

Winter 2026 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

This easy-to-use system has streamlined search features, allows you to create an account, log in with an email address and register/pay for programs. Visit ACTIVENet Whitby to log into your online recreation account. If you have not yet activated your account but have registered for a recreation program within the last two years and have an email address on file with us, you can activate your account online by selecting 'Forgot My Password'. New Users can create an account by selecting 'Create an Account'.

Online Payment methods include: Visa, AMEX, Mastercard (At this time we cannot process Visa Debit cards online)

For assistance with account creation or online support please call 905.655.2010 or 905.668.7765

Register In Person

Visit one of the following registration locations to complete your program registration and payment in person. Payment methods include: Cash, debit, cheque, credit

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

Whitby 55+ Recreation Centre, 801 Brock St S, 905.668.1424

Refunds, Transfers and Registration Policies

Refund Policy/Early Course Withdraw Policy

A full refund will be issued for any program cancelled by the Town. If a participant withdraws from a program, prior to the start date, a refund will be provided subject to an administration fee. After a program has started, participants can request

that a pro-rated credit be applied to their account. Alternatively, a pro-rated refund can be issued and is subject to an administration fee. To withdraw from a course, please call our Customer Service Centre at 905.666.1991 or visit a registration centre.

Camps/Workshops: Transfers and withdrawals from camps, workshops and P.A. Day programs can be requested up to four days prior to the start date of a program. A full

credit, subject to an administration fee, will be provided. A \$10 fee is applied to all course withdrawals.

Missed Classes

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

Refunds, Withdrawals and Transfers

Withdrawals, refunds and transfers cannot be processed in your online account. For assistance please call or visit one of our registration locations.

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

55+ Programs

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

Table of Contents

Preschool Programs	17
Preschool General Interest	17
123 Come learn with me (%)	17
ABC Come learn with me (%)	17
Craft and Play (%)	17
Intro to Ready for School (%)	17
Learning Adventures - Habitat Heroes (%)	18
Learning Adventures - Weather Wonders (%)	18
Messy Family Fun (%)	18
Paint and Play (%)	18
Parent and Tot Music (%)	18
Parent and Tot Workshop – Clay Creations (%)	19
Parent and Tot Workshop – Sensory Bottles (%)	19
Parent and Tot Workshop – Paper Flower Bouquet (%)	19
Parent and Tot Workshop – No Sew Pillow (%)	19
Parent and Tot Workshop – Window Ledge Garden (%)	19
Play and Learn (%)	20
Ready for School (%)	20
Tot Movers (%)	20
Tot Science (%)	20
Leagues and Sporting Groups	21
Parent and Tot Basketball	21
Parent and Tot Indoor Soccer	21
Parent and Tot Indoor Soccer (%)	21
Parent and Tot Kinder Sports	21
Children’s Programs	22
Fitness	22
Taekwondo 4-6 YRS	22
Taekwondo 7-11 YRS	22
Computer & Technology	22
Engineering For Kids - EcoForce (#@%)	22
Engineering For Kids - Engineering Electrified (#@%)	23

Engineering For Kids - Master Machines (#@%)	23
Engineering For Kids - Winter Wonderland (#@%)	23
Engineering For Kids PA Day - Bringing in the Machines (#@%)	24
Engineering For Kids PA Day - Chemical Engineering (#@%)	24
Kids Great Minds - Cartoon Animation (#@%)	24
Kids Great Minds - Redstone Inventions in Minecraft© (#@%)	24
Kids Great Minds - Python Programming (#@%)	25
Leagues and Sporting Groups	25
Badminton - Basics for Kids	25
Badminton – Kids	25
Basketball - Basics for Kids	25
Basketball – Kids	25
Indoor Soccer – Kids	26
Sportball - Indoor Coach and Child Multi-Sport (#@)	26
Sportball - Indoor Parent and Child Multi-Sport (#@%)	27
March Break Camps	27
March Break Kidz Camp	27
March Break Kinder Camp	27
Sportball - March Break Camp (#@%)	27
Engineering For Kids - March Break Camp (#@%)	28
Youth	28
Drawing & Painting	28
Youth Mixed Media Program	28
First Aid & Safety	28
Stay Safe! Course (#@%)	28
Fitness	29
Teen Weight Training	29
Youth Strength & Conditioning	29
General Interest	29
Game On!	29
Leadership and Training	30
Babysitting Course (#@%)	30
Leagues and Sporting Groups	30

Badminton – Youth	30
Basketball – Youth	30
Swimming Programs	31
Aquafit Programs	31
Aquafit	31
Aquafit - Deep Water	31
Aquafit- Low Impact	32
Adult Group Swimming Lessons	32
Adult Swimmer 1 - Beginner – AOP	32
Adult Swimmer 1 - Beginner – CRC	33
Adult Swimmer 2 - Intermediate – AOP	33
Adult Swimmer 2 - Intermediate – CRC	34
Adult Swimmer 3 - Advanced – AOP	34
Adult Swimmer 3 - Advanced – CRC	35
Fitness Swimmer – AOP	35
Fitness Swimmer – CRC	35
Adult Private Swimming Lessons	36
Private Adult Swimmer - AOP (#@)	36
Private Adult Swimmer- CRC (#@)	36
Children Group Swimming Lessons	37
Swimmer 1 – AOP	37
Swimmer 1 – CRC	38
Swimmer 2 – AOP	42
Swimmer 2 – CRC	43
Swimmer 3 – AOP	46
Swimmer 4 – AOP	47
Swimmer 5 – AOP	49
Swimmer 6 – AOP	50
Children Private Swimming Lessons	52
Private Swimming Lessons- AOP (#@)	52
Private Swimming Lessons- CRC (#@)	54
Children Semi-Private Swimming Lessons	58
Semi-Private Swimmer 1 - AOP (#@)	58

Semi-Private Swimmer 1 - CRC (#@)	59
Semi-Private Swimmer 2 - AOP (#@)	59
Semi-Private Swimmer 2 - CRC (#@)	60
Semi-Private Swimmer 3 - AOP (#@)	60
Semi-Private Swimmer 4 - AOP (#@)	61
Semi-Private Swimmer 5- AOP (#@)	61
Semi-Private Swimmer 6 - AOP (#@)	61
Children Group Swimming Lessons March Break	62
March Break - Swimmer 1 – AOP	62
March Break - Swimmer 2 – AOP	63
March Break - Swimmer 3 – AOP	63
March Break - Swimmer 4 – AOP	64
March Break - Swimmer 5 – AOP	64
March Break - Swimmer 6 – AOP	64
Preschool Group Swimming Lessons	65
Parent and Tot 1 - AOP (%)	65
Parent and Tot 1 - CRC (%)	65
Parent and Tot 2 - AOP (%)	66
Parent and Tot 2 - CRC (%)	66
Parent and Tot 3- AOP (%)	68
Parent and Tot 3- CRC (%)	68
Preschool 1 – AOP	69
Preschool 1 – CRC	71
Preschool 2 – AOP	75
Preschool 2 – CRC	76
Preschool 3 – AOP	79
Preschool 3 – CRC	80
Preschool 4 – AOP	82
Preschool 4 – CRC	83
Preschool 5 – AOP	84
Preschool 5 – CRC	84
Preschool Semi-Private Swimming Lessons	85
Semi-Private Preschool 1 - AOP (#@)	85

Semi-Private Preschool 1 - CRC (#@)	85
Semi-Private Preschool 2 - AOP (#@)	86
Semi-Private Preschool 2 - CRC (#@)	86
Semi-Private Preschool 3 - AOP (#@)	87
Semi-Private Preschool 3 - CRC (#@)	87
Semi-Private Preschool 4 - AOP (#@)	87
Semi-Private Preschool 4 - CRC (#@)	88
Semi-Private Preschool 5 - CRC (#@)	88
Preschool Group Swimming Lessons March Break	88
March Break - Parent and Tot 1 - AOP (%)	88
March Break - Parent and Tot 2 - AOP (%)	88
March Break - Parent and Tot 3- AOP (%)	88
March Break - Preschool 1 – AOP	89
March Break - Preschool 2 – AOP	89
March Break - Preschool 3 – AOP	89
March Break - Preschool 4 – AOP	90
March Break - Preschool 5 – AOP	90
Youth Group Swimming Lessons	90
Teen Swimmer 1- Beginner – CRC	90
Teen Swimmer 1- Beginner- AOP	91
Teen Swimmer 2- Intermediate – CRC	91
Teen Swimmer 2- Intermediate- AOP	91
Teen Swimmer 3- Advanced – CRC	92
Teen Swimmer 3- Advanced- AOP	92
Youth Leadership	92
Bronze Cross	92
Bronze Medallion and Emergency First Aid	93
Bronze Star	93
Canadian Swim Patrol 1- Rookie	93
Canadian Swim Patrol 2- Ranger	94
Canadian Swim Patrol 3- Star	94
NLS & Standard First Aid & CPR 'C'	94
Swim for Life & Lifesaving & Emergency First Aid Instructor	94

