45am
70513	Sat	Aug 8-Aug 29	10:30am-11:15am
70514	Sat	Aug 8-Aug 29	12:00pm-12:45pm
70655	Sun	Aug 9-Aug 30	9:00am-9:45am
70656	Sun	Aug 9-Aug 30	10:30am-11:15am
70657	Sun	Aug 9-Aug 30	11:15am-12:00pm
70362	Mon	Aug 10-Aug 31	6:00pm-6:45pm
70363	Mon	Aug 10-Aug 31	7:30pm-8:15pm

Swimmer 6 – AOP Ages 6-13 yrs

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

5 classes	Anne Ottenbrite Pool		\$60.15
68486	Mon	Jun 29-Jul 27	6:45pm-7:30pm
69693	Tue	Jun 30-Jul 28	6:45pm-7:30pm
69694	Tue	Jun 30-Jul 28	7:30pm-8:15pm
69853	Thu	Jul 2-Jul 30	6:45pm-7:30pm
69496	Mon-Fri	Jul 6-Jul 10	9:45am-10:30am
69499	Mon-Fri	Jul 6-Jul 10	10:30am-11:15am

69501	Mon-Fri	Jul 6-Jul 10	11:15am-12:00pm
69556	Mon-Fri	Jul 13-Jul 17	9:45am-10:30am
69558	Mon-Fri	Jul 13-Jul 17	10:30am-11:15am
69559	Mon-Fri	Jul 13-Jul 17	11:15am-12:00pm
69624	Mon-Fri	Jul 20-Jul 24	9:45am-10:30am
69625	Mon-Fri	Jul 20-Jul 24	10:30am-11:15am
69626	Mon-Fri	Jul 20-Jul 24	11:15am-12:00pm
69778	Mon-Fri	Jul 27-Jul 31	9:45am-10:30am
69779	Mon-Fri	Jul 27-Jul 31	10:30am-11:15am
69780	Mon-Fri	Jul 27-Jul 31	11:15am-12:00pm
70400	Tue	Aug 4-Sep 1	6:45pm-7:30pm
70401	Tue	Aug 4-Sep 1	7:30pm-8:15pm
70431	Wed	Aug 5-Sep 2	6:30pm-7:15pm
70432	Wed	Aug 5-Sep 2	7:15pm-8:00pm
70466	Thu	Aug 6-Sep 3	6:45pm-7:30pm
70209	Mon-Fri	Aug 10-Aug 14	9:45am-10:30am
70210	Mon-Fri	Aug 10-Aug 14	10:30am-11:15am
70211	Mon-Fri	Aug 10-Aug 14	11:15am-12:00pm
70248	Mon-Fri	Aug 17-Aug 21	9:45am-10:30am
70249	Mon-Fri	Aug 17-Aug 21	10:30am-11:15am
70250	Mon-Fri	Aug 17-Aug 21	11:15am-12:00pm
70288	Mon-Fri	Aug 24-Aug 28	9:45am-10:30am
70289	Mon-Fri	Aug 24-Aug 28	10:30am-11:15am
70290	Mon-Fri	Aug 24-Aug 28	11:15am-12:00pm
70328	Mon-Fri	Aug 31-Sep 4	9:45am-10:30am
70329	Mon-Fri	Aug 31-Sep 4	10:30am-11:15am
70330	Mon-Fri	Aug 31-Sep 4	11:15am-12:00pm
4 classes	Anne Ottenbrite Pool		\$48.12
69915	Sat	Jul 4-Jul 25	9:45am-10:30am
69916	Sat	Jul 4-Jul 25	11:15am-12:00pm
70155	Sun	Jul 5-Jul 26	9:45am-10:30am
70156	Sun	Jul 5-Jul 26	12:00pm-12:45pm
69765	Wed	Jul 8-Jul 29	6:30pm-7:15pm

69768	Wed	Jul 8-Jul 29	7:15pm-8:00pm
70137	Tue-Fri	Aug 4-Aug 7	9:45am-10:30am
70140	Tue-Fri	Aug 4-Aug 7	10:30am-11:15am
70142	Tue-Fri	Aug 4-Aug 7	11:15am-12:00pm
70515	Sat	Aug 8-Aug 29	9:45am-10:30am
70516	Sat	Aug 8-Aug 29	11:15am-12:00pm
70659	Sun	Aug 9-Aug 30	9:45am-10:30am
70660	Sun	Aug 9-Aug 30	12:00pm-12:45pm
70364	Mon	Aug 10-Aug 31	6:45pm-7:30pm

Private Swimming Lessons

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

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

5 classes	Anne Ottenbrite Pool	\$195.09	
68490	Mon	Jun 29-Jul 27	6:30pm-7:00pm
69391	Mon	Jun 29-Jul 27	7:30pm-8:00pm
69837	Thu	Jul 2-Jul 30	6:30pm-7:00pm
69838	Thu	Jul 2-Jul 30	7:30pm-8:00pm
69463	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69466	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69468	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69469	Mon-Fri	Jul 6-Jul 10	10:30am-11:00am
69470	Mon-Fri	Jul 6-Jul 10	11:00am-11:30am
69524	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69525	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69526	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69527	Mon-Fri	Jul 13-Jul 17	10:30am-11:00am
69528	Mon-Fri	Jul 13-Jul 17	11:00am-11:30am
69601	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69602	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69603	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am

69604	Mon-Fri	Jul 20-Jul 24	10:30am-11:00am
69605	Mon-Fri	Jul 20-Jul 24	11:00am-11:30am
69700	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69701	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69702	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
69703	Mon-Fri	Jul 27-Jul 31	10:30am-11:00am
69704	Mon-Fri	Jul 27-Jul 31	11:00am-11:30am
70456	Thu	Aug 6-Sep 3	6:30pm-7:00pm
70457	Thu	Aug 6-Sep 3	7:30pm-8:00pm
70191	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
70192	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
70193	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
70194	Mon-Fri	Aug 10-Aug 14	10:30am-11:00am
70195	Mon-Fri	Aug 10-Aug 14	11:00am-11:30am
70230	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
70231	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
70232	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
70233	Mon-Fri	Aug 17-Aug 21	10:30am-11:00am
70234	Mon-Fri	Aug 17-Aug 21	11:00am-11:30am
70270	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70271	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70272	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70273	Mon-Fri	Aug 24-Aug 28	10:30am-11:00am
70274	Mon-Fri	Aug 24-Aug 28	11:00am-11:30am
70310	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70311	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70312	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
70313	Mon-Fri	Aug 31-Sep 4	10:30am-11:00am
70314	Mon-Fri	Aug 31-Sep 4	11:00am-11:30am
4 classes	Anne Ottenbrite Pool		\$156.07
69892	Sat	Jul 4-Jul 25	9:30am-10:00am
69893	Sat	Jul 4-Jul 25	10:00am-10:30am
69894	Sat	Jul 4-Jul 25	10:30am-11:00am

69895	Sat	Jul 4-Jul 25	11:00am-11:30am
69896	Sat	Jul 4-Jul 25	11:30am-12:00pm
69897	Sat	Jul 4-Jul 25	12:00pm-12:30pm
69946	Sat	Jul 4-Jul 25	3:30pm-4:00pm
69947	Sat	Jul 4-Jul 25	3:30pm-4:00pm
69948	Sat	Jul 4-Jul 25	3:30pm-4:00pm
69949	Sat	Jul 4-Jul 25	3:30pm-4:00pm
69950	Sat	Jul 4-Jul 25	4:00pm-4:30pm
69951	Sat	Jul 4-Jul 25	4:00pm-4:30pm
69952	Sat	Jul 4-Jul 25	4:30pm-5:00pm
69953	Sat	Jul 4-Jul 25	4:30pm-5:00pm
69954	Sat	Jul 4-Jul 25	4:30pm-5:00pm
69955	Sat	Jul 4-Jul 25	4:30pm-5:00pm
69956	Sat	Jul 4-Jul 25	5:00pm-5:30pm
69957	Sat	Jul 4-Jul 25	5:00pm-5:30pm
69958	Sat	Jul 4-Jul 25	5:00pm-5:30pm
69959	Sat	Jul 4-Jul 25	5:00pm-5:30pm
69960	Sat	Jul 4-Jul 25	5:30pm-6:00pm
69961	Sat	Jul 4-Jul 25	5:30pm-6:00pm
69962	Sat	Jul 4-Jul 25	5:30pm-6:00pm
69963	Sat	Jul 4-Jul 25	5:30pm-6:00pm
69964	Sat	Jul 4-Jul 25	6:00pm-6:30pm
69965	Sat	Jul 4-Jul 25	6:00pm-6:30pm
69966	Sat	Jul 4-Jul 25	6:00pm-6:30pm
69967	Sat	Jul 4-Jul 25	6:00pm-6:30pm
69968	Sat	Jul 4-Jul 25	6:30pm-7:00pm
69969	Sat	Jul 4-Jul 25	6:30pm-7:00pm
69970	Sat	Jul 4-Jul 25	6:30pm-7:00pm
69971	Sat	Jul 4-Jul 25	6:30pm-7:00pm
69972	Sat	Jul 4-Jul 25	7:00pm-7:30pm
69973	Sat	Jul 4-Jul 25	7:00pm-7:30pm
69974	Sat	Jul 4-Jul 25	7:00pm-7:30pm
69975	Sat	Jul 4-Jul 25	7:00pm-7:30pm

69976	Sat	Jul 4-Jul 25	7:00pm-7:30pm
69977	Sat	Jul 4-Jul 25	7:00pm-7:30pm
70133	Sun	Jul 5-Jul 26	9:00am-9:30am
70135	Sun	Jul 5-Jul 26	11:00am-11:30am
70136	Sun	Jul 5-Jul 26	11:30am-12:00pm
70138	Sun	Jul 5-Jul 26	12:00pm-12:30pm
70139	Sun	Jul 5-Jul 26	12:30pm-1:00pm
70112	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
70113	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
70114	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
70115	Tue-Fri	Aug 4-Aug 7	10:30am-11:00am
70116	Tue-Fri	Aug 4-Aug 7	11:00am-11:30am
70496	Sat	Aug 8-Aug 29	9:30am-10:00am
70497	Sat	Aug 8-Aug 29	10:00am-10:30am
70498	Sat	Aug 8-Aug 29	10:30am-11:00am
70499	Sat	Aug 8-Aug 29	11:00am-11:30am
70500	Sat	Aug 8-Aug 29	11:30am-12:00pm
70501	Sat	Aug 8-Aug 29	12:00pm-12:30pm
70546	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70547	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70548	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70549	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70550	Sat	Aug 8-Aug 29	4:00pm-4:30pm
70551	Sat	Aug 8-Aug 29	4:00pm-4:30pm
70552	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70553	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70554	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70555	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70556	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70557	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70558	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70559	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70560	Sat	Aug 8-Aug 29	5:30pm-6:00pm

70561	Sat	Aug 8-Aug 29	5:30pm-6:00pm
70562	Sat	Aug 8-Aug 29	5:30pm-6:00pm
70563	Sat	Aug 8-Aug 29	5:30pm-6:00pm
70564	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70565	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70566	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70567	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70568	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70569	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70570	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70571	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70572	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70573	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70574	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70575	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70576	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70577	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70662	Sun	Aug 9-Aug 30	9:00am-9:30am
70663	Sun	Aug 9-Aug 30	11:00am-11:30am
70664	Sun	Aug 9-Aug 30	11:30am-12:00pm
70665	Sun	Aug 9-Aug 30	12:00pm-12:30pm
70666	Sun	Aug 9-Aug 30	12:30pm-1:00pm
70354	Mon	Aug 10-Aug 31	6:30pm-7:00pm
70355	Mon	Aug 10-Aug 31	7:30pm-8:00pm

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

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

5 classes	Whitby Civic Rec Complex	\$195.09
68456	Mon	Jun 29-Jul 27
68588	Mon	Jun 29-Jul 27
68589	Mon	Jun 29-Jul 27
68590	Mon	Jun 29-Jul 27

68591	Mon	Jun 29-Jul 27	4:00pm-4:30pm
68592	Mon	Jun 29-Jul 27	4:00pm-4:30pm
68593	Mon	Jun 29-Jul 27	4:00pm-4:30pm
68594	Mon	Jun 29-Jul 27	4:00pm-4:30pm
68595	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68596	Mon	Jun 29-Jul 27	7:00pm-7:30pm
68597	Mon	Jun 29-Jul 27	7:00pm-7:30pm
68598	Mon	Jun 29-Jul 27	7:00pm-7:30pm
68635	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68636	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68637	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68638	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68639	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68731	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68732	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68733	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68734	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68735	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68775	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68776	Fri	Jul 3-Jul 31	5:30pm-6:00pm
68777	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69325	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69326	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69327	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69328	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69426	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69427	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69428	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69429	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69503	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69505	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69506	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69529	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am

69580	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69581	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69583	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69584	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68990	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68991	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68992	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68993	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68994	Tue	Aug 4-Sep 1	6:30pm-7:00pm
69043	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69044	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69045	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69046	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69047	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69048	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69049	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69050	Wed	Aug 5-Sep 2	4:00pm-4:30pm
69086	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69087	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69088	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69089	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69090	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69129	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69130	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69131	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69772	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69774	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69776	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69777	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69823	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69824	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69825	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
69826	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am

70014	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
70015	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70016	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70018	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70064	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70065	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70066	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70067	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am

4 classes

Whitby Civic Rec Complex

\$156.07

68882	Sun	Jul 5-Jul 26	12:00pm-12:30pm
68883	Sun	Jul 5-Jul 26	12:00pm-12:30pm
68884	Sun	Jul 5-Jul 26	12:00pm-12:30pm
68885	Sun	Jul 5-Jul 26	12:30pm-1:00pm
68886	Sun	Jul 5-Jul 26	12:30pm-1:00pm
68887	Sun	Jul 5-Jul 26	12:30pm-1:00pm
68888	Sun	Jul 5-Jul 26	12:30pm-1:00pm
68688	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68689	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68690	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68691	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68692	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68693	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68694	Wed	Jul 8-Jul 29	4:00pm-4:30pm
68695	Wed	Jul 8-Jul 29	4:00pm-4:30pm
69684	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69686	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69690	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69692	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69276	Sun	Aug 9-Aug 30	12:00pm-12:30pm
69277	Sun	Aug 9-Aug 30	12:00pm-12:30pm
69278	Sun	Aug 9-Aug 30	12:00pm-12:30pm
69279	Sun	Aug 9-Aug 30	12:30pm-1:00pm
69280	Sun	Aug 9-Aug 30	12:30pm-1:00pm