Youth Private Swimming Lessons	95
Private Teen Swimmer - CRC (#@)	95
Community Connection Programs	95
Adult Leagues and Sporting Groups	95
Badminton for Adults-Pick-up (#@%)	95
Brooklin Martial Arts-Teen/Adult-All Belts(@#)	95
Men's Basketball-Pick-up (#@%)	96
Pickleball-Pick-up (#@%)	96
Volleyball Adult Co-Ed Recreational (#@%)	96
Children Dance	97
Ballet /Jazz (@#)	97
Ballet 1 (#@)	97
Dance Medley (@#)	97
Hip Hop with Community Connection (@#)	98
Jazz (@#)	98
General Interest	98
Lego Club (#@%)	98
Children Leagues and Sporting Groups	99
Badminton for Kids (#@)	99
Basketball with Community Connection (@#)	99
Brooklin Martial Arts-Intermediate B.B.T Class (@#)	99
Brooklin Martial Arts-Advanced B.B.T. & Mastery Class (@#)	100
Brooklin Martial Arts-Beginner/Fundamentals/Novice Class (@#)	100
Brooklin Martial Arts-Brooklin Buddies (@#)	101
Soccer for Kids with Community Connection (@#)	102
Volleyball Co-ed (#@)	102
Children Music and Drama	102
Guitar For Kids-Level 1 (#@)	102
Guitar For Kids (#@)	102
Fitness	103
Adults	103
ABT-Abs/Butt/Thighs	103
Ball Fit	103

Barre	103
Basic Boot Camp	103
Basics of Barbell Training	104
Beginner Dance	104
Boot Camp	104
Cardio and Core	105
Cardio Sculpt	105
Circuit Training	105
Dance Fit	105
Easy Fit	106
Express Strength & Conditioning	106
Full Body Fitness	106
Gentle Yoga	106
Jazz 1	107
Kettlebell Conditioning	107
Latin Dance Fit	107
Light and Lively 1	107
Light and Lively 2	108
Low Impact	108
Mom and Baby Fitness	108
Mom and Baby Yoga	108
Pilates	108
Pilates for Seniors Level 1	109
Pilates for Seniors Level 2	109
Rock Body	109
Sculpt & Stretch	109
Spin and Strength	110
Spinning	110
Step and Sculpt	110
Strength & Conditioning	111
Youth Strength & Conditioning	111
Strength & Core	111
Strength & Stretch	111

Stretch and Core	112
Stretch and Myofascial Release (SMR)	112
Tap 1	112
Total Body Circuit	112
Women on Weights	113
Xpress Circuit	113
Yoga Flow	113
Zumba Fit	114
Leagues and Sporting Groups	114
Badminton – Adult	114
Ball Hockey - Adult (%)	114
Pickleball - Adult Beginner	114
Pickleball - Adult Intermediate	115
All Ages	115
Taekwondo 12+ YRS	115
55+ Programs	115
New Member Orientation	115
Computer & Technology	115
3D Printing at the Whitby Library	115
Tech Wednesdays & Fridays	116
Creative Arts	121
Acrylic Painting - Advanced Open Studio with Marni (%)	121
Acrylic Painting - Introduction with Marni (%)	121
Beginner Socks with Tara (%)	122
Drawing with Ink Workshop with Chrissie (%)	122
Drawing with Jade (%)	122
Fingerless Gloves and Mittens with Tara (%)	122
Graphite and Watercolour Workshop with Chrissie (%)	123
Heart Garland with Tara (%)	123
Instructed Acrylic Painting with David (%)	123
Open Knitting with Tara (%)	123
Pen and Ink with Coloured Pencil Workshop with Chrissie (%)	124
Watercolour Painting - Beginner with Jane (%)	124

Woodcarving - Open Studio (%)	124
Dance	125
Ballet Basics with Tracy (%)	125
Cardio Dance with Shari (%)	125
Clogging - Beginner Plus with Sandy (%)	125
Dance Fitness with Shari (%)	125
Dance Flow with Alison (%)	126
Get Your Groove On with Tracy (%)	126
Line Dance-Beginner with Alison (%)	126
Line Dance-Beginner Plus with Alison (%)	126
Line Dance-Beginner with Nicole (%)	126
Tap Dance - Level 2 with Alison (%)	127
Traditional Line Dance - Level 2 with Nicole (%)	127
Fitness	127
Arthritis Exercise with Karel (%)	127
Arthritis Exercise with Kathleen (%)	127
Arthritis Exercise with Kim (%)	128
Arthritis Exercise with Tracy (%)	128
Arthritis Exercise with Zoe (%)	128
Barre Fitness with Tracy (%)	128
Body Sculpt with Kim (%)	129
Build Your Own Bones with Roberta (%)	129
Build Your Own Bones with Tracy (%)	129
Cardio and Core with Kim (%)	129
Cardio Salsa with Tracy (%)	130
Chair Aerobics with Rida (%)	130
Chair Exercise with Rida (%)	130
Classical Stretch with Zoe (%) *NEW*	130
Core Strength and Stretch with Roberta (%)	131
Full Body Fit and Stretch with Kim (%)	131
Latin Dance Fitness with Tracy (%)	131
Low Impact Bootcamp with Karel (%)	131
Men's Fitness with Tracy (%)	132

Morning Energizer with Charles (%)	132
Osteofit with Zoe (%)	132
Pilates - Level 1 with Dennis (%)	132
Strength & Balance with Rida (%)	132
Stretch and Relax with Nicole (%)	133
Total Body Circuit Training with Kim (%)	133
Total Body Stretch with Dennis (%)	133
Total Body Workout with Dennis (%)	133
Total Body Workout with Tracy (%)	133
Total Body Tone with Zoe (%)	134
Twenty, Twenty, Twenty with Charles (%)	134
Twenty, Twenty, Twenty with Roberta (%)	134
Twenty, Twenty, Twenty with Tracy (%)	135
Walk Aerobics with Rida (%)	135
Weight Training - Level 1 and Level 2 with Tracy (%)	135
Weight Training - Level 2 with Tracy (%)	135
Yin Yoga with Judy (%)	136
Yin Yoga with Patricia (%)	136
Yoga - Arthritis with Jennifer (%)	136
Yoga - Beginner with Pamela (%)	136
Yoga - Chair with Jennifer (%)	136
Yoga - Chair with Judy (%)	137
Yoga - Chair with Pamela (%)	137
Yoga - Chakra with Patricia (%) *NEW*	137
Yoga - Dynamic with Mag (%)	137
Yoga - Energy Flow with Patricia (%)	138
Yoga - Gentle Flow with Donna (%)	138
Yoga - Hatha Flow with Jennifer (%)	138
Yoga - Intermediate with Mag (%)	138
Yoga - Relax and Restore with Dennis (%)	138
Yoga - Relax and Restore with Roberta (%)	139
Yoga - Rise and Shine with Donna (%)	139
Yoga - Rise and Shine with Mag (%)	139

Yoga Dance with Shari (%)	139
Yoga Flow with Patricia (%)	139
Yoga Stretch with Dennis (%)	140
Yoga Stretch with Judy (%)	140
Yoga with David (%)	140
Yoga with Mag (%)	140
Yoga- Rise and Shine with Dennis (%)	140
Yogalates with Deb (%)	141
Yogalates with Suzette (%)	141
Zumba Gold (lite) with Nicole (%)	141
Zumba Gold with Carolina (%)	141
Zumba Toning with Carolina (%)	142
General Interest	142
55+ Photographic Club (%)	142
Chess - Absolute Beginner with Kevin (%)	142
Guided Meditation with Julie (%)	142
History (%)	143
Hollywood: An Insider's View with Tim (%)	143
The Common Thread (%)	143
Mindfulness Meditation with David (%)	143
Qigong with Dave (%)	143
Rise and Shine 55+ Walking Group	144
Tai Chi (Yang Style 24) with Dave (%)	144
Tai Chi - Level 1 with Mary Grace and Rick (%)	144
Tai Chi - Level 2 with Mary Grace and Rick (%)	144
Tai Chi - Level 3 with Mary Grace and Rick (%)	145
Wildflowers with Wilf (%)	145
Language	145
French - Beginner with Maurice (%)	145
French - Intermediate with Maurice (%)	146
Spanish - Beginner with Tony (%)	146
Spanish - Intermediate with Tony (%)	146
Leagues and Sporting Groups	146

Badminton League (%)	146
Badminton League (%)	146
Pickleball - All Levels (%)	147
Pickleball - Learn to Play Beginners (%)	147
Pickleball - Level 1 and 2(%)	147
Pickleball - Level 2 (%)	148
Pickleball - Level 2 and Level 3 (%)	148
Pickleball - Level 3 (%)	149
Leisure Programs	149
Book Club	149
Penny Bingo (%)	149
Music and Drama	150
Djembe Drumming - Level 1 with Julie (%)	150
Djembe Drumming - Level 2 with Julie (%)	150
Ukulele - Level 1 with Arlene (%)	150
Ukulele - Level 2 with Arlene (%)	150
Wellness and Lifestyle	151
Communication Skills and Positive Thinking Workshop	151
Dementia and the Senses Workshop	151
Falls Prevention Workshop	151
Forest Bathing (Shinrin Yoku) Workshop	151
How to Read Food Labels Workshop	152
Java Social	152
Living a Healthy Life with Chronic Pain Workshop	152
What is Dementia Workshop	153
Special Events	153
Line Dance Mini-Workshop with Karen (%)	153
Warm Your Body and Soul - Yoga Relax and Restore (%)	153
Warm Your Body and Soul - Yoga Stretch (%)	153
Game of Clue - The Crystal Ball Conspiracy	154
Indoor Golf (%)	154
"Love Through the Decades" Valentine's Dance (%)	154
St. Patrick's Day Social (%)	154

Station Gallery Programs	155
Art Workshops -Adults	155
AAW - Bookbinding	155
AAW - Brushes & Beverages: Paint Night at SG	155
AAW - Fused Glass: Valentine's Workshop	155
AAW - Intro to Watercolour Pencils	155
AAW - New Years' Vision Boards	156
AAW - Surrealist Painting	156
AAW - Still-Life Drawing	156
Visual Arts	156
AAC - 3D Printing with Mike	156
AAC - Abstract Landscape Painting with Randy	157
AAC - Acrylic Painting	157
AAC - Art is Therapy with Bobby McBride	157
AAC - Beginner Watercolour Painting with Dianne	158
AAC - Crochet with Chelsea Frenette	158
AAC - Drawing Explorations with Ivana	158
AAC - Figure Drawing with Gavin	158
AAC - Hand Building Pottery: Level 1 with Paulette	159
AAC - Hand Building Pottery: Level 2 with Paulette	159
AAC - Open Studio	159
AAC - Pen, Ink, & Watercolour Wash with Patrick	160
AAC - Pottery Open Studio with Paulette	160
AAC - Pottery Wheel Level 1	160
AAC - Pottery Wheel Level 2 with Sarah	161
AAC – Tribal Art of India	161
AAC - Watercolour Explorations with Hi-Sook	161
Children	162
Camps	162
PDMC - March Break Camp	162
Kids Art Classes	162
KAC - Artscapes	162
KAC - Artventure	163

KAC - Exploring Paint with Varshitha	163
KAC - Fun with Clay with Kat	163
KAC - Kids 3D Printing: Advanced, with Mike	164
KAC - Kids 3D Printing: Beginner, with Mike	164
KAC - Let's Draw!	164
Family	165
Art Workshops	165
FAW – Brushes & Beverages: Family Edition!	165
FAW – Fused Glass: Family Portrait	165
Parent & Tot	165
PT - Mini Makers with Elaine	165
Youth	165
Youth Art Classes	165
YAC – Comic Art with Brad	165
AAC - Crochet with Chelsea Frenette	166
YAC – Youth Pottery Wheel with Carol	166
Youth Art Workshops	166
Brushes & Beverages: Teen Edition!	166

Preschool Programs

Preschool General Interest

123 Come learn with me (%)

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

65375	2.5-5yrs	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 25	11:30am-12:15pm	\$90.74

ABC Come learn with me (%)

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

65289	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 18	11:30am-12:15pm	\$90.74

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.

66243	2.5-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Jan 13-Feb 10	5:30pm-7:00pm	\$68.10

Intro to 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 must be 4 by December 31, 2026, in order to register for this program.

65296	3-5yrs	Brooklin CC&L	10 weeks
Thurs	Jan 15-Mar 26	10:00am-11:00am	\$90.74

Learning Adventures - Habitat Heroes (%)

Each week participants will dive into a new environment from the forest, to the desert, to the ocean and more! Through hands on sensory play, creative crafts, songs and movement, children will discover how animals live and thrive in their unique homes. Circle time and free play is included in this program.

65364	2.5-5yrs	Brooklin CC&L	5 weeks
Mon	Jan 12-Feb 9	5:30pm-7:00pm	\$68.10

Learning Adventures - Weather Wonders (%)

From sunshine to snowflakes, children will explore the magic of weather through sensory play, artwork, and playful experiments. Each week participants will engage in a new sky-inspired adventure filled with songs, stories and hands on fun! Circle time and free play is included in this program.

65365	2.5-5yrs	Brooklin CC&L	5 weeks
Mon	Feb 23-Mar 30	5:30pm-7:00pm	\$68.10

Messy Family Fun (%)

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

65295	2-5yrs	Brooklin CC&L	10 weeks
Fri	Jan 16-Mar 27	9:15am-10:00am	\$90.74

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.

66244	2.5-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Feb 17-Mar 17	5:30pm-7:00pm	\$68.10

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.

65287	1.5-3yrs	Brooklin CC&L	10 weeks
Mon	Jan 12-Mar 30	11:30am-12:15pm	\$90.74

Parent and Tot Workshop – Clay Creations (%)

Get creative, learn new skills and have fun! In this workshop, parents and tots will work together to create a clay masterpiece to decorate and take home. Free play is included in this program.

66541	2.5-5yrs	Whitby Civic Rec Complex	1 class
Fri	Jan 16	9:15am-10:45am	\$13.61

Parent and Tot Workshop – Sensory Bottles (%)

Get creative, learn new skills and have fun! In this workshop, parents and tots will work together to create sensory bottles to explore and take home. Free play is included in this program.

66545	2.5-5yrs	Whitby Civic Rec Complex	1 class
Fri	Jan 30	9:15am-10:45am	\$13.61

Parent and Tot Workshop – Paper Flower Bouquet (%)

Get creative, learn new skills and have fun! In this workshop, parents and tots will work together to create a tissue paper flower bouquet to take home for Valentine's Day. Free play is included in this program.

66546	2.5-5yrs	Whitby Civic Rec Complex	1 class
Fri	Feb 13	9:15am-10:45am	\$13.61

Parent and Tot Workshop – No Sew Pillow (%)

Get creative, learn new skills and have fun! In this workshop, parents and tots will work together to create a no sew pillow to take home. Free play is included in this program.

66547	2.5-5yrs	Whitby Civic Rec Complex	1 class
Fri	Feb 27	9:15am-10:45am	\$13.61

Parent and Tot Workshop – Window Ledge Garden (%)

Get creative, learn new skills and have fun! In this workshop, parents and tots will work together to plant a window ledge herb garden. Free play is included in this program.

66548	2.5-5yrs	Whitby Civic Rec Complex	1 class
Fri	Mar 13	9:15am-10:45am	\$13.61

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!

65372	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Tues	Jan 13-Mar 17	9:15am-11:15am	\$181.47

Ready for School (%)

If your child is heading off to kindergarten soon, this is the perfect class to get them ready for school! It introduces children to the fundamentals of science, math, and language. It also introduces fine and gross motor skills taught in school by using structured circle and table activities in a fun-filled and positive atmosphere. In preparation for Kindergarten, this program promotes independence and socialization skills. Children should be toilet trained and out of diapers in order to join this class. Children must be 4 by December 31, 2026, in order to register for this program.

65373	3-5yrs	Whitby Civic Rec Complex	20 classes
Mon,Wed	Jan 12-Mar 23	9:15am-11:15am	\$362.94
65286	3-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Jan 12-Mar 30	9:15am-11:15am	\$362.94

Tot Movers (%)

Participants will dance, move, stretch and strengthen their gross motor skills, through a variety of activities. Each week will feature a new movement skill and or game. There will also be a circle time, songs and free play.

66544	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Tues	Jan 13-Mar 17	11:30am-12:15pm	\$90.74

Tot Science (%)

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

65374	2.5-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Jan 12-Mar 23	11:30am-12:15pm	\$90.74

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.

66263	3-5yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	10:15am-10:55am	\$68.05

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.

66264	3-5yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	11:45am-12:25pm	\$68.05

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.

66265	2-3yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	11:00am-11:40am	\$68.05

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.

66266	2-4yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	9:30am-10:10am	\$68.05

Children's Programs

Fitness

Taekwondo 4-6 YRS

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

65158	4-6yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	4:30pm-5:25pm	\$99.20
66514	4-6yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	5:30pm-6:25pm	\$99.20
65166	4-6yrs	Whitby Civic Rec Complex	11 weeks
Sun	Jan 11-Mar 22	10:00am-10:55am	\$99.20

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.

65167	7-11yrs	Whitby Civic Rec Complex	11 weeks
Sun	Jan 11-Mar 22	11:00am-11:55am	\$99.20
65159	7-11yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	6:30pm-7:25pm	\$99.20
66515	7-11yrs	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	7:30pm-8:25pm	\$99.20

Computer & Technology

Engineering For Kids - EcoForce (#@%)

As our world faces growing environmental challenges, engineers play a critical role in developing innovative solutions to protect our planet. Environmental engineers tackle issues like air and water pollution, renewable energy, and sustainable design to create a healthier future for all living things. In this program, students will take on real-world engineering challenges, using their creativity and problem-solving skills to design

systems that reduce waste, harness clean energy, and improve sustainability. Through hands-on experiments and collaborative projects, they'll think like engineers, testing and refining their ideas to make a lasting impact on the world around them.