69281	Sun	Aug 9-Aug 30	12:30pm-1:00pm
69282	Sun	Aug 9-Aug 30	12:30pm-1:00pm
68943	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68944	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68945	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68946	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68947	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68948	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68949	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68950	Mon	Aug 10-Aug 31	4:00pm-4:30pm
68951	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68952	Mon	Aug 10-Aug 31	7:00pm-7:30pm
68953	Mon	Aug 10-Aug 31	7:00pm-7:30pm
68954	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@) Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$119.18
68475	Mon Jun 29-Jul 27	7:30pm-8:00pm
69839	Thu Jul 2-Jul 30	7:30pm-8:00pm
70450	Thu Aug 6-Sep 3	7:30pm-8:00pm
4 classes	Anne Ottenbrite Pool	\$95.34
69891	Sat Jul 4-Jul 25	9:00am-9:30am
70012	Sat Jul 4-Jul 25	4:00pm-4:30pm
70017	Sat Jul 4-Jul 25	3:30pm-4:00pm
70019	Sat Jul 4-Jul 25	4:30pm-5:00pm
70020	Sat Jul 4-Jul 25	6:00pm-6:30pm
70095	Sun Jul 5-Jul 26	9:00am-9:30am
70490	Sat Aug 8-Aug 29	9:00am-9:30am

70594	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70595	Sat	Aug 8-Aug 29	4:00pm-4:30pm
70596	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70597	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70636	Sun	Aug 9-Aug 30	9:00am-9:30am
70348	Mon	Aug 10-Aug 31	7:30pm-8:00pm

Semi-Private Swimmer 1 - CRC (#@) Ages 6-13yrs

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

5 classes	Whitby Civic Rec Complex	\$119.18
68449	Mon Jun 29-Jul 27	6:00pm-6:30pm
68582	Mon Jun 29-Jul 27	7:00pm-7:30pm
69032	Wed Aug 5-Sep 2	6:00pm-6:30pm
69033	Wed Aug 5-Sep 2	7:00pm-7:30pm
4 classes	Whitby Civic Rec Complex	\$95.34
68890	Sun Jul 5-Jul 26	12:00pm-12:30pm
68677	Wed Jul 8-Jul 29	6:00pm-6:30pm
68678	Wed Jul 8-Jul 29	7:00pm-7:30pm
69284	Sun Aug 9-Aug 30	12:00pm-12:30pm
68934	Mon Aug 10-Aug 31	6:00pm-6:30pm
68935	Mon Aug 10-Aug 31	7:00pm-7:30pm

Semi-Private Swimmer 2 - AOP (#@) Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$119.18
68476	Mon Jun 29-Jul 27	8:00pm-8:30pm
69840	Thu Jul 2-Jul 30	8:00pm-8:30pm
70451	Thu Aug 6-Sep 3	8:00pm-8:30pm
4 classes	Anne Ottenbrite Pool	\$95.34

69885	Sat	Jul 4-Jul 25	9:30am-10:00am
70021	Sat	Jul 4-Jul 25	3:30pm-4:00pm
70022	Sat	Jul 4-Jul 25	4:00pm-4:30pm
70023	Sat	Jul 4-Jul 25	4:30pm-5:00pm
70024	Sat	Jul 4-Jul 25	5:00pm-5:30pm
70106	Sun	Jul 5-Jul 26	9:30am-10:00am
70491	Sat	Aug 8-Aug 29	9:30am-10:00am
70598	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70599	Sat	Aug 8-Aug 29	4:00pm-4:30pm
70600	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70604	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70642	Sun	Aug 9-Aug 30	9:30am-10:00am
70349	Mon	Aug 10-Aug 31	8:00pm-8:30pm

Semi-Private Swimmer 2 - CRC (#@) Ages 6-13yrs

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

5 classes	Whitby Civic Rec Complex	\$119.18
68450	Mon	Jun 29-Jul 27
68774	Fri	Jul 3-Jul 31
69042	Wed	Aug 5-Sep 2
69128	Fri	Aug 7-Sep 4
4 classes	Whitby Civic Rec Complex	\$95.34
68891	Sun	Jul 5-Jul 26
68687	Wed	Jul 8-Jul 29
69285	Sun	Aug 9-Aug 30
68942	Mon	Aug 10-Aug 31

Semi-Private Swimmer 3 - AOP (#@) Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$119.18
68477	Mon Jun 29-Jul 27	7:00pm-7:30pm
69841	Thu Jul 2-Jul 30	7:00pm-7:30pm
70452	Thu Aug 6-Sep 3	7:00pm-7:30pm
4 classes	Anne Ottenbrite Pool	\$95.34
69886	Sat Jul 4-Jul 25	10:00am-10:30am
70025	Sat Jul 4-Jul 25	4:00pm-4:30pm
70027	Sat Jul 4-Jul 25	5:30pm-6:00pm
70028	Sat Jul 4-Jul 25	5:00pm-5:30pm
70124	Sun Jul 5-Jul 26	10:00am-10:30am
70492	Sat Aug 8-Aug 29	10:00am-10:30am
70601	Sat Aug 8-Aug 29	4:00pm-4:30pm
70602	Sat Aug 8-Aug 29	5:00pm-5:30pm
70603	Sat Aug 8-Aug 29	5:30pm-6:00pm
70648	Sun Aug 9-Aug 30	10:00am-10:30am
70350	Mon Aug 10-Aug 31	7:00pm-7:30pm

Semi-Private Swimmer 4 - AOP (#@) Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$119.18
68478	Mon Jun 29-Jul 27	7:30pm-8:00pm
69842	Thu Jul 2-Jul 30	7:30pm-8:00pm
70453	Thu Aug 6-Sep 3	7:30pm-8:00pm
4 classes	Anne Ottenbrite Pool	\$95.34
69887	Sat Jul 4-Jul 25	10:30am-11:00am
70030	Sat Jul 4-Jul 25	4:00pm-4:30pm
70032	Sat Jul 4-Jul 25	5:30pm-6:00pm
70033	Sat Jul 4-Jul 25	6:00pm-6:30pm
70128	Sun Jul 5-Jul 26	10:30am-11:00am
70493	Sat Aug 8-Aug 29	10:30am-11:00am
70605	Sat Aug 8-Aug 29	4:00pm-4:30pm

70606	Sat	Aug 8-Aug 29	5:30pm-6:00pm
70607	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70654	Sun	Aug 9-Aug 30	10:30am-11:00am
70351	Mon	Aug 10-Aug 31	7:30pm-8:00pm

Semi-Private Swimmer 5- AOP (#@) Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$119.18	
68479	Mon	Jun 29-Jul 27	8:00pm-8:30pm
69843	Thu	Jul 2-Jul 30	8:00pm-8:30pm
70454	Thu	Aug 6-Sep 3	8:00pm-8:30pm
4 classes	Anne Ottenbrite Pool	\$95.34	
69888	Sat	Jul 4-Jul 25	11:00am-11:30am
70034	Sat	Jul 4-Jul 25	6:30am-7:00am
70037	Sat	Jul 4-Jul 25	7:00am-7:30am
70130	Sun	Jul 5-Jul 26	11:00am-11:30am
70494	Sat	Aug 8-Aug 29	11:00am-11:30am
70608	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70609	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70658	Sun	Aug 9-Aug 30	11:00am-11:30am
70352	Mon	Aug 10-Aug 31	8:00pm-8:30pm

Semi-Private Swimmer 6 - AOP (#@) Ages 6-13yrs

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

5 classes	Anne Ottenbrite Pool	\$119.18	
68480	Mon	Jun 29-Jul 27	8:00pm-8:30pm
69844	Thu	Jul 2-Jul 30	8:00pm-8:30pm
70455	Thu	Aug 6-Sep 3	8:00pm-8:30pm

4 classes	Anne Ottenbrite Pool		\$95.34
69889	Sat	Jul 4-Jul 25	11:30am-12:00pm
70038	Sat	Jul 4-Jul 25	6:30pm-7:00pm
70039	Sat	Jul 4-Jul 25	7:00pm-7:30pm
70132	Sun	Jul 5-Jul 26	11:30am-12:00pm
70495	Sat	Aug 8-Aug 29	11:30am-12:00pm
70610	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70611	Sat	Aug 8-Aug 29	7:00pm-7:30pm
70661	Sun	Aug 9-Aug 30	11:30am-12:00pm
70353	Mon	Aug 10-Aug 31	8:00pm-8:30pm

Preschool

Group Swimming Lessons

Parent and Tot 1 – AOP Ages 4-12 months

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

5 classes	Anne Ottenbrite Pool		\$58.46
68458	Mon	Jun 29-Jul 27	6:00pm-6:30pm
69564	Tue	Jun 30-Jul 28	6:00pm-6:30pm
69781	Thu	Jul 2-Jul 30	6:00pm-6:30pm
70368	Tue	Aug 4-Sep 1	6:00pm-6:30pm
70404	Wed	Aug 5-Sep 2	6:00pm-6:30pm
70433	Thu	Aug 6-Sep 3	6:00pm-6:30pm

4 classes	Anne Ottenbrite Pool		\$46.76
69854	Sat	Jul 4-Jul 25	9:00am-9:30am
70068	Sun	Jul 5-Jul 26	9:00am-9:30am
69706	Wed	Jul 8-Jul 29	6:00pm-6:30pm
70467	Sat	Aug 8-Aug 29	9:00am-9:30am
70612	Sun	Aug 9-Aug 30	9:00am-9:30am
70331	Mon	Aug 10-Aug 31	6:00pm-6:30pm

Parent and Tot 1 – CRC**Ages 4-12 months**

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

5 classes	Whitby Civic Rec Complex		\$58.46
68430	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68599	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68601	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68696	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68736	Fri	Jul 3-Jul 31	5:30pm-6:00pm
69296	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69397	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69437	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69530	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
68955	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68956	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68995	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69051	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69091	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69705	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69782	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69827	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
70026	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
4 classes	Whitby Civic Rec Complex		\$46.76
68778	Sat	Jul 4-Jul 25	9:00am-9:30am
68779	Sat	Jul 4-Jul 25	10:30am-11:00am
68834	Sun	Jul 5-Jul 26	9:30am-10:00am
68835	Sun	Jul 5-Jul 26	10:30am-11:00am
68640	Wed	Jul 8-Jul 29	6:00pm-6:30pm
69606	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69132	Sat	Aug 8-Aug 29	9:00am-9:30am
69133	Sat	Aug 8-Aug 29	10:30am-11:00am
69228	Sun	Aug 9-Aug 30	9:30am-10:00am
69229	Sun	Aug 9-Aug 30	10:30am-11:00am

68899	Mon	Aug 10-Aug 31	6:00pm-6:30pm
-----------------------	-----	---------------	---------------

Parent and Tot 2 – AOP Ages 1-2yrs

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

5 classes	Anne Ottenbrite Pool	\$58.46
68459	Mon Jun 29-Jul 27	6:30pm-7:00pm
69579	Tue Jun 30-Jul 28	6:30pm-7:00pm
69785	Thu Jul 2-Jul 30	6:30pm-7:00pm
70369	Tue Aug 4-Sep 1	6:30pm-7:00pm
70405	Wed Aug 5-Sep 2	6:30pm-7:00pm
70434	Thu Aug 6-Sep 3	6:30pm-7:00pm

4 classes	Anne Ottenbrite Pool	\$46.76
69855	Sat Jul 4-Jul 25	9:30am-10:00am
70069	Sun Jul 5-Jul 26	9:30am-10:00am
69707	Wed Jul 8-Jul 29	6:30pm-7:00pm
70468	Sat Aug 8-Aug 29	9:30am-10:00am
70613	Sun Aug 9-Aug 30	9:30am-10:00am
70332	Mon Aug 10-Aug 31	6:30pm-7:00pm

Parent and Tot 2 – CRC Ages 1-2yrs

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

5 classes	Whitby Civic Rec Complex	\$58.46
68431	Mon Jun 29-Jul 27	5:00pm-5:30pm
68559	Mon Jun 29-Jul 27	6:30pm-7:00pm
68600	Tue Jun 30-Jul 28	4:30pm-5:00pm
68602	Tue Jun 30-Jul 28	6:30pm-7:00pm
68697	Thu Jul 2-Jul 30	6:00pm-6:30pm
68738	Fri Jul 3-Jul 31	5:30pm-6:00pm
69297	Mon-Fri Jul 6-Jul 10	9:00am-9:30am
69298	Mon-Fri Jul 6-Jul 10	10:00am-10:30am
69398	Mon-Fri Jul 13-Jul 17	9:00am-9:30am

69399	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69439	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69440	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69531	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69532	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68957	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68958	Tue	Aug 4-Sep 1	6:30pm-7:00pm
68996	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69052	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69092	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69709	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69716	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69783	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69784	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
69828	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
69829	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70029	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70031	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
4 classes	Whitby Civic Rec Complex		\$46.76
68780	Sat	Jul 4-Jul 25	9:30am-10:00am
68781	Sat	Jul 4-Jul 25	11:00am-11:30am
68836	Sun	Jul 5-Jul 26	10:00am-10:30am
68837	Sun	Jul 5-Jul 26	11:00am-11:30am
68641	Wed	Jul 8-Jul 29	5:00pm-5:30pm
69629	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69631	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69134	Sat	Aug 8-Aug 29	9:30am-10:00am
69135	Sat	Aug 8-Aug 29	11:00am-11:30am
69230	Sun	Aug 9-Aug 30	10:00am-10:30am
69231	Sun	Aug 9-Aug 30	11:00am-11:30am
68900	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68901	Mon	Aug 10-Aug 31	6:30pm-7:00pm

Parent and Tot 3- AOP Ages 2-3yrs

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

5 classes	Anne Ottenbrite Pool		\$58.46
68460	Mon	Jun 29-Jul 27	7:00pm-7:30pm
69591	Tue	Jun 30-Jul 28	7:00pm-7:30pm
69787	Thu	Jul 2-Jul 30	7:00pm-7:30pm
70370	Tue	Aug 4-Sep 1	7:00pm-7:30pm
70406	Wed	Aug 5-Sep 2	7:00pm-7:30pm
70435	Thu	Aug 6-Sep 3	7:00pm-7:30pm

4 classes	Anne Ottenbrite Pool		\$46.76
69856	Sat	Jul 4-Jul 25	10:00am-10:30am
70071	Sun	Jul 5-Jul 26	10:00am-10:30am
69708	Wed	Jul 8-Jul 29	7:00pm-7:30pm
70469	Sat	Aug 8-Aug 29	10:00am-10:30am
70614	Sun	Aug 9-Aug 30	10:00am-10:30am
70333	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Parent and Tot 3- CRC Ages 2-3yrs

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

5 classes	Whitby Civic Rec Complex		\$58.46
68432	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68603	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68698	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68739	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68740	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69299	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69300	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69400	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69401	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69442	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69443	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69536	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am

69540	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68959	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68997	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69053	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69093	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69094	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69717	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69718	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69786	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
69788	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
69830	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
69831	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70035	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70036	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am