66096	8-12yrs	Brooklin CC&L	8 weeks
Thu	Jan 15-Mar 5	7:00pm-8:00pm	\$304.00

Engineering For Kids - Engineering Electrified (#@%)

Get charged for this exciting class of electrical engineering! In this class you will explore a wide range of foundational concepts related to electricity, such as magnetism, static electricity, circuitry and more. We will spark your imagination as you tackle electrifying, hands-on engineering challenges using our EFK Engineering Design Process. Explore! Discover! Illuminate!

65293	4-7yrs	McKinney Centre	8 weeks
Mon	Jan 12-Mar 9	4:30pm-5:30pm	\$280.00
66097	4-7yrs	McKinney Centre	8 weeks
Mon	Jan 12-Mar 9	5:40pm-6:40pm	\$280.00

Engineering For Kids - Master Machines (#@%)

Gear up for an exciting week of mechanical engineering in this class, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration and mechanical advantage.

65294	8-12yrs	McKinney Centre	8 weeks
Mon	Jan 12-Mar 9	7:00pm-8:00pm	\$304.00

Engineering For Kids - Winter Wonderland (#@%)

Bundle up and get ready for the coolest engineering adventure of the season! This program combines the wonder of winter with the excitement of hands-on engineering with winter-themed projects that make learning fun and memorable. You won't want to miss this frosty, fun-filled experience.

66094	4-7yrs	Brooklin CC&L	8 weeks
Thu	Jan 15-Mar 5	4:30pm-5:30pm	\$280.00
66095	4-7yrs	Brooklin CC&L	8 weeks
Thu	Jan 15-Mar 5	5:40pm-6:40pm	\$280.00

Engineering For Kids PA Day - Bringing in the Machines (#@%)

During this lesson students will understand that simple machines are tools to make work easier. Demonstrate the properties of pulleys and inclined planes, construct and operate a pulley delivery system for use in a simulated construction site. Recognize some everyday objects as inclined planes.

66172	4-7yrs	McKinney Centre	1 Class
Fri	Mar 13-Mar 13	9:00am-4:00pm	\$75.00

Engineering For Kids PA Day - Chemical Engineering (#@%)

Spark your child's curiosity and ignite their passion for science with an unforgettable journey through the captivating world of chemical engineering. In this camp, students will learn the three states of matter. Then, they will use the EFK Engineering Design Process to create a lava lamp using a chemical reaction. Glow in the Dark Dough Students will also have the opportunity to make their own play dough using simple household materials. Students will learn how different materials react chemically and how they can change the physical properties of their Presto-Chango Dough that glows in the dark

65366	4-7yrs	McKinney Centre	1 Class
Fri	Jan 23-Jan 23	9:00am-4:00pm	\$75.00

Kids Great Minds - Cartoon Animation (#@%)

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

65290	6-11yrs	Brooklin CC&L	8 weeks
Wed	Jan 14-Mar 4	4:50pm-5:50pm	\$192.00

Kids Great Minds - Redstone Inventions in Minecraft© (#@%)

Participants will enjoy building and playing in Minecraft© while learning basic circuitry principles. Participants will use a team approach to discover the underlying mechanics of the game and learn new logic and problem-solving skills, giving them an opportunity to create bigger and better versions of their inventions in the world of Minecraft©

65291	7-11yrs	Brooklin CC&L	8 weeks
Wed	Jan 14-Mar 4	5:55pm-7:25pm	\$298.00

Kids Great Minds - Python Programming (#@%)

This program is an introduction to the world of Python programming. Participants will gain the necessary knowledge to work with programming and logical statements to create their own software. By the end of the session, all participants will have gained the necessary skills to understand loops, variables, input/out, conditional statements and the basics of Python's programming language.

65292	11-15yrs	Brooklin CC&L	8 weeks
Wed	Jan 14-Mar 4	7:30pm-9:00pm	\$298.00

Leagues and Sporting Groups

Badminton - Basics for Kids

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

66246	7-9yrs	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	6:00pm-6:25pm	\$45.36

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.

66247	10-12yrs	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	6:30pm-7:25pm	\$88.09

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.

66250	6-8yrs	Brooklin CC&L	10 weeks
Tue	Jan 13-Mar 17	5:00pm-5:55pm	\$88.09
66251	6-8yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	3:00pm-3:55pm	\$88.09

Basketball – Kids

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

66252	9-11yrs	Brooklin CC&L	10 weeks
Thu	Jan 15-Mar 19	5:00pm-5:55pm	\$88.09
66253	9-11yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	4:00pm-4:55pm	\$88.09

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.

66262	6-8yrs	Brooklin CC&L	9 weeks
Mon	Jan 12-Mar 16	7:45pm-8:40pm	\$79.28
66261	6-8yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	2:00pm-2:55pm	\$88.09

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

Multi-Sport is the perfect way for children to explore the world of sports. This fun and engaging program teaches the basic skills of soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis allowing kids to try just about anything!

65768	3-5yrs	Brooklin CC&L	11 weeks
Sun	Jan 11-Mar 22	11:45am-12:45pm	\$233.75
65762	3-5yrs	Brooklin CC&L	11 weeks
Sun	Jan 11-Mar 29	9:45am-10:45am	\$233.75
65765	5-8yrs	Brooklin CC&L	11 weeks
Sun	Jan 11-Mar 29	10:45am-11:45am	\$233.75
65778	5-8yrs	Brooklin CC&L	11 weeks
Mon	Jan 12-Mar 30	6:30pm-7:30pm	\$233.75
65781	3-5yrs	Heydenshore Pavilion	11 weeks
Wed	Jan 14-Apr 1	5:30pm-6:30pm	\$233.75
65772	3-5yrs	Brooklin CC&L	11 weeks
Mon	Jan 12-Mar 30	5:30pm-6:30pm	\$233.75
65784	5-8yrs	Heydenshore Pavilion	11 weeks
Wed	Jan 14-Mar 25	6:30pm-7:30pm	\$233.75

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

Parents participate with children to 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.

65785	2-3yrs	Brooklin CC&L	11 weeks
Sun	Jan 11-Mar 29	9:00am-9:45am	\$233.75
65787	2-3yrs	Brooklin CC&L	11 weeks
Mon	Jan 12-Mar 30	4:45pm-5:30pm	\$233.75
65788	2-3yrs	Heydenshore Pavilion	11 weeks
Wed	Jan 14-Mar 25	4:45pm-5:30pm	\$233.75

March Break Camps

March Break Kidz Camp

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

65265	5.5-13yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-4:30pm	\$230.27

March Break Kinder Camp

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

65266	4-5yrs	Brooklin CC&L	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-4:30pm	\$243.30

Sportball - March Break Camp (#@%)

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

65790	4-8yrs	McKinney Centre	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-12:00pm	\$200.00
65791	4-8yrs	McKinney Centre	5 days
Mon-Fri	Mar 16-Mar 20	1:00pm-4:00pm	\$200.00

Engineering For Kids - March Break Camp (#@%)

Digging for Dinos! There has been an amazing discovery! Paleontologists have just uncovered a million-year-old dig site that is full of fossils! These fossils include dinosaur bones, imprints, eggs, and more! Your child's help is needed to excavate these fossils and move them to museums for kids all over the world to learn about. In these lessons, students will learn about engineering, mathematics, dinosaurs, and fossils, while advancing their literacy skills through a variety of read alouds. They will work as paleontologists and engineers while using the EFK Engineering Design Process to design and build solutions to a variety of engineering challenges.

66184	4-7yrs	McKinney Centre	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-4:00pm	\$350.00

Youth

Drawing & Painting

Youth Mixed Media Program

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

65282	12-18yrs	Brooklin CC&L	4 weeks
Thu	Jan 29-Mar 12	4:30pm-5:30pm	Free
65283	12-18yrs	McKinney Centre	4 weeks
Thu	Jan 29-Mar 12	4:30pm-5:30pm	Free

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.

65274	9-13yrs	Brooklin CC&L	1 class
Sat	Feb 14-Feb 14	9:00am-3:00pm	\$71.00
65275	9-13yrs	McKinney Centre	1 class
Fri	Mar 13-Mar 13	9:00am-3:00pm	\$71.00

65278	9-13yrs	Brooklin CC&L	1 class
Thu	Mar 19-Mar 19	9:00am-3:00pm	\$71.00

Fitness

Teen Weight Training

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

65162	14-18yrs	Whitby Civic Rec Complex	11 weeks
Sat	Jan 10-Mar 21	4:30pm-5:45pm	\$99.20

Youth Strength & Conditioning

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

65161	14-17yrs	Whitby Civic Rec Complex	11 weeks
Sat	Jan 10-Mar 21	12:30pm-1:25pm	\$99.20

General Interest

Game On!

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

65280	12-18yrs	Brooklin CC&L	4 weeks
Thu	Jan 22-Mar 12	4:30pm-5:30pm	Free
65281	12-18yrs	McKinney Centre	4 weeks
Thu	Jan 22-Mar 12	4:30pm-5:30pm	Free

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.

65273	11-16yrs	Brooklin CC&L	1 class
Fri	Jan 23-Jan 23	9:00am-5:00pm	\$76.00
65276	11-16yrs	McKinney Centre	1 class
Wed	Mar 18-Mar 18	9:00am-5:00pm	\$76.00
65279	11-16yrs	Whitby Civic Rec Complex	1 class
Sat	Mar 28-Mar 28	9:00am-5:00pm	\$76.00

Leagues and Sporting Groups

Badminton – Youth

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

66248	11-15yrs	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	7:30pm-8:25pm	\$88.09

Basketball – Youth

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

66254	11-14yrs	Brooklin CC&L	10 weeks
Thu	Jan 15-Mar 19	6:00pm-6:55pm	\$88.09
66255	11-14yrs	Brooklin CC&L	10 weeks
Sat	Jan 17-Mar 21	5:00pm-5:55pm	\$88.09

Swimming Programs

Aquafit Programs

Aquafit

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

66363	13ys+	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	9:00am-9:45am	\$83.08
66365	13ys+	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	9:45am-10:30am	\$83.08
66366	13ys+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	8:45am-9:30am	\$92.32
66367	13ys+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	7:15pm-8:00pm	\$92.32
66368	13ys+	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	9:00am-9:45am	\$92.32
66369	13ys+	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	9:45am-10:30am	\$92.32
66370	13ys+	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	7:15pm-8:00pm	\$92.32
66371	13ys+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	8:45am-9:30am	\$92.32
66372	13ys+	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	1:15pm-2:00pm	\$92.32

Aquafit - Deep Water

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

66373	13ys+	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	9:00am-9:45am	\$92.32
66374	13ys+	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	9:45am-10:30am	\$92.32

66375	13ys+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	9:00am-9:45am	\$92.32
66376	13ys+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	9:45am-10:30am	\$92.32
66377	13ys+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	8:00pm-8:45pm	\$92.32
66378	13ys+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	9:00am-9:45am	\$92.32
66379	13ys+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	9:45am-10:30am	\$92.32

Aquafit- Low Impact

This class is designed to provide low impact activities to help recover from injuries and regain strength! Exercises are designed to be performed at a slower pace, and focus on building strength with water resistance training and minimal impact to your joints. No swimming experience is required.

66364	13ys+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	8:45am-9:30am	\$92.32

Adult Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP

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

65342	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	7:15pm-8:00pm	\$122.58
65786	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	8:00pm-8:45pm	\$122.58
65999	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:30pm-8:15pm	\$122.58
66000	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	8:30pm-9:15pm	\$122.58

66002	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	8:30pm-9:15pm	\$122.58

Adult Swimmer 1 - Beginner – CRC

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

65316	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:00pm-2:45pm	\$122.58
65719	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	1:30pm-2:15pm	\$122.58
65720	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:15pm-3:00pm	\$122.58
65986	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	1:30pm-2:15pm	\$122.58
65988	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:15pm-3:00pm	\$122.58
66161	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$122.58
66162	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$122.58

Adult Swimmer 2 - Intermediate – AOP

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

65343	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	8:00pm-8:45pm	\$122.58
65789	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	8:45pm-9:30pm	\$122.58
66005	14yrs+	Anne Ottenbrite Pool	10 weeks

Sat	Jan 17-Mar 28	7:30pm-8:15pm	\$122.58
66007	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	8:15pm-9:00pm	\$122.58
66009	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	8:15pm-9:00pm	\$122.58

Adult Swimmer 2 - Intermediate – CRC

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

65317	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:00pm-2:45pm	\$122.58
65721	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	1:30pm-2:15pm	\$122.58
65990	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:15pm-3:00pm	\$122.58
65993	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	3:00pm-3:45pm	\$122.58
66163	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$122.58
66164	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$122.58

Adult Swimmer 3 - Advanced – AOP

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

65344	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	8:45pm-9:30pm	\$122.58
66010	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:30pm-8:15pm	\$122.58
66011	14yrs+	Anne Ottenbrite Pool	10 weeks

Sat	Jan 17-Mar 28	8:15pm-9:00pm	\$122.58
-----	---------------	---------------	----------

Adult Swimmer 3 - Advanced – CRC

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

65318	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:00pm-2:45pm	\$122.58
65722	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:15pm-3:00pm	\$122.58
65995	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	1:30pm-2:15pm	\$122.58
65996	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	3:00pm-3:45pm	\$122.58
66165	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$122.58

Fitness Swimmer – AOP

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

65345	15yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	8:00am-9:00am	\$122.58

Fitness Swimmer – CRC

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

65319	15yrs+	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	4:30pm-5:30pm	\$122.58

Adult Private Swimming Lessons

Private Adult Swimmer - AOP (#@)

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

65346	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	8:00pm-8:30pm	\$378.82
65792	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	8:30pm-9:00pm	\$378.82
65793	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	9:00pm-9:30pm	\$378.82

Private Adult Swimmer- CRC (#@)

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

65320	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	9:30am-10:00am	\$378.82
65571	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:00am-10:30am	\$378.82
65573	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:30am-11:00am	\$378.82
65574	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	11:00am-11:30am	\$378.82
65716	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	1:30pm-2:00pm	\$378.82
65717	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:00pm-2:30pm	\$378.82
65718	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:30pm-3:00pm	\$378.82
65997	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	3:00pm-3:30pm	\$378.82
65998	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	3:00pm-3:30pm	\$378.82

Children Group Swimming Lessons

Swimmer 1 – AOP

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

65353	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65556	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65557	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:30pm-8:00pm	\$102.13
65558	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:00pm-8:30pm	\$102.13
65598	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65599	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:00pm-7:30pm	\$113.48
65600	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	8:00pm-8:30pm	\$113.48
65655	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65657	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65659	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65661	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:30pm-8:00pm	\$113.48
65769	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65770	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:00pm-7:30pm	\$113.48
65771	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	8:00pm-8:30pm	\$113.48

65773	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	8:00pm-8:30pm	\$113.48
65809	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
65810	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
65811	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:30pm	\$113.48
66315	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66316	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66317	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66318	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$113.48
66319	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$113.48

Swimmer 1 – CRC

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

65324	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$102.13
65482	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65483	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65484	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65485	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13

65486	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65487	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65642	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65643	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65645	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65647	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65648	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65650	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65651	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65840	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65841	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65842	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65843	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65844	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65845	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65846	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65847	6-13yrs	Whitby Civic Rec Complex	10 weeks

Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65848	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65849	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65893	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48
65894	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48
65895	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
65896	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48
65897	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65898	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
65899	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
66040	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
66041	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
66042	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
66043	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
66045	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
66046	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
66047	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48

<u>66049</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48
<u>66146</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
<u>66147</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
<u>66148</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
<u>66149</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
<u>66150</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
<u>66151</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
<u>66152</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
<u>66153</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
<u>66203</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
<u>66204</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
<u>66205</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
<u>66206</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
<u>66207</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
<u>66208</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48
<u>66209</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Swimmer 2 – AOP

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

65354	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65559	6-13yrs	Anne Ottenbrite Pool	9 week
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65560	6-13yrs	Anne Ottenbrite Pool	9 week
Mon	Jan 12-Mar 23	7:30pm-8:00pm	\$102.13
65561	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:00pm-8:30pm	\$102.13
65562	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:00pm-8:30pm	\$102.13
65601	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65602	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:00pm-7:30pm	\$113.48
65603	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:00pm	\$113.48
65604	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	8:00pm-8:30pm	\$113.48
65664	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65665	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65667	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65668	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65670	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:30pm-8:00pm	\$113.48
65774	6-13yrs	Anne Ottenbrite Pool	10 weeks

Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
65775	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:00pm-7:30pm	\$113.48
65776	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:00pm	\$113.48
65777	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	8:00pm-8:30pm	\$113.48
65812	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
65813	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
65820	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66320	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66321	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66322	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48
66323	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$113.48

Swimmer 2 – CRC

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

65325	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$102.13
65488	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65489	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65490	6-13yrs	Whitby Civic Rec Complex	9 weeks

Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65491	6-13yrs	Whitby Civic Rec Complex	9 week
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65492	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65653	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65654	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65656	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65658	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65660	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65850	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65851	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65852	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65853	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65854	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65855	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65856	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65857	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65900	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48

65901	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
65902	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48
65903	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65904	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
65905	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
66050	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
66051	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
66052	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
66054	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
66055	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
66056	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48
66154	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
66155	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
66156	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66157	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
66158	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
66159	6-13yrs	Whitby Civic Rec Complex	10 weeks

Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66160	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66210	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66211	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66212	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66213	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66214	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66215	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Swimmer 3 – AOP

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

65355	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:15pm	\$105.11
65570	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:15pm-7:00pm	\$105.11
65572	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:45pm	\$105.11
65606	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:45pm	\$116.79
65609	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:45pm-7:30pm	\$116.79
65610	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:15pm	\$116.79
65673	6-13yrs	Anne Ottenbrite Pool	10 weeks

Wed	Jan 14-Mar 25	5:30pm-6:15pm	\$116.79
65674	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:15pm-7:00pm	\$116.79
65675	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:45pm	\$116.79
65757	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:45pm	\$116.79
65758	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:45pm-7:30pm	\$116.79
65759	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:15pm	\$116.79
65830	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:45am	\$116.79
65831	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:45am-10:30am	\$116.79
65832	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:15am	\$116.79
65833	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:15am-12:00pm	\$116.79
66337	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:45am	\$116.79
66338	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:15am	\$116.79
66339	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:15am-12:00pm	\$116.79
66340	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:45pm	\$116.79