4 classes

Whitby Civic Rec Complex

\$46.76

68782	Sat	Jul 4-Jul 25	10:00am-10:30am
68783	Sat	Jul 4-Jul 25	11:30am-12:00pm
68838	Sun	Jul 5-Jul 26	9:00am-9:30am
68839	Sun	Jul 5-Jul 26	11:30am-12:00pm
68642	Wed	Jul 8-Jul 29	5:30pm-6:00pm
69632	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69634	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69136	Sat	Aug 8-Aug 29	10:00am-10:30am
69137	Sat	Aug 8-Aug 29	11:30am-12:00pm
69232	Sun	Aug 9-Aug 30	9:00am-9:30am
69233	Sun	Aug 9-Aug 30	11:30am-12:00pm
68902	Mon	Aug 10-Aug 31	5:30pm-6:00pm

Preschool 1 – AOP

Ages 3-5yrs

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

5 classes

Anne Ottenbrite Pool

\$58.46

68461	Mon	Jun 29-Jul 27	6:00pm-6:30pm
69380	Mon	Jun 29-Jul 27	6:30pm-7:00pm
69381	Mon	Jun 29-Jul 27	7:00pm-7:30pm
69598	Tue	Jun 30-Jul 28	7:30pm-8:00pm
69613	Tue	Jun 30-Jul 28	6:00pm-6:30pm
69616	Tue	Jun 30-Jul 28	6:30pm-7:00pm
69791	Thu	Jul 2-Jul 30	6:00pm-6:30pm
69793	Thu	Jul 2-Jul 30	6:30pm-7:00pm
69795	Thu	Jul 2-Jul 30	7:00pm-7:30pm
69430	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69431	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69432	Mon-Fri	Jul 6-Jul 10	10:30am-11:00am
69504	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69507	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69508	Mon-Fri	Jul 13-Jul 17	10:30am-11:00am
69574	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69576	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69578	Mon-Fri	Jul 20-Jul 24	10:30am-11:00am
69655	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69660	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69661	Mon-Fri	Jul 27-Jul 31	10:30am-11:00am
70371	Tue	Aug 4-Sep 1	6:00pm-6:30pm
70372	Tue	Aug 4-Sep 1	6:30pm-7:00pm
70373	Tue	Aug 4-Sep 1	7:30pm-8:00pm
70407	Wed	Aug 5-Sep 2	6:00pm-6:30pm
70408	Wed	Aug 5-Sep 2	6:30pm-7:00pm
70410	Wed	Aug 5-Sep 2	7:00pm-7:30pm
70436	Thu	Aug 6-Sep 3	6:00pm-6:30pm
70437	Thu	Aug 6-Sep 3	6:30pm-7:00pm
70438	Thu	Aug 6-Sep 3	7:00pm-7:30pm
70173	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
70174	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
70175	Mon-Fri	Aug 10-Aug 14	10:30am-11:00am

70212	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
70213	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
70214	Mon-Fri	Aug 17-Aug 21	10:30am-11:00am
70251	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70252	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70253	Mon-Fri	Aug 24-Aug 28	10:30am-11:00am
70291	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70292	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70293	Mon-Fri	Aug 31-Sep 4	10:30am-11:00am

4 classes

Anne Ottenbrite Pool

\$46.76

69857	Sat	Jul 4-Jul 25	9:00am-9:30am
69858	Sat	Jul 4-Jul 25	12:00pm-12:30pm
69859	Sat	Jul 4-Jul 25	10:00am-10:30am
70072	Sun	Jul 5-Jul 26	10:30am-11:00am
70073	Sun	Jul 5-Jul 26	11:00am-11:30am
70074	Sun	Jul 5-Jul 26	12:30pm-1:00pm
70075	Sun	Jul 5-Jul 26	9:00am-9:30am
70076	Sun	Jul 5-Jul 26	10:00am-10:30am
69710	Wed	Jul 8-Jul 29	6:00pm-6:30pm
69711	Wed	Jul 8-Jul 29	6:30pm-7:00pm
69712	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69876	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69877	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69878	Tue-Fri	Aug 4-Aug 7	10:30am-11:00am
70470	Sat	Aug 8-Aug 29	9:00am-9:30am
70471	Sat	Aug 8-Aug 29	10:00am-10:30am
70472	Sat	Aug 8-Aug 29	12:00pm-12:30pm
70615	Sun	Aug 9-Aug 30	9:00am-9:30am
70616	Sun	Aug 9-Aug 30	10:00am-10:30am
70617	Sun	Aug 9-Aug 30	10:30am-11:00am
70618	Sun	Aug 9-Aug 30	11:00am-11:30am
70619	Sun	Aug 9-Aug 30	12:30pm-1:00pm
70334	Mon	Aug 10-Aug 31	6:00pm-6:30pm

70335	Mon	Aug 10-Aug 31	6:30pm-7:00pm
70336	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Preschool 1 – CRC Ages 3-5yrs

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

5 classes	Whitby Civic Rec Complex	\$58.46	
68433	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68560	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68561	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68562	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68563	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68564	Mon	Jun 29-Jul 27	6:30pm-7:00pm
68565	Mon	Jun 29-Jul 27	7:00pm-7:30pm
68604	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68606	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68607	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68608	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68609	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68699	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68700	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68701	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68702	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68703	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68704	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68705	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68741	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68742	Fri	Jul 3-Jul 31	5:00pm-5:30pm
68743	Fri	Jul 3-Jul 31	5:00pm-5:30pm
68744	Fri	Jul 3-Jul 31	5:30pm-6:00pm
68745	Fri	Jul 3-Jul 31	6:00pm-6:30pm
68746	Fri	Jul 3-Jul 31	6:00pm-6:30pm

68747	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69301	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69302	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69303	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69304	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69305	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69402	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69403	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69404	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69405	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69406	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69445	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69447	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69450	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69452	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69454	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69544	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69546	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69547	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69548	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69550	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68960	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68961	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68962	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68963	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68964	Tue	Aug 4-Sep 1	6:30pm-7:00pm
68998	Wed	Aug 5-Sep 2	4:30pm-5:00pm
68999	Wed	Aug 5-Sep 2	4:30pm-5:00pm
69000	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69001	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69002	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69003	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69004	Wed	Aug 5-Sep 2	6:30pm-7:00pm

69005	Wed	Aug 5-Sep 2	7:00pm-7:30pm
69054	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69055	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69056	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69057	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69058	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69059	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69060	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69095	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69096	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69097	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69098	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69099	Fri	Aug 7-Sep 4	6:00pm-6:30pm
69100	Fri	Aug 7-Sep 4	6:00pm-6:30pm
69101	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69720	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69721	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69722	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69723	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69725	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69789	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69790	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69792	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69794	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
69796	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
69908	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
69912	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
69913	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
69914	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
69985	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70040	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70041	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70042	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am

70043	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70044	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
4 classes	Whitby Civic Rec Complex		\$46.76
68784	Sat	Jul 4-Jul 25	9:00am-9:30am
68785	Sat	Jul 4-Jul 25	9:00am-9:30am
68786	Sat	Jul 4-Jul 25	9:30am-10:00am
68787	Sat	Jul 4-Jul 25	10:00am-10:30am
68788	Sat	Jul 4-Jul 25	10:00am-10:30am
68789	Sat	Jul 4-Jul 25	10:30am-11:00am
68790	Sat	Jul 4-Jul 25	11:00am-11:30am
68791	Sat	Jul 4-Jul 25	11:00am-11:30am
68792	Sat	Jul 4-Jul 25	11:30am-12:00pm
68840	Sun	Jul 5-Jul 26	9:00am-9:30am
68841	Sun	Jul 5-Jul 26	9:00am-9:30am
68842	Sun	Jul 5-Jul 26	9:30am-10:00am
68843	Sun	Jul 5-Jul 26	10:00am-10:30am
68844	Sun	Jul 5-Jul 26	10:00am-10:30am
68845	Sun	Jul 5-Jul 26	10:30am-11:00am
68846	Sun	Jul 5-Jul 26	11:00am-11:30am
68847	Sun	Jul 5-Jul 26	11:00am-11:30am
68848	Sun	Jul 5-Jul 26	11:30am-12:00pm
68849	Sun	Jul 5-Jul 26	11:30am-12:00pm
68643	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68644	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68645	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68646	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68647	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68648	Wed	Jul 8-Jul 29	6:00pm-6:30pm
68649	Wed	Jul 8-Jul 29	6:30pm-7:00pm
68650	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69643	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69644	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69645	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am

69646	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69647	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69138	Sat	Aug 8-Aug 29	9:00am-9:30am
69139	Sat	Aug 8-Aug 29	9:00am-9:30am
69140	Sat	Aug 8-Aug 29	9:30am-10:00am
69141	Sat	Aug 8-Aug 29	10:00am-10:30am
69142	Sat	Aug 8-Aug 29	10:00am-10:30am
69143	Sat	Aug 8-Aug 29	10:30am-11:00am
69144	Sat	Aug 8-Aug 29	11:00am-11:30am
69145	Sat	Aug 8-Aug 29	11:00am-11:30am
69146	Sat	Aug 8-Aug 29	11:30am-12:00pm
69234	Sun	Aug 9-Aug 30	9:00am-9:30am
69235	Sun	Aug 9-Aug 30	9:00am-9:30am
69236	Sun	Aug 9-Aug 30	9:30am-10:00am
69237	Sun	Aug 9-Aug 30	10:00am-10:30am
69238	Sun	Aug 9-Aug 30	10:00am-10:30am
69239	Sun	Aug 9-Aug 30	10:30am-11:00am
69240	Sun	Aug 9-Aug 30	11:00am-11:30am
69241	Sun	Aug 9-Aug 30	11:00am-11:30am
69242	Sun	Aug 9-Aug 30	11:30am-12:00pm
69243	Sun	Aug 9-Aug 30	11:30am-12:00pm
68903	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68904	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68905	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68906	Mon	Aug 10-Aug 31	5:30pm-6:00pm
68907	Mon	Aug 10-Aug 31	6:00pm-6:30pm
68908	Mon	Aug 10-Aug 31	6:30pm-7:00pm
68909	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Preschool 2 – AOP Ages 3-5yrs

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

5 classes**Anne Ottenbrite Pool****\$58.46**

70712	Mon	Jun 29-Jul 27	6:00pm-6:30pm
69382	Mon	Jun 29-Jul 27	6:30pm-7:00pm
69383	Mon	Jun 29-Jul 27	7:00pm-7:30pm
69619	Tue	Jun 30-Jul 28	7:00pm-7:30pm
69621	Tue	Jun 30-Jul 28	6:30pm-7:00pm
69803	Thu	Jul 2-Jul 30	6:00pm-6:30pm
69805	Thu	Jul 2-Jul 30	6:30pm-7:00pm
69807	Thu	Jul 2-Jul 30	7:00pm-7:30pm
69433	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69434	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69435	Mon-Fri	Jul 6-Jul 10	11:30am-12:00pm
69509	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69510	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69511	Mon-Fri	Jul 13-Jul 17	11:30am-12:00pm
69582	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69585	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69586	Mon-Fri	Jul 20-Jul 24	11:30am-12:00pm
69663	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69664	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
69665	Mon-Fri	Jul 27-Jul 31	11:30am-12:00pm
70374	Tue	Aug 4-Sep 1	6:30pm-7:00pm
70375	Tue	Aug 4-Sep 1	7:00pm-7:30pm
70411	Wed	Aug 5-Sep 2	6:00pm-6:30pm
70412	Wed	Aug 5-Sep 2	6:30pm-7:00pm
70439	Thu	Aug 6-Sep 3	6:00pm-6:30pm
70440	Thu	Aug 6-Sep 3	6:30pm-7:00pm
70441	Thu	Aug 6-Sep 3	7:00pm-7:30pm
70176	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
70177	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
70178	Mon-Fri	Aug 10-Aug 14	11:30am-12:00pm
70215	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
70216	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am

70217	Mon-Fri	Aug 17-Aug 21	11:30am-12:00pm
70254	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70255	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70256	Mon-Fri	Aug 24-Aug 28	11:30am-12:00pm
70294	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70295	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
70296	Mon-Fri	Aug 31-Sep 4	11:30am-12:00pm
4 classes	Anne Ottenbrite Pool		\$46.76
69860	Sat	Jul 4-Jul 25	10:30am-11:00am
69861	Sat	Jul 4-Jul 25	9:30am-10:00am
69862	Sat	Jul 4-Jul 25	9:00am-9:30am
70077	Sun	Jul 5-Jul 26	9:30am-10:00am
70078	Sun	Jul 5-Jul 26	10:30am-11:00am
68462	Wed	Jul 8-Jul 29	6:00pm-6:30pm
69713	Wed	Jul 8-Jul 29	6:30pm-7:00pm
69879	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69880	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69881	Tue-Fri	Aug 4-Aug 7	11:30am-12:00pm
70473	Sat	Aug 8-Aug 29	9:00am-9:30am
70474	Sat	Aug 8-Aug 29	9:30am-10:00am
70475	Sat	Aug 8-Aug 29	10:30am-11:00am
70621	Sun	Aug 9-Aug 30	9:30am-10:00am
70622	Sun	Aug 9-Aug 30	10:30am-11:00am
70337	Mon	Aug 10-Aug 31	6:00pm-6:30pm
70338	Mon	Aug 10-Aug 31	6:30pm-7:00pm
70339	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Preschool 2 – CRC Ages 3-5yrs

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

5 classes Whitby Civic Rec Complex \$58.46

68434	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68566	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68567	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68568	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68569	Mon	Jun 29-Jul 27	6:30pm-7:00pm
68570	Mon	Jun 29-Jul 27	7:00pm-7:30pm
68610	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68611	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68612	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68613	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68614	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68706	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68707	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68708	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68709	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68710	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68711	Thu	Jul 2-Jul 30	6:30pm-7:00pm
68748	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68749	Fri	Jul 3-Jul 31	5:00pm-5:30pm
68750	Fri	Jul 3-Jul 31	5:30pm-6:00pm
68751	Fri	Jul 3-Jul 31	6:00pm-6:30pm
68752	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69306	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69307	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69308	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69309	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69407	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69408	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69409	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69410	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69458	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69460	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69462	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am

69465	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69553	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69554	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69555	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69557	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68965	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68966	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68967	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68968	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68969	Tue	Aug 4-Sep 1	6:30pm-7:00pm
69007	Wed	Aug 5-Sep 2	4:30pm-5:00pm
69008	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69009	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69010	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69011	Wed	Aug 5-Sep 2	6:30pm-7:00pm
69061	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69062	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69063	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69064	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69065	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69066	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69102	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69103	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69104	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69105	Fri	Aug 7-Sep 4	6:00pm-6:30pm
69106	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69726	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69728	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69730	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69731	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
69797	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69798	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69799	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am

69800	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
69992	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
69993	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
69994	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
69995	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70045	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70046	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70047	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70048	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am

4 classes

Whitby Civic Rec Complex

\$46.76

68793	Sat	Jul 4-Jul 25	9:00am-9:30am
68794	Sat	Jul 4-Jul 25	9:30am-10:00am
68795	Sat	Jul 4-Jul 25	9:30am-10:00am
68796	Sat	Jul 4-Jul 25	10:00am-10:30am
68797	Sat	Jul 4-Jul 25	10:30am-11:00am
68798	Sat	Jul 4-Jul 25	10:30am-11:00am
68799	Sat	Jul 4-Jul 25	11:00am-11:30am
68800	Sat	Jul 4-Jul 25	11:30am-12:00pm
68801	Sat	Jul 4-Jul 25	11:30am-12:00pm
68850	Sun	Jul 5-Jul 26	9:00am-9:30am
68851	Sun	Jul 5-Jul 26	9:30am-10:00am
68852	Sun	Jul 5-Jul 26	9:30am-10:00am
68853	Sun	Jul 5-Jul 26	10:00am-10:30am
68854	Sun	Jul 5-Jul 26	10:30am-11:00am
68855	Sun	Jul 5-Jul 26	10:30am-11:00am
68856	Sun	Jul 5-Jul 26	11:00am-11:30am
68857	Sun	Jul 5-Jul 26	11:30am-12:00pm
68652	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68653	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68654	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68655	Wed	Jul 8-Jul 29	6:00pm-6:30pm

68656	Wed	Jul 8-Jul 29	6:30pm-7:00pm
69648	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69649	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69651	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69652	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69147	Sat	Aug 8-Aug 29	9:00am-9:30am
69148	Sat	Aug 8-Aug 29	9:30am-10:00am
69149	Sat	Aug 8-Aug 29	9:30am-10:00am
69150	Sat	Aug 8-Aug 29	10:00am-10:30am
69151	Sat	Aug 8-Aug 29	10:30am-11:00am
69152	Sat	Aug 8-Aug 29	10:30am-11:00am
69153	Sat	Aug 8-Aug 29	11:00am-11:30am
69154	Sat	Aug 8-Aug 29	11:30am-12:00pm
69155	Sat	Aug 8-Aug 29	11:30am-12:00pm
69244	Sun	Aug 9-Aug 30	9:00am-9:30am
69245	Sun	Aug 9-Aug 30	9:30am-10:00am
69246	Sun	Aug 9-Aug 30	9:30am-10:00am
69247	Sun	Aug 9-Aug 30	10:00am-10:30am
69248	Sun	Aug 9-Aug 30	10:30am-11:00am
69249	Sun	Aug 9-Aug 30	10:30am-11:00am
69250	Sun	Aug 9-Aug 30	11:00am-11:30am
69251	Sun	Aug 9-Aug 30	11:30am-12:00pm
68911	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68912	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68913	Mon	Aug 10-Aug 31	5:30pm-6:00pm
68914	Mon	Aug 10-Aug 31	6:00pm-6:30pm
68915	Mon	Aug 10-Aug 31	6:30pm-7:00pm
68916	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Preschool 3 – AOP Ages 3-5yrs

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

5 classes**Anne Ottenbrite Pool****\$58.46**

68463	Mon	Jun 29-Jul 27	6:00pm-6:30pm
69384	Mon	Jun 29-Jul 27	7:00pm-7:30pm
69627	Tue	Jun 30-Jul 28	7:30pm-8:00pm
69628	Tue	Jun 30-Jul 28	6:00pm-6:30pm
69810	Thu	Jul 2-Jul 30	6:00pm-6:30pm
69812	Thu	Jul 2-Jul 30	7:00pm-7:30pm
69436	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69438	Mon-Fri	Jul 6-Jul 10	11:00am-11:30am
69512	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69513	Mon-Fri	Jul 13-Jul 17	11:00am-11:30am
69587	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69588	Mon-Fri	Jul 20-Jul 24	11:00am-11:30am
69667	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
69668	Mon-Fri	Jul 27-Jul 31	11:00am-11:30am
70376	Tue	Aug 4-Sep 1	6:00pm-6:30pm
70377	Tue	Aug 4-Sep 1	7:30pm-8:00pm
70413	Wed	Aug 5-Sep 2	6:00pm-6:30pm
70179	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
70180	Mon-Fri	Aug 10-Aug 14	11:00am-11:30am
70218	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
70219	Mon-Fri	Aug 17-Aug 21	11:00am-11:30am
70257	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70258	Mon-Fri	Aug 24-Aug 28	11:00am-11:30am
70297	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am
70298	Mon-Fri	Aug 31-Sep 4	11:00am-11:30am

4 classes**Anne Ottenbrite Pool****\$46.76**

69863	Sat	Jul 4-Jul 25	11:30am-12:00pm
69864	Sat	Jul 4-Jul 25	10:30am-11:00am
69865	Sat	Jul 4-Jul 25	9:30am-10:00am
70079	Sun	Jul 5-Jul 26	9:30am-10:00am
69714	Wed	Jul 8-Jul 29	6:00pm-6:30pm
70070	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am

70092	Tue-Fri	Aug 4-Aug 7	11:00am-11:30am
70476	Sat	Aug 8-Aug 29	9:30am-10:00am
70477	Sat	Aug 8-Aug 29	10:30am-11:00am
70478	Sat	Aug 8-Aug 29	11:30am-12:00pm
70624	Sun	Aug 9-Aug 30	9:30am-10:00am
70340	Mon	Aug 10-Aug 31	6:00pm-6:30pm
70341	Mon	Aug 10-Aug 31	7:00pm-7:30pm

Preschool 3 – CRC Ages 3-5yrs

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

5 classes	Whitby Civic Rec Complex	\$58.46	
68435	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68571	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68572	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68573	Mon	Jun 29-Jul 27	6:30pm-7:00pm
68615	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68616	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68617	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68618	Tue	Jun 30-Jul 28	6:30pm-7:00pm
68712	Thu	Jul 2-Jul 30	4:30pm-5:00pm
68713	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68714	Thu	Jul 2-Jul 30	6:00pm-6:30pm
68754	Fri	Jul 3-Jul 31	4:30pm-5:00pm
68755	Fri	Jul 3-Jul 31	5:00pm-5:30pm
68756	Fri	Jul 3-Jul 31	5:30pm-6:00pm
68757	Fri	Jul 3-Jul 31	6:30pm-7:00pm
69310	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69311	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69411	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69412	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69471	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am

69472	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69560	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69561	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
68970	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68971	Tue	Aug 4-Sep 1	5:30pm-6:00pm
68972	Tue	Aug 4-Sep 1	6:00pm-6:30pm
68973	Tue	Aug 4-Sep 1	6:30pm-7:00pm
69013	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69014	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69015	Wed	Aug 5-Sep 2	6:30pm-7:00pm
69067	Thu	Aug 6-Sep 3	4:30pm-5:00pm
69068	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69069	Thu	Aug 6-Sep 3	6:00pm-6:30pm
69107	Fri	Aug 7-Sep 4	4:30pm-5:00pm
69108	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69109	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69110	Fri	Aug 7-Sep 4	6:30pm-7:00pm
69733	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69734	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69801	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69802	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
69997	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
69999	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70049	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70050	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am

4 classes

Whitby Civic Rec Complex

\$46.76

68802	Sat	Jul 4-Jul 25	9:00am-9:30am
68803	Sat	Jul 4-Jul 25	9:30am-10:00am
68804	Sat	Jul 4-Jul 25	10:00am-10:30am
68805	Sat	Jul 4-Jul 25	10:30am-11:00am
68806	Sat	Jul 4-Jul 25	11:30am-12:00pm
68858	Sun	Jul 5-Jul 26	9:00am-9:30am
68859	Sun	Jul 5-Jul 26	9:30am-10:00am

68860	Sun	Jul 5-Jul 26	10:00am-10:30am
68861	Sun	Jul 5-Jul 26	10:30am-11:00am
68862	Sun	Jul 5-Jul 26	11:00am-11:30am
68863	Sun	Jul 5-Jul 26	11:30am-12:00pm
68658	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68659	Wed	Jul 8-Jul 29	6:00pm-6:30pm
68660	Wed	Jul 8-Jul 29	6:30pm-7:00pm
69653	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69654	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69156	Sat	Aug 8-Aug 29	9:00am-9:30am
69157	Sat	Aug 8-Aug 29	9:30am-10:00am
69158	Sat	Aug 8-Aug 29	10:00am-10:30am
69159	Sat	Aug 8-Aug 29	10:30am-11:00am
69160	Sat	Aug 8-Aug 29	11:30am-12:00pm
69252	Sun	Aug 9-Aug 30	9:00am-9:30am
69253	Sun	Aug 9-Aug 30	9:30am-10:00am
69254	Sun	Aug 9-Aug 30	10:00am-10:30am
69255	Sun	Aug 9-Aug 30	10:30am-11:00am
69256	Sun	Aug 9-Aug 30	11:00am-11:30am
69257	Sun	Aug 9-Aug 30	11:30am-12:00pm
68918	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68919	Mon	Aug 10-Aug 31	5:30pm-6:00pm
68920	Mon	Aug 10-Aug 31	6:00pm-6:30pm
68921	Mon	Aug 10-Aug 31	6:30pm-7:00pm

Preschool 4 – AOP Ages 3-5yrs

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

5 classes	Anne Ottenbrite Pool	\$58.46	
68464	Mon	Jun 29-Jul 27	7:30pm-8:00pm
69630	Tue	Jun 30-Jul 21	7:00pm-7:30pm
69816	Thu	Jul 2-Jul 30	7:30pm-8:00pm
69441	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am

69514	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69589	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69677	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
70378	Tue	Aug 4-Sep 1	7:00pm-7:30pm
70414	Wed	Aug 5-Sep 2	7:00pm-7:30pm
70444	Thu	Aug 6-Sep 3	7:30pm-8:00pm
70181	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
70220	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
70260	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70299	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am

4 classes

Anne Ottenbrite Pool

\$46.76

69866	Sat	Jul 4-Jul 25	11:00am-11:30am
70080	Sun	Jul 5-Jul 26	11:30am-12:00pm
70081	Sun	Jul 5-Jul 26	10:00am-10:30am
69715	Wed	Jul 8-Jul 29	7:00pm-7:30pm
70094	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
70479	Sat	Aug 8-Aug 29	11:00am-11:30am
70626	Sun	Aug 9-Aug 30	10:00am-10:30am
70627	Sun	Aug 9-Aug 30	11:30am-12:00pm
70342	Mon	Aug 10-Aug 31	7:30pm-8:00pm

Preschool 4 – CRC

Ages 3-5yrs

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

5 classes

Whitby Civic Rec Complex

\$58.46

68510	Mon	Jun 29-Jul 27	4:30pm-5:00pm
68574	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68575	Mon	Jun 29-Jul 27	6:00pm-6:30pm
68619	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68620	Tue	Jun 30-Jul 28	5:00pm-5:30pm
68621	Tue	Jun 30-Jul 28	6:00pm-6:30pm
68715	Thu	Jul 2-Jul 30	5:00pm-5:30pm
68716	Thu	Jul 2-Jul 30	6:30pm-7:00pm

68758	Fri	Jul 3-Jul 31	5:00pm-5:30pm
69312	Mon-Fri	Jul 6-Jul 10	9:00am-9:30am
69313	Mon-Fri	Jul 6-Jul 10	10:00am-10:30am
69413	Mon-Fri	Jul 13-Jul 17	9:00am-9:30am
69414	Mon-Fri	Jul 13-Jul 17	10:00am-10:30am
69473	Mon-Fri	Jul 20-Jul 24	9:00am-9:30am
69474	Mon-Fri	Jul 20-Jul 24	10:00am-10:30am
69562	Mon-Fri	Jul 27-Jul 31	9:00am-9:30am
69563	Mon-Fri	Jul 27-Jul 31	10:00am-10:30am
68974	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68975	Tue	Aug 4-Sep 1	5:00pm-5:30pm
68976	Tue	Aug 4-Sep 1	6:00pm-6:30pm
69016	Wed	Aug 5-Sep 2	4:30pm-5:00pm
69017	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69018	Wed	Aug 5-Sep 2	6:00pm-6:30pm
69019	Wed	Aug 5-Sep 2	7:00pm-7:30pm
69070	Thu	Aug 6-Sep 3	5:00pm-5:30pm
69071	Thu	Aug 6-Sep 3	6:30pm-7:00pm
69111	Fri	Aug 7-Sep 4	5:00pm-5:30pm
69804	Mon-Fri	Aug 17-Aug 21	9:00am-9:30am
69806	Mon-Fri	Aug 17-Aug 21	10:00am-10:30am
70000	Mon-Fri	Aug 24-Aug 28	9:00am-9:30am
70001	Mon-Fri	Aug 24-Aug 28	10:00am-10:30am
70051	Mon-Fri	Aug 31-Sep 4	9:00am-9:30am
70052	Mon-Fri	Aug 31-Sep 4	10:00am-10:30am
69740	Mon-Fri	Aug 10-Aug 14	9:00am-9:30am
69741	Mon-Fri	Aug 10-Aug 14	10:00am-10:30am
4 classes	Whitby Civic Rec Complex		\$46.76
68807	Sat	Jul 4-Jul 25	10:00am-10:30am
68808	Sat	Jul 4-Jul 25	11:00am-11:30am
68864	Sun	Jul 5-Jul 26	9:00am-9:30am
68865	Sun	Jul 5-Jul 26	10:00am-10:30am
68866	Sun	Jul 5-Jul 26	11:00am-11:30am

68661	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68662	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68663	Wed	Jul 8-Jul 29	6:00pm-6:30pm
68664	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69656	Tue-Fri	Aug 4-Aug 7	9:00am-9:30am
69657	Tue-Fri	Aug 4-Aug 7	10:00am-10:30am
69161	Sat	Aug 8-Aug 29	10:00am-10:30am
69162	Sat	Aug 8-Aug 29	11:00am-11:30am
69258	Sun	Aug 9-Aug 30	9:00am-9:30am
69259	Sun	Aug 9-Aug 30	10:00am-10:30am
69260	Sun	Aug 9-Aug 30	11:00am-11:30am
68923	Mon	Aug 10-Aug 31	4:30pm-5:00pm
68924	Mon	Aug 10-Aug 31	5:00pm-5:30pm
68925	Mon	Aug 10-Aug 31	6:00pm-6:30pm

Preschool 5 – AOP Ages 3-5yrs

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

5 classes	Anne Ottenbrite Pool	\$58.46	
68465	Mon	Jun 29-Jul 27	8:00pm-8:30pm
69633	Tue	Jun 30-Jul 28	8:00pm-8:30pm
69819	Thu	Jul 2-Jul 30	8:00pm-8:30pm
69444	Mon-Fri	Jul 6-Jul 10	10:30am-11:00am
69515	Mon-Fri	Jul 13-Jul 17	10:30am-11:00am
69590	Mon-Fri	Jul 20-Jul 24	10:30am-11:00am
69681	Mon-Fri	Jul 27-Jul 31	10:30am-11:00am
70379	Tue	Aug 4-Sep 1	8:00pm-8:30pm
70415	Wed	Aug 5-Sep 2	7:30pm-8:00pm
70445	Thu	Aug 6-Sep 3	8:00pm-8:30pm
70182	Mon-Fri	Aug 10-Aug 14	10:30am-11:00am
70221	Mon-Fri	Aug 17-Aug 21	10:30am-11:00am
70261	Mon-Fri	Aug 24-Aug 28	10:30am-11:00am