Swimmer 4 – AOP

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

65356	6-13yrs	Anne Ottenbrite Pool	9 weeks
-----------------------	---------	----------------------	---------

Mon	Jan 12-Mar 23	5:30pm-6:15pm	\$105.11
65576	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:15pm-7:00pm	\$105.11
65577	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:45pm	\$105.11
65578	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:45pm-8:30pm	\$105.11
65614	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:45pm	\$116.79
65616	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:45pm-7:30pm	\$116.79
65617	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:15pm	\$116.79
65676	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:15pm	\$116.79
65677	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:15pm-7:00pm	\$116.79
65678	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:45pm	\$116.79
65753	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:45pm	\$116.79
65754	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:45pm-7:30pm	\$116.79
65755	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:15pm	\$116.79
65756	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:15pm	\$116.79
65919	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:45am	\$116.79
65920	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:15am	\$116.79
65921	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:15am-12:00pm	\$116.79

65922	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$116.79
66341	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:45am	\$116.79
66342	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:45am-10:30am	\$116.79
66343	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:15am	\$116.79
66344	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:15am-12:00pm	\$116.79

Swimmer 5 – AOP

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

65357	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:15pm	\$105.11
65580	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:45pm	\$105.11
65581	6-13yrs	Anne Ottenbrite Pool	9 week
Mon	Jan 12-Mar 23	7:45pm-8:30pm	\$105.11
65620	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:45pm	\$116.79
65622	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:45pm-7:30pm	\$116.79
65623	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:15pm	\$116.79
65679	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:15pm	\$116.79
65680	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:15pm-7:00pm	\$116.79
65681	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:45pm	\$116.79

65698	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:45pm	\$116.79
65699	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:45pm-7:30pm	\$116.79
65700	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:15pm	\$116.79
65923	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:45am	\$116.79
65924	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:45am-10:30am	\$116.79
65925	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:15am	\$116.79
65926	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$116.79
66345	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:45am	\$116.79
66346	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:45am-10:30am	\$116.79
66347	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:15am-12:00pm	\$116.79
66348	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:45pm	\$116.79

Swimmer 6 – AOP

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

65358	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:15pm-7:00pm	\$105.11
65582	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:45pm-8:30pm	\$105.11
65625	6-13yrs	Anne Ottenbrite Pool	10 weeks

Tue	Jan 13-Mar 24	6:00pm-6:45pm	\$116.79
65627	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:45pm-7:30pm	\$116.79
65628	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:15pm	\$116.79
65682	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:15pm	\$116.79
65683	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:15pm-7:00pm	\$116.79
65684	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:45pm	\$116.79
65694	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:45pm	\$116.79
65695	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:45pm-7:30pm	\$116.79
65696	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:15pm	\$116.79
65927	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:45am-10:30am	\$116.79
65928	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:15am-12:00pm	\$116.79
65929	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:45pm	\$116.79
66349	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:45am-10:30am	\$116.79
66350	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:15am	\$116.79
66351	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:45pm	\$116.79

Children Private Swimming Lessons

Private Swimming Lessons- AOP (#@)

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

65362	3-14yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$340.94
65567	3-14yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$340.94
65779	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$378.82
65780	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$378.82
65782	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:00pm-7:30pm	\$378.82
65783	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:00pm	\$378.82
65814	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$378.82
65815	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$378.82
65816	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$378.82
65817	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$378.82
65818	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$378.82
65819	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:30pm	\$378.82
65930	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$378.82
65931	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$378.82

65932	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$378.82
65933	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$378.82
65934	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$378.82
65936	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$378.82
65937	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$378.82
65938	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$378.82
65941	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$378.82
65942	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$378.82
65943	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$378.82
65944	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$378.82
65946	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$378.82
65947	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$378.82
65948	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$378.82
65949	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$378.82
65951	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$378.82
65952	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$378.82
65954	3-14yrs	Anne Ottenbrite Pool	10 weeks

Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$378.82
65955	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$378.82
65956	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$378.82
65957	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$378.82
65958	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$378.82
65959	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$378.82
65960	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$378.82
65961	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$378.82
66324	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$378.82
66325	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$378.82
66326	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$378.82
66327	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$378.82
66328	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$378.82

Private Swimming Lessons- CRC (#@)

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

65329	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65493	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94

65494	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65495	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65496	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65497	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65498	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65499	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:00pm-4:30pm	\$340.94
65500	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$340.94
65501	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$340.94
65502	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$340.94
65503	3-14yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$340.94
65575	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	11:00am-11:30am	\$378.82
65579	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	1:30pm-2:00pm	\$378.82
65662	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$378.82
65666	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$378.82
65669	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$378.82
65671	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$378.82
65672	3-14yrs	Whitby Civic Rec Complex	10 weeks

Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$378.82
65714	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	9:30am-10:00am	\$378.82
65715	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	10:00am-10:30am	\$378.82
65858	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65859	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65860	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65861	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65862	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65863	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65864	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65865	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:00pm-4:30pm	\$378.82
65906	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
65907	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
65908	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
65909	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
65910	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
65911	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82

<u>65912</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
<u>65913</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:00pm-4:30pm	\$378.82
<u>65914</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$378.82
<u>65915</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$378.82
<u>65916</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$378.82
<u>65917</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$378.82
<u>65918</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$378.82
<u>66001</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	10:00am-10:30am	\$378.82
<u>66003</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	10:30am-11:00am	\$378.82
<u>66004</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	11:00am-11:30am	\$378.82
<u>66006</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	11:00am-11:30am	\$378.82
<u>66008</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:30pm-3:00pm	\$378.82
<u>66058</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$378.82
<u>66062</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$378.82
<u>66063</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$378.82
<u>66216</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$378.82
<u>66217</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks

Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$378.82
66218	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$378.82
66219	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$378.82
66220	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-1:30pm	\$378.82
66221	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-1:30pm	\$378.82
66222	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:30pm-2:00pm	\$378.82
66223	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:30pm-2:00pm	\$378.82

Children Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@)

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

65347	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$208.27
65823	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$231.41
65976	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$231.41
65977	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$231.41
65978	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$231.41
66331	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$231.41

Semi-Private Swimmer 1 - CRC (#@)

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

65322	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$208.27
65504	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$208.27
65868	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$231.41
65869	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$231.41
66233	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$231.41
66234	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-1:30pm	\$231.41

Semi-Private Swimmer 2 - AOP (#@)

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

65348	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$208.27
65825	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$231.41
65979	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$231.41
65980	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$231.41
65981	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$231.41
66332	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$231.41

Semi-Private Swimmer 2 - CRC (#@)

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

65323	6-13yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$208.27
65870	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$231.41
66067	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$231.41
66235	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$231.41
66236	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:30pm-2:00pm	\$231.41

Semi-Private Swimmer 3 - AOP (#@)

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

65349	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$208.27
65826	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$231.41
65982	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$231.41
65984	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$231.41
65985	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$231.41
66333	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$231.41

Semi-Private Swimmer 4 - AOP (#@)

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

65350	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$208.27
65827	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$231.41
65987	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$231.41
65989	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$231.41
66334	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$231.41

Semi-Private Swimmer 5- AOP (#@)

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

65351	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:30pm-8:00pm	\$208.27
65828	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$231.41
65991	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$231.41
65992	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:00pm-7:30pm	\$231.41
66335	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$231.41

Semi-Private Swimmer 6 - AOP (#@)

These advanced swimmers will easily swim lengths of front crawl, back crawl and breaststroke, and complete a 300 metre workout. They will continue to develop strength

and power performing breaststroke sprints over 25 metres. Swimmers will be challenged with sophisticated aquatic skills and continue to prepare participants for their next step, Aquatic Leadership. Ratio 3:1 For more information visit our website.