70301	Mon-Fri	Aug 31-Sep 4	10:30am-11:00am
4 classes	Anne Ottenbrite Pool		\$46.76
69867	Sat	Jul 4-Jul 25	12:00pm-12:30pm
70082	Sun	Jul 5-Jul 26	12:00pm-12:30pm
69719	Wed	Jul 8-Jul 29	7:30pm-8:00pm
70100	Tue-Fri	Aug 4-Aug 7	10:30am-11:00am
70480	Sat	Aug 8-Aug 29	12:00pm-12:30pm
70629	Sun	Aug 9-Aug 30	12:00pm-12:30pm
70343	Mon	Aug 10-Aug 31	8:00pm-8:30pm

Preschool 5 – CRC Ages 3-5yrs

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

5 classes	Whitby Civic Rec Complex		\$58.46
68437	Mon	Jun 29-Jul 27	5:30pm-6:00pm
68622	Tue	Jun 30-Jul 28	4:30pm-5:00pm
68623	Tue	Jun 30-Jul 28	5:30pm-6:00pm
68717	Thu	Jul 2-Jul 30	5:30pm-6:00pm
68759	Fri	Jul 3-Jul 31	5:30pm-6:00pm
69314	Mon-Fri	Jul 6-Jul 10	8:30am-9:00am
69315	Mon-Fri	Jul 6-Jul 10	9:30am-10:00am
69415	Mon-Fri	Jul 13-Jul 17	8:30am-9:00am
69416	Mon-Fri	Jul 13-Jul 17	9:30am-10:00am
69485	Mon-Fri	Jul 20-Jul 24	8:30am-9:00am
69487	Mon-Fri	Jul 20-Jul 24	9:30am-10:00am
69565	Mon-Fri	Jul 27-Jul 31	8:30am-9:00am
69566	Mon-Fri	Jul 27-Jul 31	9:30am-10:00am
68977	Tue	Aug 4-Sep 1	4:30pm-5:00pm
68978	Tue	Aug 4-Sep 1	5:30pm-6:00pm
69020	Wed	Aug 5-Sep 2	4:30pm-5:00pm
69021	Wed	Aug 5-Sep 2	5:30pm-6:00pm
69022	Wed	Aug 5-Sep 2	7:00pm-7:30pm

69072	Thu	Aug 6-Sep 3	5:30pm-6:00pm
69112	Fri	Aug 7-Sep 4	5:30pm-6:00pm
69743	Mon-Fri	Aug 10-Aug 14	8:30am-9:00am
69745	Mon-Fri	Aug 10-Aug 14	9:30am-10:00am
69808	Mon-Fri	Aug 17-Aug 21	8:30am-9:00am
69809	Mon-Fri	Aug 17-Aug 21	9:30am-10:00am
70002	Mon-Fri	Aug 24-Aug 28	8:30am-9:00am
70003	Mon-Fri	Aug 24-Aug 28	9:30am-10:00am
70053	Mon-Fri	Aug 31-Sep 4	8:30am-9:00am
70054	Mon-Fri	Aug 31-Sep 4	9:30am-10:00am

4 classes

Whitby Civic Rec Complex

\$46.76

68809	Sat	Jul 4-Jul 25	9:30am-10:00am
68810	Sat	Jul 4-Jul 25	11:00am-11:30am
68867	Sun	Jul 5-Jul 26	9:30am-10:00am
68868	Sun	Jul 5-Jul 26	10:30am-11:00am
68665	Wed	Jul 8-Jul 29	4:30pm-5:00pm
68666	Wed	Jul 8-Jul 29	5:30pm-6:00pm
68667	Wed	Jul 8-Jul 29	7:00pm-7:30pm
69658	Tue-Fri	Aug 4-Aug 7	8:30am-9:00am
69659	Tue-Fri	Aug 4-Aug 7	9:30am-10:00am
69163	Sat	Aug 8-Aug 29	9:30am-10:00am
69164	Sat	Aug 8-Aug 29	11:00am-11:30am
69261	Sun	Aug 9-Aug 30	9:30am-10:00am
69262	Sun	Aug 9-Aug 30	10:30am-11:00am
68926	Mon	Aug 10-Aug 31	5:30pm-6:00pm

Semi-Private Swimming Lessons

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

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

4 classes

Anne Ottenbrite Pool

\$95.34

69874	Sat	Jul 4-Jul 25	11:00am-11:30am
69978	Sat	Jul 4-Jul 25	3:30pm-4:00pm
69979	Sat	Jul 4-Jul 25	4:30pm-5:00pm
69980	Sat	Jul 4-Jul 25	6:00pm-6:30pm
69981	Sat	Jul 4-Jul 25	6:30pm-7:00pm
70096	Sun	Jul 5-Jul 26	9:30am-10:00am
70487	Sat	Aug 8-Aug 29	11:00am-11:30am
70579	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70580	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70581	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70582	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70620	Sun	Aug 9-Aug 30	9:30am-10:00am

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

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

5 classes	Whitby Civic Rec Complex	\$119.18
68438	Mon	Jun 29-Jul 27
69006	Wed	Aug 5-Sep 2
4 classes	Whitby Civic Rec Complex	\$95.34
68889	Sun	Jul 5-Jul 26
68651	Wed	Jul 8-Jul 29
69283	Sun	Aug 9-Aug 30
68910	Mon	Aug 10-Aug 31

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

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

4 classes	Anne Ottenbrite Pool	\$95.34
69875	Sat	Jul 4-Jul 25

69982	Sat	Jul 4-Jul 25	5:00pm-5:30pm
69987	Sat	Jul 4-Jul 25	3:30pm-4:00pm
69988	Sat	Jul 4-Jul 25	4:30pm-5:00pm
70097	Sun	Jul 5-Jul 26	10:30am-11:00am
70488	Sat	Aug 8-Aug 29	11:30am-12:00pm
70583	Sat	Aug 8-Aug 29	3:30pm-4:00pm
70584	Sat	Aug 8-Aug 29	4:30pm-5:00pm
70585	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70623	Sun	Aug 9-Aug 30	10:30am-11:00am

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

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

5 classes	Whitby Civic Rec Complex		\$119.18
68439	Mon	Jun 29-Jul 27	5:00pm-5:30pm
68753	Fri	Jul 3-Jul 31	5:00pm-5:30pm
69012	Wed	Aug 5-Sep 2	5:00pm-5:30pm
69113	Fri	Aug 7-Sep 4	5:00pm-5:30pm
4 classes	Whitby Civic Rec Complex		\$95.34
68657	Wed	Jul 8-Jul 29	5:00pm-5:30pm
68917	Mon	Aug 10-Aug 31	5:00pm-5:30pm

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

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

4 classes	Anne Ottenbrite Pool		\$95.34
69890	Sat	Jul 4-Jul 25	12:00pm-12:30pm
69983	Sat	Jul 4-Jul 25	4:00pm-4:30pm
69984	Sat	Jul 4-Jul 25	5:00pm-5:30pm
69986	Sat	Jul 4-Jul 25	5:30pm-6:00pm
70098	Sun	Jul 5-Jul 26	11:30am-12:00pm

70489	Sat	Aug 8-Aug 29	12:00pm-12:30pm
70586	Sat	Aug 8-Aug 29	4:00pm-4:30pm
70587	Sat	Aug 8-Aug 29	5:00pm-5:30pm
70588	Sat	Aug 8-Aug 29	5:30pm-6:00pm
70625	Sun	Aug 9-Aug 30	11:30am-12:00pm

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

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

5 classes	Whitby Civic Rec Complex		\$119.18
68440	Mon	Jun 29-Jul 27	5:30pm-6:00pm
4 classes	Whitby Civic Rec Complex		\$95.34
68922	Mon	Aug 10-Aug 31	5:30pm-6:00pm

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

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

4 classes	Anne Ottenbrite Pool		\$95.34
69989	Sat	Jul 4-Jul 25	4:00pm-4:30pm
69990	Sat	Jul 4-Jul 25	5:30pm-6:00pm
70099	Sun	Jul 5-Jul 26	12:00pm-12:30pm
70589	Sat	Aug 8-Aug 29	4:00pm-4:30pm
70590	Sat	Aug 8-Aug 29	5:30pm-6:00pm
70628	Sun	Aug 9-Aug 30	12:00pm-12:30pm

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

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

4 classes	Anne Ottenbrite Pool		\$95.34
69996	Sat	Jul 4-Jul 25	6:00pm-6:30pm
69998	Sat	Jul 4-Jul 25	6:30pm-7:00pm

70101	Sun	Jul 5-Jul 26	12:30pm-1:00pm
70591	Sat	Aug 8-Aug 29	6:00pm-6:30pm
70592	Sat	Aug 8-Aug 29	6:30pm-7:00pm
70630	Sun	Aug 9-Aug 30	12:30pm-1:00pm

Youth

Group Swimming Lessons

Teen Swimmer 1- Beginner- AOP Ages 14-18yrs

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

5 classes	Anne Ottenbrite Pool	\$63.13
68487	Mon	Jun 29-Jul 27
4 classes	Anne Ottenbrite Pool	\$50.50
70365	Mon	Aug 10-Aug 31

Teen Swimmer 1- Beginner – CRC Ages 14-18yrs

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

4 classes	Whitby Civic Rec Complex	\$50.50
68453	Sat	Jul 4-Jul 25
68826	Sat	Jul 4-Jul 25
69180	Sat	Aug 8-Aug 29
69181	Sat	Aug 8-Aug 29

Teen Swimmer 2- Intermediate- AOP Ages 14-18yrs

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

5 classes	Anne Ottenbrite Pool	\$63.13
68488	Mon Jun 29-Jul 27	8:30pm-9:30pm
4 classes	Anne Ottenbrite Pool	\$50.50
70366	Mon Aug 10-Aug 31	8:30pm-9:30pm

Teen Swimmer 2- Intermediate – CRC Ages 14-18yrs

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

4 classes	Whitby Civic Rec Complex	\$50.50
68454	Sat Jul 4-Jul 25	12:00pm-1:00pm
69182	Sat Aug 8-Aug 29	12:00pm-1:00pm

Teen Swimmer 3- Advanced- AOP Ages 14-18yrs

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

5 classes	Anne Ottenbrite Pool	\$63.13
68489	Mon Jun 29-Jul 27	8:30pm-9:30pm
4 classes	Anne Ottenbrite Pool	\$50.50
70367	Mon Aug 10-Aug 31	8:30pm-9:30pm

Teen Swimmer 3- Advanced – CRC Ages 14-18yrs

These advanced swimmers will refine their front crawl, back crawl, and breaststroke techniques and complete a 300-metre (12 length) workout. Upon completion, swimmers that are interested, are ready for the next step which is Aquatic Leadership. This level of

swimming lessons is equivalent to Swimmer 5 and 6 of the Swim for Life Program. For more information visit our website.

4 classes	Whitby Civic Rec Complex	\$50.50
68455	Sat Jul 4-Jul 25	12:00pm-1:00pm
69183	Sat Aug 8-Aug 29	12:00pm-1:00pm

Leadership

Basic First Aid Ages 10+

Learn essential first aid skills to confidently respond to common injuries and emergencies. This course covers topics such as wound care, CPR basics, choking response, and injury prevention, equipping participants with practical, hands-on skills for everyday situations.

1 class	Anne Ottenbrite Pool	\$84.69
70713	Mon Jun 29	9:00am-5:30pm
70716	Tues Sept 1	9:00am-5:30pm

Bronze Cross Ages 14+

The Bronze Cross Program builds on the Bronze Medallion skills with a focus on advanced water rescues, spinal injury management, teamwork, and supervision in aquatic settings. This course prepares candidates for lifeguarding duties and is a key step toward National Lifeguard certification. An examiner will evaluate your skills at the end of the course. 100% attendance is mandatory.

5 classes	Anne Ottenbrite Pool	\$233.71
68495	Mon-Fri Jul 13-Jul 17	4:00pm-10:00pm
70578	Mon-Fri Aug 17-Aug 21	4:00pm-10:00pm

Bronze Medallion & Basic First Aid Ages 13+

The Bronze Medallion course challenges participants to develop the essential skills and knowledge required for lifeguarding and aquatic safety. Candidates will build endurance through a timed swim, rescue skills, and decision-making skills through hands-on practice in water rescue techniques, first aid scenarios, and teamwork exercises. An examiner will evaluate your skills at the end of the course. 100% attendance is mandatory.

5 classes	Anne Ottenbrite Pool	\$224.49
68496	Mon-Fri Jul 6-Jul 10	4:00pm-10:00pm
70409	Mon-Fri Aug 10-Aug 14	4:00pm-10:00pm

Bronze Star Ages 10-13yrs

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.

5 classes	Anne Ottenbrite Pool		\$125.85
68497	Mon-Fri	Jul 27-Jul 31	11:30am-1:30pm
70403	Mon-Fri	Aug 31-Sep 4	11:30am-1:30pm

Canadian Swim Patrol 1- Rookie Ages 8-12yrs

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

5 classes	Anne Ottenbrite Pool		\$125.85
68492	Mon-Fri	Jul 6-Jul 10	11:30am-1:30pm
70388	Mon-Fri	Aug 10-Aug 14	11:30am-1:30pm

Canadian Swim Patrol 2- Ranger Ages 8-12yrs

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

5 classes	Anne Ottenbrite Pool		\$125.85
68493	Mon-Fri	Jul 13-Jul 17	11:30am-1:30pm
70394	Mon-Fri	Aug 17-Aug 21	11:30am-1:30pm

Canadian Swim Patrol 3- Star Ages 8-12yrs

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

5 classes	Anne Ottenbrite Pool		\$125.85
68494	Mon-Fri	Jul 20-Jul 24	11:30am-1:30pm
70402	Mon-Fri	Aug 24-Aug 28	11:30am-1:30pm

Intermediate First Aid Ages 13+

The intermediate first aid program builds on basic first aid skills with a deeper focus on assessing and responding to more complex injuries and emergency situations. This course includes hands-on training in patient assessment, CPR, and managing a variety of medical emergencies.

2 classes	Anne Ottenbrite Pool		\$171.77
70717	Thu-Fri	Jul 2-Jul 3	9:00am-5:30pm
70723	Wed-Thu	Sept 2-Sept 3	9:00am-5:30pm

National Lifeguard and Intermediate First Aid Ages 15+

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. Bronze Cross and Intermediate First Aid 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. Please note that the Intermediate first aid portion of this course will be conducted on the Saturday and Sunday from 9am-5pm and the NL component will run Monday thru Friday from 2pm-10pm.

5 classes	Anne Ottenbrite Pool		\$384.85
68498	Sat-Fri	Jul 18-Jul 24	2:00pm-10:00pm
70593	Sat-Fri	Aug 22-Aug 28	2:00pm-10:00pm

Swim and Lifesaving Instructor Ages 15+

This is a two certification course. The Lifesaving Society Swim Instructor Course prepares the candidate to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society's Swim for Life Program.

The Lifesaving Instructor course prepared the candidate to organize, plan, teach and evaluate lifesaving and first aid skills as well as resuscitation techniques to instruct Lifesaving Society's Canadian Swim Patrol, Bronze Medallion, and Bronze Cross. Candidates will be required to complete volunteer hours alongside a certified instructor to gain practical experience. 100% attendance is mandatory.

5 classes	Anne Ottenbrite Pool		\$461.50
68499	Mon-Fri	Jul 27-Jul 31	9:00am-5:30pm
70725	Mon-Fri	Aug 31-Sept 4	9:00am-5:30pm

Private Swimming Lessons

Private Teen Swimmer - CRC (#@)Ages 14-18yrs

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

4 classes	Anne Ottenbrite Pool		\$156.07
68448	Sat	Jul 4-Jul 25	12:00pm-12:30pm
68827	Sat	Jul 4-Jul 25	12:00pm-12:30pm
68828	Sat	Jul 4-Jul 25	12:00pm-12:30pm
68829	Sat	Jul 4-Jul 25	12:00pm-12:30pm
68830	Sat	Jul 4-Jul 25	12:30pm-1:00pm
68831	Sat	Jul 4-Jul 25	12:30pm-1:00pm
68832	Sat	Jul 4-Jul 25	12:30pm-1:00pm
68833	Sat	Jul 4-Jul 25	12:30pm-1:00pm
69184	Sat	Aug 8-Aug 29	12:00pm-12:30pm
69185	Sat	Aug 8-Aug 29	12:00pm-12:30pm
69186	Sat	Aug 8-Aug 29	12:00pm-12:30pm
69187	Sat	Aug 8-Aug 29	12:00pm-12:30pm
69188	Sat	Aug 8-Aug 29	12:30pm-1:00pm
69189	Sat	Aug 8-Aug 29	12:30pm-1:00pm
69190	Sat	Aug 8-Aug 29	12:30pm-1:00pm
69191	Sat	Aug 8-Aug 29	12:30pm-1:00pm

Adult

Fitness

20/20/20 Fitness

Get a complete, balanced workout in this efficient and engaging class. 20/20/20 is divided into three focused segments: 20 minutes of cardio to boost heart health, 20 minutes of strength training to build muscle and improve functional fitness, and 20 minutes of core work and stretching to enhance stability, flexibility, and recovery. This class offers a well-rounded approach to fitness, keeping workouts fresh and effective while supporting overall strength, endurance, and mobility. Suitable for various fitness levels.

68284	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	6:30pm-7:25pm	\$102.18

Ab Attack

Ab Attack is a fast-paced, core-focused workout designed to strengthen and tone your entire midsection. This high-energy class targets the abdominals, obliques, and lower back through a series of dynamic movements, resistance exercises, and functional core training. Expect a challenging and efficient session that improves stability, boosts overall strength, and supports better posture. AB Attack is perfect for anyone looking to build a stronger, more defined core in a fun and motivating environment.

68233	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	11:30am-12:25pm	\$102.18

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!

68214	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	10:15am-11:10am	\$102.18

Ball Fit

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

68249	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	1:30pm-2:25pm	\$102.18

Barre

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

68281	14yrs+	Brooklin CC&L	9 weeks
Mon	Jul 6-Sep 14	7:00pm-7:55pm	\$83.60

Basic Boot Camp

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

68210	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	2:30pm-3:25pm	\$83.60

Basics of Barbell Training

Interested in taking your weight training to the next level? This program will give intermediate lifters the skills and techniques to improve form, function and safety while performing the barbell squat, bench press and deadlift. You will also learn breathing cues, spotting techniques, exercise variations as well as effective warm up and cooldown guidelines. Prerequisite: Must be able to lift 35lbs

68286	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Jul 11-Aug 8	10:00am-11:30am	\$67.09
68287	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Aug 15-Sep 12	10:00am-11:30am	\$67.09

Beginner Dance

Welcome aspiring Latin dancers! Learn the basics of Latin dance technique and variations while improving cardiovascular fitness, strength and flexibility. Participants will do pair/partner work within the class. No dance experience required—just bring your energy and enthusiasm.

68283	14yrs+	Brooklin CC&L	11 weeks
Wed	Jul 8-Sep 16	7:30pm-8:25pm	\$102.18

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.

68282	14yrs+	Brooklin CC&L	11 weeks
Wed	Jul 8-Sep 16	5:30pm-6:25pm	\$102.18
68243	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	10:15am-11:10am	\$102.18

Built Strong

Built Strong is a strength-focused workout designed to improve overall muscular strength, stability, and functional movement. This Health Club–based program uses a combination of free weights, resistance machines, and body-weight exercises to help participants build a strong foundation and support everyday . Exercises can be modified to accommodate varying fitness levels, making this class suitable for participants looking to safely build strength in a supportive environment. **This is a registered Program**

68224	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	5:15pm-6:00pm	\$102.18

Cardio and Core

Cardio & Core is a full body high energy workout that keeps you moving. Alternating between back to back cardio progressions and body weight core work, this class will

challenge your endurance and energize your mind. All fitness levels and abilities are welcome.

68241	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	5:30pm-6:25pm	\$102.18

Circuit Training

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

68254	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	9:00am-9:55am	\$102.18

Dance Fit

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

68216	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	11:15am-12:10pm	\$102.18

68217	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	12:30pm-1:25pm	\$102.18

Deep Stretch

Deep Stretch is a slow-paced, restorative class designed to release tension, improve flexibility, and enhance overall mobility. Using prolonged, gentle holds and mindful breathing, this class targets tight muscles and connective tissue to increase range of motion and promote relaxation. Deep Stretch is ideal for participants looking to unwind, support recovery from more intense workouts, reduce stress, or simply improve everyday movement. Suitable for all fitness levels, this session leaves you feeling relaxed, rebalanced, and refreshed.

68260	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	7:30pm-8:25pm	\$102.18

Easy Fit

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

68209	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	1:30pm-2:25pm	\$83.60

Express Strength & Conditioning

This high energy strength and conditioning class is designed for the athlete in each of us. Improve your athleticism by building strength, power and endurance. Each week you will be motivated and guided through a variety of functional exercises and intervals that include variations suitable for all fitness levels.

68257	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	4:15pm-5:00pm	\$102.18

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.

68212	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	6:15am-7:10am	\$102.18

Gentle Yoga

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

68247	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	9:00am-9:55am	\$102.18
68259	14yrs+	Whitby Civic Rec Complex	11 weeks

Fri	Jul 10-Sep 18	6:30pm-7:25pm	\$102.18
-----	---------------	---------------	----------

HIIT

High Intensity Interval Training, boost your fitness with this fast-paced, full-body workout designed to maximize results in minimal time. HIIT alternates short bursts of high-intensity exercise with brief recovery periods to increase cardiovascular endurance, build strength, and burn calories long after the workout is over. This class can be adapted for all fitness levels, offering modifications and progressions so everyone can challenge themselves safely. Get ready to sweat, push your limits, and leave feeling energized!

68250	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	2:30pm-3:25pm	\$102.18

Jazz 1

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

68255	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	11:15am-12:25pm	\$102.18

Light and Lively 1

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

68240	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	1:30pm-2:25pm	\$102.18

Light and Lively 2

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

68239	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	12:15pm-1:10pm	\$102.18

Low Impact

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

68207	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	10:15am-11:10am	\$83.60

Lower Body Shred

Strengthen, sculpt, and power up your legs and glutes in this targeted lower-body workout. Lower Body Shred combines strength training, plyometrics, and functional movement to build muscular endurance and improve overall lower-body performance. Expect focused work for your quads, hamstrings, glutes, and calves, along with core-stabilizing exercises to support proper form. Suitable for all fitness levels with options to modify or intensify each movement. Get ready to feel the burn!

68251	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	3:30pm-4:25pm	\$102.18

Mat Pilates

Mat Pilates is a low-impact, full-body workout designed to build core strength, enhance posture, and improve overall mobility. Using controlled movements and mindful breathing, this class focuses on strengthening deep stabilizing muscles, increasing flexibility, and promoting balanced muscle development. Suitable for all fitness levels, Mat Pilates offers a safe and effective way to improve body alignment, boost functional strength, and support long-term wellness. Participants will leave feeling stronger, more centered, and energized.

68232	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	10:30am-11:25am	\$102.18

Metabolic Conditioning

Metabolic Conditioning is a high-energy workout designed to improve strength, cardiovascular endurance, and overall fitness. This class uses a combination of functional movements, resistance training, and interval-based exercises to increase

calorie burn and boost metabolism. This class is suitable for all Fitness levels.

68231	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	7:30pm-8:25pm	\$102.18

Metabolic Conditioning 2

Metabolic Conditioning 2 builds on the fundamentals introduced in Metabolic Conditioning by increasing intensity, complexity, and fitness challenge. This class incorporates more advanced functional movements, higher-intensity interval training, and progressive resistance exercises to further enhance strength, endurance, and metabolic efficiency.

68242	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	8:05pm-9:00pm	\$102.18

Mom and Baby Fitness

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

68245	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	1:15pm-2:10pm	\$102.18

Mom and Baby Yoga

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

68253	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	12:15pm-1:10pm	\$102.18

Pilates

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

68208	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	11:15am-12:10pm	\$83.60

Pilates for Seniors Level 1

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

68213	55yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	9:00am-9:55am	\$102.18

Pilates for Seniors Level 2

68256	55yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	2:30pm-3:25pm	\$102.18

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.

68252	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	7:35pm-8:30pm	\$102.18

Rock Body

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

68202	14yrs+	Whitby Civic Rec Complex	9 weeks
-----------------------	--------	--------------------------	---------

Mon	Jul 6-Sep 14	5:30pm-6:25pm	\$83.60
68203	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	10:15am-11:10am	\$102.18
68204	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	12:15pm-1:10pm	\$102.18

Sculpt & Stretch

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

68244	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	12:15pm-1:10pm	\$102.18

Spin and Strength

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

68246	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	6:15am-7:10am	\$102.18

Spin and Strength

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

before the posted start time of the class to allow for seat and handlebar fitting.

68226	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	5:20pm-6:15pm	\$102.18

Spinning

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

68225	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	5:20pm-6:15pm	\$102.18

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.

68227	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	6:30pm-7:25pm	\$102.18
68228	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	9:00am-9:55am	\$102.18
68229	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	6:30pm-7:25pm	\$102.18
68230	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 10-Sep 18	10:15am-11:10am	\$102.18
68266	14yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Jul 11-Sep 19	9:00am-9:55am	\$83.60

Strength & Core

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

body, lower body and core.

68237	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	6:15am-7:10am	\$102.18

Strength & Stretch

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

68206	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	9:00am-9:55am	\$83.60

Strength and Stretch

Build strength, improve flexibility, and restore balance in this full-body class designed for all fitness levels. Strength and Stretch combines functional strength exercises using body weight and light equipment with focused stretching and mobility work to improve range of motion, posture, and overall movement quality. Each class emphasizes controlled movements, core stability, and mindful stretching to help reduce muscle tension and support everyday activities. Leave feeling stronger, more relaxed, and re-energized.

68211	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	8:05pm-9:00pm	\$83.60

Stretch and Core

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

68236	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	6:15pm-7:10pm	\$102.18

Stretch and Myofascial Release (SMR)

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

68218	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	12:15pm-1:10pm	\$102.18
68219	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	11:15am-12:10pm	\$102.18
68220	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	1:45pm-2:40pm	\$102.18

Tap 1

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

68221	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 7-Sep 15	1:30pm-2:55pm	\$102.18

Total Body Circuit

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

68285	14yrs+	Brooklin CC&L	11 weeks
Thu	Jul 9-Sep 17	6:30pm-7:25pm	\$102.18

Yoga Flow

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

68235	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 8-Sep 16	11:15am-12:10pm	\$102.18

Yogalates

Yogalates blends the strength-building focus of Pilates with the flexibility and mindfulness of Yoga, creating a balanced, full-body workout suitable for all fitness levels. This class emphasizes controlled movement, core stability, improved posture, and breath awareness. Participants will enjoy a flowing sequence that enhances muscular endurance, increases mobility, and supports overall mind-body wellness. Yogalates is ideal for anyone looking to build strength, improve flexibility, reduce stress, and leave feeling centered and energized.

68201	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	6:30am-7:25am	\$83.60
68205	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 6-Sep 14	7:25am-8:20am	\$83.60

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.

68248	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 9-Sep 17	11:15am-12:10pm	\$102.18

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.

68324	15yrs+	Brooklin CC&L	9 weeks
Wed	Jul 8-Sep 2	8:30pm-9:55pm	\$82.55

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.

68339	16yrs+	Brooklin CC&L	9 weeks
Mon	Jun 29-Aug 31	6:00pm-6:55pm	\$82.55
68341	16yrs+	Brooklin CC&L	9 weeks
Mon	Jun 29-Aug 31	8:00pm-8:55pm	\$82.55

Pickleball - Adult Intermediate

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

68340	16yrs+	Brooklin CC&L	9 weeks
Mon	Jun 29-Aug 31	7:00pm-7:55pm	\$82.55
68358	16yrs+	Brooklin CC&L	9 weeks
Mon	Jun 29-Aug 31	9:00pm-9:55pm	\$82.55

All Ages

Taekwondo 12+ YRS

Taekwondo is a popular and global Martial art and Olympic sport for all ages and abilities. Our recreational program is delivered in a fun and safe learning environment

with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC.
Introduction to the sport, fundamental skills and structure are covered in the curriculum.
This program is by registration only.