<u>65352</u>	6-13yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:00pm-8:30pm	\$208.27
<u>65829</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$231.41
<u>65994</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$231.41
<u>66336</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$231.41

Children Group Swimming Lessons March Break

March Break - Swimmer 1 – AOP

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

<u>66388</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:30am	\$56.74
<u>66402</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:30am-10:00am	\$56.74
<u>66403</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:30am-10:00am	\$56.74
<u>66404</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:00am-10:30am	\$56.74
<u>66405</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:00am	\$56.74
<u>66406</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:00am-11:30am	\$56.74
<u>66407</u>	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:30am-12:00pm	\$56.74

March Break - Swimmer 2 – AOP

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

66389	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:30am	\$56.74
66408	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:30am-10:00am	\$56.74
66409	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:00am-10:30am	\$56.74
66410	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:00am	\$56.74
66411	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:00am-11:30am	\$56.74
66412	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:30am-12:00pm	\$56.74
66413	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:30am-12:00pm	\$56.74

March Break - Swimmer 3 – AOP

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

66390	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:45am	\$58.40
66414	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:45am-10:30am	\$58.40
66415	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:15am	\$58.40
66416	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:15am-12:00pm	\$58.40

March Break - Swimmer 4 – AOP

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

66391	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:45am	\$58.40
66417	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:45am-10:30am	\$58.40
66418	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:15am	\$58.40
66419	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:15am-12:00pm	\$58.40

March Break - Swimmer 5 – AOP

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

66392	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:45am	\$58.40
66420	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:15am	\$58.40

March Break - Swimmer 6 – AOP

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

66393	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:45am-10:30am	\$58.40
66421	6-13yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:15am-12:00pm	\$58.40

Preschool Group Swimming Lessons

Parent and Tot 1 - AOP (%)

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

65330	4mos-12mos	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65585	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65633	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65794	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
66044	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48

Parent and Tot 1 - CRC (%)

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

65303	4mos-12mos	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65544	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	9:30am-10:00am	\$113.48
65545	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	1:30pm-2:00pm	\$113.48
65583	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65693	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	10:30am-11:00am	\$113.48
65697	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:00pm-2:30pm	\$113.48
65729	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65871	4mos-12mos	Whitby Civic Rec Complex	10 weeks

Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
65935	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	9:30am-10:00am	\$113.48
65939	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	1:30pm-2:00pm	\$113.48
66013	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
66070	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
66071	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
66166	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66167	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48

Parent and Tot 2 - AOP (%)

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

65331	12mos-24mos	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65587	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65635	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65795	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
66048	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48

Parent and Tot 2 - CRC (%)

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

65304	12mos-24mos	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65456	12mos-24mos	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65546	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:00am-10:30am	\$113.48
65547	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	11:00am-11:30am	\$113.48
65548	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:00pm-2:30pm	\$113.48
65584	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65586	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65701	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	9:30am-10:00am	\$113.48
65702	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	1:30pm-2:00pm	\$113.48
65703	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:00pm-2:30pm	\$113.48
65730	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65872	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65940	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	10:00am-10:30am	\$113.48
65945	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:00pm-2:30pm	\$113.48
66014	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
66072	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
66073	12mos-24mos	Whitby Civic Rec Complex	10 weeks

Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66168	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66169	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48

Parent and Tot 3- AOP (%)

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

65332	2-3yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65589	2-3yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:00pm-7:30pm	\$113.48
65638	2-3yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65796	2-3yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66053	2-3yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48

Parent and Tot 3- CRC (%)

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

65305	2-3yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65549	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:30am-11:00am	\$113.48
65550	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	11:00am-11:30am	\$113.48
65551	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:00pm-2:30pm	\$113.48
65588	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48

65704	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	10:00am-10:30am	\$113.48
65705	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	1:30pm-2:00pm	\$113.48
65731	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65873	2-3yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48
65950	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	10:30am-11:00am	\$113.48
65953	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:00pm-2:30pm	\$113.48
66015	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
66016	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48
66074	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66075	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66170	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66171	2-3yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Preschool 1 – AOP

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

65333	3-5yrs	Anne Ottenbrite Pool	9 week
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65506	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13

65590	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65591	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65592	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:00pm	\$113.48
65639	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65663	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65760	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65761	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
65797	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
65798	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
65799	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:30pm	\$113.48
66057	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66059	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66060	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66061	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66064	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$113.48
66065	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$113.48

Preschool 1 – CRC

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

65306	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$102.13
65457	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$102.13
65466	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65467	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65468	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65469	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65470	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65552	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	9:30am-10:00am	\$113.48
65553	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:00am-10:30am	\$113.48
65554	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:30am-11:00am	\$113.48
65555	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	1:30pm-2:00pm	\$113.48
65563	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:30pm-3:00pm	\$113.48
65605	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65607	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65608	3-5yrs	Whitby Civic Rec Complex	10 weeks

Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65611	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65612	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65613	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65706	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	9:30am-10:00am	\$113.48
65707	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	11:00am-11:30am	\$113.48
65708	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:30pm-3:00pm	\$113.48
65733	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65734	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65735	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65736	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65737	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65738	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65745	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65746	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65874	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48
65875	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48

<u>65876</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
<u>65877</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48
<u>65878</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
<u>65879</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
<u>65880</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
<u>65962</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	9:30am-10:00am	\$113.48
<u>65963</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	10:00am-10:30am	\$113.48
<u>65965</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	1:30pm-2:00pm	\$113.48
<u>66017</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
<u>66018</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
<u>66019</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
<u>66020</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
<u>66021</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
<u>66022</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
<u>66023</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48
<u>66076</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
<u>66077</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
66078	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
66079	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66080	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66081	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
66082	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66083	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66084	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66173	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66174	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66175	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66176	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66177	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66178	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66179	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66180	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66181	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48

66182	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48
66183	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Preschool 2 – AOP

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

65334	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65507	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65508	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:30pm-8:00pm	\$102.13
65593	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65594	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:00pm-7:30pm	\$113.48
65640	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65641	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65763	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
65801	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
65802	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
65803	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
66068	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48

66069	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48

Preschool 2 – CRC

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

65307	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$102.13
65472	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65473	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65474	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65475	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65476	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65564	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	9:30am-10:00am	\$113.48
65565	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:00am-10:30am	\$113.48
65566	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	10:30am-11:00am	\$113.48
65568	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	1:30pm-2:00pm	\$113.48
65569	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	2:30pm-3:00pm	\$113.48
65615	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	4:30pm-5:00pm	\$113.48
65618	3-5yrs	Whitby Civic Rec Complex	10 weeks

Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65619	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65621	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65624	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65626	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65710	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	9:30am-10:00am	\$113.48
65711	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	10:00am-10:30am	\$113.48
65712	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	2:30pm-3:00pm	\$113.48
65747	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65748	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65749	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65750	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65751	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65881	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48
65882	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
65883	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48
65884	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48

<u>65885</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
<u>65886</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
<u>65968</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	9:30am-10:00am	\$113.48
<u>65970</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	10:00am-10:30am	\$113.48
<u>65972</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:00pm-2:30pm	\$113.48
<u>66024</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
<u>66025</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
<u>66026</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
<u>66027</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:00pm-6:30pm	\$113.48
<u>66029</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48
<u>66085</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
<u>66086</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
<u>66087</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
<u>66088</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
<u>66089</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
<u>66090</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
<u>66091</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66092	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66093	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66185	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66186	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66187	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66188	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66189	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66190	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66191	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66192	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66193	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Preschool 3 – AOP

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

65335	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65595	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65596	3-5yrs	Anne Ottenbrite Pool	10 weeks

Tue	Jan 13-Mar 24	7:30pm-8:00pm	\$113.48
65644	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65646	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65764	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65766	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:30pm-8:00pm	\$113.48
65804	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
65805	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
65806	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66311	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48

Preschool 3 – CRC

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

65308	3-5yrs	Whitby Civic Rec Complex	9 week
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65477	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65478	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65479	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65629	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65630	3-5yrs	Whitby Civic Rec Complex	10 weeks

Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65631	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65632	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:30pm-7:00pm	\$113.48
65713	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	10:00am-10:30am	\$113.48
65821	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65822	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65824	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:30pm-7:00pm	\$113.48
65887	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	4:30pm-5:00pm	\$113.48
65888	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
65889	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:00pm-6:30pm	\$113.48
65983	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	2:30pm-3:00pm	\$113.48
66030	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	4:30pm-5:00pm	\$113.48
66032	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
66033	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
66034	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	6:30pm-7:00pm	\$113.48
66137	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:00am-9:30am	\$113.48
66138	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48

66139	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66140	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:30am-11:00am	\$113.48
66141	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$113.48
66194	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66195	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$113.48
66196	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66197	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48
66198	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:00am-11:30am	\$113.48
66199	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Preschool 4 – AOP

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

65336	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	6:30pm-7:00pm	\$102.13
65649	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:30pm-8:00pm	\$113.48
65767	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:00pm-7:30pm	\$113.48
65807	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66312	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48
66313	3-5yrs	Anne Ottenbrite Pool	10 weeks

Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48
-----	---------------	-----------------	----------

Preschool 4 – CRC

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

65309	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$102.13
65480	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$102.13
65481	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	6:00pm-6:30pm	\$102.13
65634	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:00pm-5:30pm	\$113.48
65636	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	6:00pm-6:30pm	\$113.48
65834	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$113.48
65835	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$113.48
65836	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	6:00pm-6:30pm	\$113.48
65837	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65890	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	5:00pm-5:30pm	\$113.48
65891	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Jan 15-Mar 26	6:30pm-7:00pm	\$113.48
66036	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$113.48
66142	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	10:00am-10:30am	\$113.48
66143	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48

66200	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	9:00am-9:30am	\$113.48
66201	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:00am-10:30am	\$113.48

Preschool 5 – AOP

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

65337	3-5yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:00pm-7:30pm	\$102.13
65597	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	8:00pm-8:30pm	\$113.48
65652	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Jan 14-Mar 25	7:30pm-8:00pm	\$113.48
65808	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:30pm	\$113.48
66314	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:30am-12:00pm	\$113.48

Preschool 5 – CRC

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

65310	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$102.13
65637	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Jan 13-Mar 24	5:30pm-6:00pm	\$113.48
65838	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	5:30pm-6:00pm	\$113.48
65839	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	7:00pm-7:30pm	\$113.48
65892	3-5yrs	Whitby Civic Rec Complex	10 weeks