68272	12-88yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Jul 11-Sep 19	12:00pm-12:55pm	\$93.45
68280	12-88yrs+	Whitby Civic Rec Complex	9 weeks
Sun	Jul 12-Sep 20	12:00pm-12:55pm	\$93.45

55+ Programs

New Members Orientation

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

68317	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 22-Jul 22	10:00am-11:00am	Free

Computer & Technology

Tech Fridays

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

68376	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 3-Jul 3	1:00pm-1:30pm	Free
68377	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 3-Jul 3	1:30pm-2:00pm	Free
68378	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 3-Jul 3	2:00pm-2:30pm	Free
68379	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 3-Jul 3	2:30pm-3:00pm	Free
68380	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 10-Jul 10	1:00pm-1:30pm	Free
68381	55yrs+	Whitby 55+ Rec Centre	1 class

Fri	Jul 10-Jul 10	1:30pm-2:00pm	Free
68382	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 10-Jul 10	2:00pm-2:30pm	Free
68383	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 10-Jul 10	2:30pm-3:00pm	Free
68384	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 17-Jul 17	1:00pm-1:30pm	Free
68385	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 17-Jul 17	1:30pm-2:00pm	Free
68386	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 17-Jul 17	2:00pm-2:30pm	Free
68387	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jul 17-Jul 17	2:30pm-3:00pm	Free
68388	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 7-Aug 7	1:00pm-1:30pm	Free
68389	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 7-Aug 7	1:30pm-2:00pm	Free
68390	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 7-Aug 7	2:00pm-2:30pm	Free
68391	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 7-Aug 7	2:30pm-3:00pm	Free
68392	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 14-Aug 14	1:00pm-1:30pm	Free
68393	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 14-Aug 14	1:30pm-2:00pm	Free
68394	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 14-Aug 14	2:00pm-2:30pm	Free
68395	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 14-Aug 14	2:30pm-3:00pm	Free
68396	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 21-Aug 21	1:00pm-1:30pm	Free
68397	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 21-Aug 21	1:30pm-2:00pm	Free

68398	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 21-Aug 21	2:00pm-2:30pm	Free
68402	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 21-Aug 21	2:30pm-3:00pm	Free
68403	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 28-Aug 28	1:00pm-1:30pm	Free
68404	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 28-Aug 28	1:30pm-2:00pm	Free
68405	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 28-Aug 28	2:00pm-2:30pm	Free
68407	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 28-Aug 28	2:30pm-3:00pm	Free

Tech Wednesday

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

69195	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 8-Jul 8	9:00am-9:30am	Free
69196	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 8-Jul 8	9:30am-10:00am	Free
69197	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 8-Jul 8	10:00am-10:30am	Free
69198	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 8-Jul 8	10:30am-11:00am	Free
69199	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 15-Jul 15	9:00am-9:30am	Free
69200	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 15-Jul 15	9:30am-10:00am	Free
69201	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 15-Jul 15	10:00am-10:30am	Free
69202	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 15-Jul 15	10:30am-11:00am	Free

69203	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 22-Jul 22	9:00am-9:30am	Free
69204	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 22-Jul 22	9:30am-10:00am	Free
69205	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 22-Jul 22	10:00am-10:30am	Free
69206	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jul 22-Jul 22	10:30am-11:00am	Free
69207	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 12-Aug 12	9:00am-9:30am	Free
69208	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 12-Aug 12	9:30am-10:00am	Free
69209	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 12-Aug 12	10:00am-10:30am	Free
69210	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 12-Aug 12	10:30am-11:00am	Free
69211	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 19-Aug 19	9:00am-9:30am	Free
69212	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 19-Aug 19	9:30am-10:00am	Free
69213	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 19-Aug 19	10:00am-10:30am	Free
69214	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 19-Aug 19	10:30am-11:00am	Free
69215	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 26-Aug 26	9:00am-9:30am	Free
69216	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 26-Aug 26	9:30am-10:00am	Free
69217	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 26-Aug 26	10:00am-10:30am	Free
69218	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Aug 26-Aug 26	10:30am-11:00am	Free

Creative Arts

Drawing with Jade

With an introduction to the basic tools and techniques of drawing, this course will inspire, expand your knowledge and improve your drawing skills. Learn to see like an artist through composition, values, mark-making and perspective. You will explore new styles and mediums allowing you the tools and confidence to continue independently with your drawing exploration. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Rec Centre.

69192	55yrs+	Whitby 55+ Rec Centre	6 weeks
Mon	Jun 29-Aug 10	1:00pm-3:00pm	\$36.76

Figurative Drawing Workshop Part 1 with Marni

Learn to draw the human figure through observation with a live model. Students will work from an easel in charcoal and pastels, exploring expressive lines to achieve movement, and contour line to define form in a series of short poses. Students will learn to achieve proportion, and value through the handling of light in a final, sustained pose. Paper and drawing materials will be supplied, with additional supplies being required by the participant. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

69226	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 14-Jul 14	9:30am-11:30am	\$45.00

Figurative Drawing Workshop Part 2 with Marni

This workshop will continue to review and further develop the handling of the figure through observation. Warm-up drawings will be developed observing the live model through a series of short poses, in coloured pastels. With these developed drawing skills, an emphasis will be placed on achieving strong composition: value to achieve contrast and volume, line to achieve form and movement, and space to achieve balance and unity. Students will engage in longer poses with the model to achieve a finished composition in monochromatic and complementary colour scheme. Paper and drawing materials will be supplied, with additional supplies being required by the participant. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

69227	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 21-Jul 21	9:30am-11:30am	\$45.00

Instructed Acrylic Painting with David

Accomplish a wonderful work of art in just one sitting. Instruction will be delivered through lessons, samples and demonstrations, leading you towards a finished masterpiece. Beginning with a loose approach and getting tighter along the way, we will aim to have our limited palette paintings evolve to a quality finish. These monthly workshops will explore all genres (nature art, still life, landscape, with an emphasis on portraiture). A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

68399	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 7-Jul 7	9:30am-11:30am	\$32.37
68401	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Aug 4-Aug 4	9:30am-11:30am	\$32.37

Intro to Cross-Stitch with Marjorie

Have you always wanted to try cross stitching but didn't know where to start? In this introductory workshop for beginners, we will teach you the basics and use this needle-craft hobby to create a fun Summer project. You will learn how to read and follow a cross-stitch pattern and how to make a full cross-stitch and backstitch as well as many cross-stitch tips to help you on your journey. Floss, fabric, pattern and needles provided. You will need to bring embroidery scissors, a highlighter marker and a 4 or 6 inch Hoop!

68540	55yrs+	Brooklin CC&L	4 weeks
Fri	Jul 10-Jul 31	11:00am-1:00pm	\$45.84

Next Steps in Cross-Stitch with Marjorie

Are you ready to move beyond making full cross-stitches? This workshop is designed for experienced stitchers who want to enhance their cross-stitching skills. Create fractional stitches (quarter, half + three quarter) to "shape" your cross-stitch designs. Add fractional stitches when following a full cross-stitch pattern-Embellish with metallic threads and beads. Pattern and thread kit provided. Materials required: 10 x 10 piece of 14-count Aida fabric, tapestry needle, beading needle and embroidery scissors, 4 or 6 inch embroidery hoop.

69355	55yrs+	Brooklin CC&L	4 weeks
Mon	Aug 10-Aug 31	3:30pm-5:30pm	\$45.84

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.

68541	55yrs+	Brooklin CC&L	8 weeks
Fri	Jul 10-Aug 28	1:30pm-3:30pm	\$20.00

Workshop - Coloured Pencil Iris with Chrissie

Using coloured pencil on dark paper this beautiful summer flower will pop off the page. Learn how to layer coloured pencil to create rich vibrant colours on a dark background. All materials are provided by the instructor.

68400	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 28-Jul 28	9:30am-11:30am	\$32.37

Workshop - Mixed Media Rooster with Chrissie

Using different types of ink, marker and coloured pencil, you will learn texturing and layering techniques. From feathers to his comb and wattles to his striking eye, you will have fun bringing this bird to life. All materials are provided by the instructor.

68406	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Aug 11-Aug 11	9:30am-11:30am	\$32.37

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.

68409	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jun 29-Aug 24	1:45pm-2:45pm	\$35.13
68502	55yrs+	Brooklin CC&L	8 weeks
Mon	Jun 29-Aug 24	9:10am-10:10am	\$35.13
68410	55yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Jun 30-Aug 18	12:30pm-1:30pm	\$35.13

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.

69221	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Aug 5-Sep 2	10:15am-11:15am	\$21.96
69223	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thu	Aug 6-Sep 3	1:00pm-2:00pm	\$21.96
69220	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Aug 4-Sep 1	11:30am-12:30pm	\$21.96

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.

68511	55yrs+	Brooklin CC&L	5 weeks
Wed	Aug 5-Sep 2	12:15pm-1:15pm	\$21.96

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.

68512	55yrs+	Brooklin CC&L	5 weeks
Wed	Aug 5-Sep 2	1:30pm-2:30pm	\$21.96

Cardio Salsa with Tracy

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

69225	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thu	Aug 6-Sep 3	11:45am-12:45pm	\$21.96
68419	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Aug 10-Aug 31	1:00pm-2:00pm	\$17.56

Chair Aerobics with Rida

Join this fun, low-impact class designed for all levels. Chair Aerobics combines gentle cardiovascular exercises, strength training, and stretching - all performed while seated or using a chair for support. This class improves mobility, flexibility, balance, and circulation, making it ideal for those with limited mobility, arthritis or those recovering from injury. With upbeat music and easy to follow moves, it is a safe and social way to stay active. All fitness levels are welcome.

69193	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Jul 8-Aug 26	1:50pm-2:50pm	\$26.35

Chair Exercise with Rida

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

68530	55yrs+	Brooklin CC&L	7 weeks
Mon	Jun 29-Aug 31	12:15pm-1:15pm	\$30.74
68527	55yrs+	Brooklin CC&L	7 weeks
Thu	Jul 2-Aug 27	12:15pm-1:15pm	\$30.74

Classical Stretch with Zoe

This class will take you through slow, controlled movements and targeted stretches that will improve posture, strength, balance and flexibility, while reducing pain and stiffness and promoting mobility. This is a gentle, safe and effective workout designed for all fitness levels.

68292	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jun 29-Aug 31	10:15am-11:15am	\$35.13

Latin Dance Fitness with Tracy

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

68526	55yrs+	Brooklin CC&L	5 weeks
Thu	Aug 6-Sep 3	9:45am-10:45am	\$21.96
68544	55yrs+	Brooklin CC&L	5 weeks

Fri	Aug 7-Sep 4	10:15am-11:15am	\$21.96
-----	-------------	-----------------	---------

Low Impact Bootcamp with Karel

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

68501	55yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	10:00am-11:00am	\$35.13

Morning Energizer with Charles

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

68299	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jun 30-Aug 25	8:45am-9:45am	\$39.52

Osteofit with Zoe

A low-impact class using resistance bands, light hand weights, and exercise balls. This class will focus on bone-safe strength training, postural alignment, joint mobility, and fall prevention exercises.

68294	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jun 29-Aug 31	11:30am-12:30pm	\$35.13
68293	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Jul 8-Aug 26	11:45am-12:45pm	\$35.13

Strength & Balance with Rida

A chair-based class with gentle stretching, seated strength, and balance exercises to improve flexibility, posture, and stability. Ideal for beginners while offering a safe and accessible approach to building confidence and mobility suitable for all fitness levels.

68529	55yrs+	Brooklin CC&L	7 weeks
Mon	Jun 29-Aug 31	1:30pm-2:30pm	\$30.74
68528	55yrs+	Brooklin CC&L	7 weeks
Thu	Jul 2-Aug 27	1:30pm-2:30pm	\$30.74

Strong Core (without the floor) with Zoe

Get ready to improve your posture and spinal support, strengthen your abdominal and back muscles, and reduce back strain and stiffness. All without getting on the floor! This class is open to all fitness levels as exercises can be modified individually.

70693	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jun 29-Aug 31	9:00am-10:00am	\$35.13

Timed Strength and Cardio Circuit with Tracy

This full-body class uses timed intervals to keep you moving and engaged. Participants rotate through a variety of strength and cardio exercises, working for 40 seconds followed by 20 seconds of rest. The format improves muscular strength, cardiovascular fitness, balance, and coordination, while allowing everyone to move at their own pace. Options and modifications are provided, making it suitable for a range of fitness levels.

68542	55yrs+	Brooklin CC&L	5 weeks
Fri	Aug 7-Sep 4	9:00am-10:00am	\$21.96
68553	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Aug 10-Aug 31	2:15pm-3:15pm	\$17.56

Total Body Tone with Zoe

This energizing and effective total body workout is designed to improve cardiovascular health, strength, balance, and core stability. This class is composed of repeating sets of exercises using weights and resistance bands, as well as some exercises on the mat.

68295	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Jul 8-Aug 26	1:00pm-2:00pm	\$35.13

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.

68554	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Aug 4-Sep 1	10:15am-11:15am	\$21.96
68525	55yrs+	Brooklin CC&L	5 weeks
Thu	Aug 6-Sep 3	8:30am-9:30am	\$21.96
68420	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Aug 10-Aug 31	11:45am-12:45pm	\$17.56

Twenty, Twenty, Twenty with Charles

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.

68301	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jun 29-Aug 31	5:00pm-6:00pm	\$39.52
68300	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Jul 8-Aug 26	5:00pm-6:00pm	\$35.13

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.

68524	55yrs+	Brooklin CC&L	5 weeks
Tue	Aug 4-Sep 1	2:30pm-3:30pm	\$21.96
69219	55yrs+	Whitby 55+ Rec Centre	5 weeks
Tue	Aug 4-Sep 1	9:00am-10:00am	\$21.96
68517	55yrs+	Brooklin CC&L	5 weeks
Wed	Aug 5-Sep 2	2:45pm-3:45pm	\$21.96

Walk Aerobics with Rida

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

69194	55yrs+	Whitby 55+ Rec Centre	7 weeks
Mon	Jun 29-Aug 31	9:30am-10:30am	\$30.74

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.

68523	55yrs+	Brooklin CC&L	5 weeks
-----------------------	--------	---------------	---------

Tue	Aug 4-Sep 1	1:15pm-2:15pm	\$21.96
-----	-------------	---------------	---------

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.

69222	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Aug 5-Sep 2	9:00am-10:00am	\$21.96
69224	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thu	Aug 6-Sep 3	2:15pm-3:15pm	\$21.96

Yin Yoga with Judy

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

68537	55yrs+	Whitby 55+ Rec Centre	9 weeks
Fri	Jul 3-Aug 28	11:00am-12:00pm	\$39.52

Yin Yoga with Judy

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

69377	55yrs+	Centennial Building	9 weeks
Thu	Jul 2-Aug 27	10:15am-11:15am	\$39.52

Yin Yoga with Patricia

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

68411	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Jul 8-Aug 5	7:00pm-8:00pm	\$21.96

Yoga - Beginner with Pamela

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

68296	55yrs+	Whitby 55+ Rec Centre	7 weeks
Tue	Jul 14-Aug 25	2:00pm-3:00pm	\$30.74

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.

69378	55yrs+	Centennial Building	9 weeks
Thu	Jul 2-Aug 27	9:00am-10:00am	\$39.52

Yoga - Chair with Marcey

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.

68421	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thu	Jul 9-Aug 13	3:30pm-4:30pm	\$21.96

Yoga - Chair with Pamela

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

68297	55yrs+	Whitby 55+ Rec Centre	7 weeks
Mon	Jul 13-Aug 31	3:30pm-4:30pm	\$30.74

Yoga - Energy Flow with Patricia

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

68412	55yrs+	Whitby 55+ Rec Centre	6 weeks
Fri	Jul 3-Aug 7	11:00am-12:00pm	\$26.35

Yoga Flow with Patricia

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

68413	55yrs+	Whitby 55+ Rec Centre	5 weeks
Mon	Jun 29-Jul 27	10:45am-11:45am	\$21.96

Yogalates with Deb

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

68531	55yrs+	Brooklin CC&L	8 weeks
Tue	Jun 30-Aug 25	12:00pm-1:00pm	\$35.13
68532	55yrs+	Whitby 55+ Rec Centre	8 weeks
Thu	Jul 2-Aug 27	11:45am-12:45pm	\$35.13

Yoga in the Park with Judy

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

68547	55yrs+	Heydenshore Pavilion	10 weeks
Fri	Jun 26-Aug 28	9:30am-10:30am	\$43.91

Tai Chi - Level 1 with Mary Grace and Rick

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

68427	40yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jun 30-Aug 25	5:00pm-6:00pm	\$39.52
68545	40yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	5:00pm-6:00pm	\$35.13

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.

68515	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jun 29-Aug 31	9:00am-10:00am	\$39.52
68516	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jun 29-Aug 31	10:15am-11:15am	\$39.52

Tai Chi - Level 1 with Rick

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

68549	40yrs+	Brooklin CC&L	8 weeks
Sat	Jul 11-Aug 29	9:00am-10:00am	\$35.13

Tai Chi - Level 2 with Mary Grace and Rick

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

68428	40yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jun 30-Aug 25	6:00pm-7:00pm	\$39.52
68546	40yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	6:00pm-7:00pm	\$35.13

Tai Chi - Level 2 with Rick

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

68737	40yrs+	Brooklin CC&L	8 weeks
Sat	Jul 11-Aug 29	10:00am-11:00am	\$35.13

Tai Chi - Level 3 with Mary Grace and Rick

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

68429	40yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jun 30-Aug 25	7:00pm-8:30pm	\$52.16
68548	40yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	7:00pm-8:30pm	\$46.36

General Interest

55+ Photographic Club

Join the 55+ Photographic Club to share your photos and skills with other members. We learn from each other's experience. Our club offers a relaxed, non-competitive environment to share photos, participate in monthly challenges, group outings and personal adventures.

68319	55yrs+	Whitby 55+ Rec Centre	9 weeks
Wed	Aug 5-Dec 2	1:00pm-3:30pm	\$18.00

Golf - Level 1

This class is for beginners who would like to learn the basics. Golf exercises are included to improve your skills and your swing. All classes are held at a local driving range. The Location will be Harmony Creek Golf Centre. Please bring a five iron, seven iron, and a putter to the first class. Also note you will have to purchase your own bucket of balls.

69358	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Jul 7-Aug 11	12:15pm-1:15pm	\$50.00

Golf - Level 3

This advanced class is for the seasoned golfer. Improve your swing and skills so you are ready for the golf course. All classes are held at a local driving range. Location will be at Harmony Creek Golf Centre. Please bring a five iron, seven iron, and a putter to the first class. Note you will have to purchase your own bucket of balls.

69359	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Jul 9-Aug 13	12:15pm-1:15pm	\$50.00

Guided Meditation with Julie

Guided meditation triggers a relaxation response which has many health benefits such as increased energy, a stronger immune system and relief from aches and pains. In this seated class, you will learn a variety of techniques including deep breathing, muscle relaxation, and creative visualization to quiet the mind, reduce worrying, and improve sleep and memory. Feeling relaxed creates a positive perspective and will enhance an overall sense of well-being and vitality.

68424	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 2-Aug 27	3:30pm-4:30pm	\$39.52

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 acupressure, mild stretching and relaxation of body and mind.

68514	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jun 30-Aug 25	3:30pm-5:00pm	\$52.16

68513	55yrs+	Whitby 55+ Rec Centre	9 weeks
Fri	Jul 3-Aug 28	9:30am-11:00am	\$52.16

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 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.

68543	55yrs+	Town of Whitby	10 weeks
Tue,Thu	Jun 23-Aug 27	9:00am-10:00am	Free

Leagues and Sporting Groups

Badminton League

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

68500	55yrs+	Brooklin CC&L	8 weeks
Tue	Jun 30-Aug 18	9:00am-11:30am	\$23.24

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

68504	55yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	9:00am-11:15am	\$23.24
69361	55yrs+	Heydenshore Pavilion	3 weeks
Wed	Aug 12-26	9:00am-11:00am	\$11.84
70709	55yrs+	Heydenshore Pavilion	4 weeks
Thu	July 2-July 30	9:00am-11:00am	\$14.12
69362	55yrs+	Heydenshore Pavilion	4 weeks
Thu	Aug 6-Aug 27	9:00am-11:00am	\$14.12

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

69363	55yrs+	Heydenshore Pavilion	5 weeks
Wed	Jul 8-Aug 5	9:00am-11:00am	\$30.63

Pickleball - Level 1 and 2

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

69365	55yrs+	Heydenshore Pavilion	8 weeks
Mon	Jun 29-Aug 24	2:00pm-4:00pm	\$23.24
69367	55yrs+	Heydenshore Pavilion	9 weeks
Tue	Jun 30-Aug 25	11:30am-1:30pm	\$25.52
69366	55yrs+	Heydenshore Pavilion	7 weeks
Thu	Jul 2-Aug 27	6:00pm-8:00pm	\$20.96
69369	55yrs+	Heydenshore Pavilion	8 weeks
Wed	Jul 8-Aug 26	2:00pm-4:00pm	\$23.24
69368	55yrs+	Heydenshore Pavilion	8 weeks
Wed	Jul 8-Aug 26	11:30am-1:30pm	\$23.24

Pickleball - Level 2

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

69370	55yrs+	Heydenshore Pavilion	8 weeks
Mon	Jun 29-Aug 24	11:30am-1:30pm	\$23.24
69372	55yrs+	Heydenshore Pavilion	8 weeks
Mon	Jun 29-Aug 24	6:00pm-8:00pm	\$23.24
69374	55yrs+	Heydenshore Pavilion	8 weeks
Mon	Jun 29-Aug 24	9:00am-11:00am	\$23.24
69371	55yrs+	Heydenshore Pavilion	9 weeks
Tue	Jun 30-Aug 25	6:00pm-8:00pm	\$25.52
69373	55yrs+	Heydenshore Pavilion	9 weeks
Tue	Jun 30-Aug 25	2:00pm-4:00pm	\$25.52
68506	55yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	3:00pm-5:15pm	\$23.24

Pickleball - Level 2 and Level 3

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

69375	55yrs+	Heydenshore Pavilion	9 weeks
Tue	Jun 30-Aug 25	9:00am-11:00am	\$25.52
69376	55yrs+	Heydenshore Pavilion	9 weeks
Fri	Jul 3-Aug 28	9:30am-11:30am	\$25.52

Pickleball - Level 3

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

69364	55yrs+	Heydenshore Pavilion	9 weeks
Fri	Jul 3-Aug 28	12:00pm-2:00pm	\$25.52
68505	55yrs+	Brooklin CC&L	8 weeks
Wed	Jul 8-Aug 26	12:30pm-2:45pm	\$23.24

Leisure Programs

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!

69352	55yrs+	Brooklin CC&L	1 class
Mon	Jul 13-Jul 13	1:00pm-3:00pm	\$1.00
69354	55yrs+	Brooklin CC&L	1 class
Mon	Aug 17-Aug 17	1:00pm-3:00pm	\$1.00

Music and Drama

Djembe Drumming - 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.

68422	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 2-Aug 27	1:00pm-2:00pm	\$39.52

Djembe Drumming - 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.

68423	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 2-Aug 27	2:15pm-3:15pm	\$39.52

Special Events

Game of Clue- Submarine Escape

Help! The submarine is taking on water—and it's no accident. Someone on board has sabotaged the vessel, and time is running out. Step into character, uncover hidden clues, and work together to solve puzzles in this thrilling, interactive whodunnit. Can you identify the culprit before it's too late? Gather your clues. Interpret the signs. Trust no one.

68318	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Aug 28-Aug 28	2:45pm-4:00pm	Free

Wellness and Lifestyle

Forest Bathing (Shinrin Yoku) Workshop

Introduction to the art of Forest Bathing, that began as a practice in Japan and became a recognized health practice globally by the early 2000's. Learn the science behind why being immersed in nature, and especially being among trees improves our mental and physical health.

70684	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 7-Jul 7	10:00am-11:30am	Free

How to Read Food Labels Workshop

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.

70685	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jul 28-Jul 28	10:00am-11:30am	Free

Practical Planning for your Health Workshop

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

70694	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Aug 11-Aug 11	10:00am-11:30am	Free

Walking Together: A Journey Through Truth, Reconciliation

Dr. Peter Menzies has over 20 years of experience in Social Work. He has spent part of his career supporting his personal community of the Sagamok Anishnawbek First Nation peoples, among communities across northern Ontario. Peter is experienced with working with child welfare and income maintenance. During this two-hour workshop, participants will be introduced to issues confronting Indigenous Peoples in Canada through a public policy framework. Central to this workshop is an overview examination of Indigenous Peoples' experience with colonialism, ceremonies, celebrations, urban issues, and developing partnerships with Indigenous communities. Learning objective• Develop an understanding of the historic, social, and political factors that has shaped the experiences of Indigenous Peoples• Understand the impact of current public policy on the lives of Indigenous Peoples• Understanding the parameters of Intergenerational Trauma• Building partnerships/alliances with Indigenous communities

68200	All Ages	Whitby 55+ Rec Centre	1 class
Fri	Sep 25-Sep 25	2:00pm-4:00pm	Free

Powerful Tools for Caregivers Workshop

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

70683	55yrs+	Whitby 55+ Rec Centre	6 weeks
Fri	Jul 10-Aug 14	10:00am-11:30am	Free

Station Gallery Summer Programs 2026

Adult Visual Arts

AAC - Art as Therapy with Kayleigh (#@%)

The Art as Therapy program at Station Gallery introduces the principles of mindfulness, demonstrating how these can be incorporated into the visual arts. Using simple, relaxing, and meditative art activities, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm. Each session of this class is guided by flexible prompts, allowing participants to explore their own ideas, experiment with materials, and follow their creativity at their own pace in a calm, supportive environment. No class July 30th.

69350	16yrs+	Station Gallery	6 weeks
Thu	Jul 9-Aug 20	7:00pm-9:00pm	\$100/\$110

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

This course is designed for pottery students who are ready to explore personal projects with freedom and support. Students will have access to the studio's tools, equipment, and a provided sleeve of clay, to pursue hand-building or wheel-throwing. Each session is geared toward independent work, while an instructor is present to answer questions and provide guidance as needed. Whether you're refining techniques, experimenting with new approaches, or working toward larger projects, this course offers the space to improve your skills and develop your artistic voice. *Pottery Wheel* or *Hand-Building Pottery* are recommended prerequisites.

70724	16yrs+	Station Gallery	6 weeks
Thu	Jul 2-Aug 6	6:30pm-8:30pm	\$285/\$300

AAC - Watercolour Painting with Sakshi (#@%)

Immerse yourself in the art of watercolour painting! In our summer session, we'll review the basics, then dive into creating beautiful watercolour paintings. Class activities can be adapted to any skill level, offering a chance to be creative and experiment with new techniques. Leave with new skills, fresh inspiration, and artwork you'll be proud to display. Please download the Student Supply List at stationgallery.ca/adult.

70714	16yrs+	Station Gallery	6 weeks
Thu	Jul 9-Aug 13	6:30pm-8:30pm	\$190/\$200

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

Join us for a fun and relaxing painting experience at Station Gallery! Whether you're sipping and painting with friends, or enjoying a creative afternoon with family, our instructors will guide you step-by-step to create your own unique masterpiece!

70720	19yrs+	Station Gallery	1 class
Thur	Jul 9-Jul 9	7:00pm-9:00pm	\$50/\$55
70721	19yrs+	Station Gallery	1 class
Thur	Aug 6-Aug 6	7:00pm-9:00pm	\$50/\$55

AAW - Pottery Workshop: Beautiful Bird Vases (#@%)

In this workshop, you'll transform clay into a whimsical, functional vessel that can hold fresh flowers or stand alone as a decorative piece! In the first session, you'll explore shaping, joining, and refining your form, adding thoughtful details that bring your bird to life. In the second session, you'll learn to paint with glaze and underglaze to complete your artwork.

70707	16yrs+	Station Gallery	2 weeks
Sat	Jul 4-Jul 18	1:00pm-3:00pm	\$100/\$110

AAW - Pottery Workshop: Wind Chimes (#@%)

In this workshop, you'll transform clay into a beautiful wind chime! In the first session, you'll create a collection of themed pieces that will hang together in your wind chime arrangement. In the second session, you'll learn to paint with underglazes to add colour, decorating each piece before they are kiln-fired and ready to be strung together.

70708	16yrs+	Station Gallery	2 weeks
Sat	Jul 11-Jul 25	1:00pm-3:00pm	\$100/\$110

Children Art Classes

KAC - Artventures with Elaine (#@%)

Artventures introduces students to a wide range of art-making techniques in a fun, hands-on setting. Each week, participants create a new project with step-by-step guidance from instructors, exploring techniques in painting, drawing, collage, and more! Projects are designed to be completed in one or two sessions, so students leave with a finished piece each week to share at home. Artventures offers a well-rounded foundation for any child curious about the world of art! No class August 1st.

69353	4-7yrs	Station Gallery	6 weeks
-----------------------	--------	-----------------	---------

Sat	Jul 11-Aug 22	2:30pm-3:30pm	\$130/\$140
-----	---------------	---------------	-------------

Family

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

Join us for a fun and relaxing painting experience at Station Gallery! Whether you're sipping and painting with friends, or enjoying a creative afternoon with family, our instructors will guide you step-by-step to create your own unique masterpiece!

70718	8yrs+	Station Gallery	1 class
Sat	Aug 29-Aug 29	1:00pm-2:30pm	\$45/\$50

Parent & Tot

PT - Mini-Makers with Elaine (#%@)

Mini-Makers is a playful art program for toddlers and their caregivers to explore creativity together. Each session introduces colours, textures, and a variety of age-appropriate materials, encouraging hands-on experimentation and sensory play. Participants can create art, share memorable experiences, and embrace a little mess along the way. Come ready to play, create, and connect — and don't forget to wear your art-friendly clothes! No class August 1st.

69351	2-4yrs	Station Gallery	6 weeks
Sat	Jul 11-Aug 22	1:00pm-1:45pm	\$115/\$125

Youth

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

Join us for a fun and relaxing painting experience at Station Gallery! Whether you're sipping and painting with friends, or enjoying a creative afternoon with family, our instructors will guide you step-by-step to create your own unique masterpiece!

70719	13-18yrs	Station Gallery	1 class
Thurs	Aug 20-Aug 20	7:00pm-9:00pm	\$45/\$50