Thu	Jan 15-Mar 26	5:30pm-6:00pm	\$113.48
66039	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:30pm-6:00pm	\$113.48
66144	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	9:30am-10:00am	\$113.48
66145	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$113.48
66202	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$113.48

Preschool Semi-Private Swimming Lessons

Semi-Private Preschool 1 - AOP (#@)

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

65338	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:00am-11:30am	\$231.41
65964	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$231.41
65966	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$231.41
65967	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$231.41
65969	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:30pm-7:00pm	\$231.41
66329	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	9:30am-10:00am	\$231.41

Semi-Private Preschool 1 - CRC (#@)

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

65311	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	4:30pm-5:00pm	\$208.27
65866	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Jan 14-Mar 25	4:30pm-5:00pm	\$231.41
66228	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$231.41
66229	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:30pm-2:00pm	\$231.41

Semi-Private Preschool 2 - AOP (#@)

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

65339	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	11:30am-12:00pm	\$231.41
65971	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	4:30pm-5:00pm	\$231.41
65973	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:00pm-5:30pm	\$231.41
65974	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	6:00pm-6:30pm	\$231.41
66330	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	10:30am-11:00am	\$231.41

Semi-Private Preschool 2 - CRC (#@)

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

65312	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:00pm-5:30pm	\$208.27
65867	3-5yrs	Whitby Civic Rec Complex	10 weeks

Wed	Jan 14-Mar 25	5:00pm-5:30pm	\$231.41
66066	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Jan 16-Mar 27	5:00pm-5:30pm	\$231.41
66230	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-1:30pm	\$231.41

Semi-Private Preschool 3 - AOP (#@)

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

65340	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	12:00pm-12:30pm	\$231.41
65975	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	5:30pm-6:00pm	\$231.41

Semi-Private Preschool 3 - CRC (#@)

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

65313	3-5yrs	Whitby Civic Rec Complex	9 weeks
Mon	Jan 12-Mar 23	5:30pm-6:00pm	\$208.27
66231	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$231.41
66232	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-1:30pm	\$231.41

Semi-Private Preschool 4 - AOP (#@)

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

65341	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$231.41

Semi-Private Preschool 4 - CRC (#@)

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

65314	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$231.41

Semi-Private Preschool 5 - CRC (#@)

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

65315	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:30pm-2:00pm	\$231.41

Preschool Group Swimming Lessons March Break

March Break - Parent and Tot 1 - AOP (%)

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

66380	4mos-12mos	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:30am	\$56.74

March Break - Parent and Tot 2 - AOP (%)

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

66381	12mos-24mos	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:00am-10:30am	\$56.74

March Break - Parent and Tot 3- AOP (%)

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

66382	2-3yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:00am-11:30am	\$56.74

March Break - Preschool 1 – AOP

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

66383	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:30am	\$56.74
66394	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:00am-10:30am	\$56.74
66395	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:00am	\$56.74
66396	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:30am-12:00pm	\$56.74

March Break - Preschool 2 – AOP

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

66384	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:00am-9:30am	\$56.74
66397	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:30am-10:00am	\$56.74
66398	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:00am	\$56.74
66399	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:00am-11:30am	\$56.74
66400	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:30am-12:00pm	\$56.74

March Break - Preschool 3 – AOP

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

66385	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	9:30am-10:00am	\$56.74
66401	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	11:00am-11:30am	\$56.74

March Break - Preschool 4 – AOP

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

66386	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:00am-10:30am	\$56.74

March Break - Preschool 5 – AOP

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

66387	3-5yrs	Anne Ottenbrite Pool	5 days
Mon-Fri	Mar 16-Mar 20	10:30am-11:00am	\$56.74

Youth Group Swimming Lessons

Teen Swimmer 1- Beginner – CRC

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

65326	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-1:00pm	\$122.58
66237	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-1:00pm	\$122.58

Teen Swimmer 1- Beginner- AOP

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

65359	14-18yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:30pm-9:30pm	\$110.32
66012	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:30pm-8:30pm	\$122.58

Teen Swimmer 2- Intermediate – CRC

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

65327	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-1:00pm	\$122.58
66238	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-1:00pm	\$122.58
66239	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-2:00pm	\$122.58

Teen Swimmer 2- Intermediate- AOP

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

65360	14-18yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:30pm-9:30pm	\$110.32
66028	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:30pm-8:30pm	\$122.58
66031	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	8:30pm-9:30pm	\$122.58

Teen Swimmer 3- Advanced – CRC

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

65328	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Jan 17-Mar 28	12:00pm-1:00pm	\$122.58
66240	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-2:00pm	\$122.58

Teen Swimmer 3- Advanced- AOP

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

65361	14-18yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	8:30pm-9:30pm	\$110.32
66035	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	7:30pm-8:30pm	\$122.58
66037	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Jan 17-Mar 28	8:30pm-9:30pm	\$122.58

Youth Leadership

Bronze Cross

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

66357	14yrs+	Anne Ottenbrite Pool	10 weeks
Thu	Jan 15-Mar 26	7:00pm-10:00pm	\$226.91

66358	14yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	11:00am-2:00pm	\$226.91

Bronze Medallion and Emergency First Aid

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

66359	13ys+	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	7:00pm-10:00pm	\$217.95
66360	13ys+	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:30pm-3:30pm	\$217.95

Bronze Star

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

66361	10-13yrs	Anne Ottenbrite Pool	10 weeks
Fri	Jan 16-Mar 27	7:00pm-8:00pm	\$122.18
66362	10-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	2:30pm-3:30pm	\$122.18

Canadian Swim Patrol 1- Rookie

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

66352	8-12yrs	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	7:30pm-8:30pm	\$109.96

Canadian Swim Patrol 2- Ranger

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

66353	8-12yrs	Anne Ottenbrite Pool	10 weeks
Tue	Jan 13-Mar 24	7:30pm-8:30pm	\$122.18

Canadian Swim Patrol 3- Star

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

66354	8-12yrs	Anne Ottenbrite Pool	10 weeks
Sun	Jan 18-Mar 29	12:00pm-1:00pm	\$122.18

NLS & Standard First Aid & CPR 'C'

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

66356	15yrs+	Anne Ottenbrite Pool	11 weeks
Tue	Jan 13-Mar 31	6:00pm-10:30pm	\$373.64

Swim for Life & Lifesaving & Emergency First Aid Instructor

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

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

66355	15yrs+	Anne Ottenbrite Pool	9 weeks
Mon	Jan 12-Mar 23	5:30pm-10:00pm	\$448.06

Youth Private Swimming Lessons

Private Teen Swimmer - CRC (#@)

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

65321	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:00pm-12:30pm	\$378.82
66224	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$378.82
66225	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	12:30pm-1:00pm	\$378.82
66226	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:00pm-1:30pm	\$378.82
66227	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Jan 18-Mar 29	1:30pm-2:00pm	\$378.82

Community Connection Programs

Adult Leagues and Sporting Groups

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

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

65685	18yrs+	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	8:00pm-9:15pm	\$112.00

Brooklin Martial Arts-Teen/Adult-All Belts(@#)

This program is for students 14 years and older. Our classes focus on attention and discipline, thus building a sense of accomplishment and fostering self-confidence. Our

classes are an excellent full-body workout with a focus on self-discipline and confidence. This class teaches the students foundational martial arts and self-defence techniques, including blocks, punches, kicks and stances. Returning students have the opportunity to refine their fundamental martial arts skills to progress up the remaining fundamental belt ranks.

65395	14yrs+	Ormiston P.S.	14 weeks
Tue	Jan 13-Apr 21	8:00pm-8:45pm	\$105.00
65391	14yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 15-Apr 23	8:00pm-8:45pm	\$105.00

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

Enjoy a friendly pick-up game of basketball.

65412	30yrs+	Sinclair S.S.	21 weeks
Wed	Jan 7-Jun 3	7:45pm-9:45pm	\$126.00

Pickleball-Pick-up (#@%)

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

65401	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 14-Apr 29	6:00pm-7:00pm	\$112.00
65402	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 14-Apr 29	7:00pm-8:00pm	\$112.00
65403	18yrs+	Donald A. Wilson S.S.	14 weeks
Wed	Jan 14-Apr 29	8:00pm-9:00pm	\$112.00

Volleyball Adult Co-Ed Recreational (#@%)

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

65464	18yrs+	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	7:15pm-8:30pm	\$112.00

Children Dance

Ballet /Jazz (@#)

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

65687	5-6yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	7:00pm-7:30pm	\$70.00
65732	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:45pm-7:30pm	\$105.00

Ballet 1 (#@)

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

65376	3-4yrs	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	6:00pm-6:30pm	\$70.00
65377	4-5yrs	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	6:30pm-7:00pm	\$70.00
65383	5-7yrs	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	7:00pm-7:45pm	\$105.00
65458	3-4yrs	Ormiston P.S.	14 weeks
Mon	Jan 12-May 4	6:00pm-6:30pm	\$70.00
65688	3-4yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	6:00pm-6:30pm	\$70.00
65723	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-6:30pm	\$70.00
65459	3-4yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	6:30pm-7:00pm	\$70.00
65534	3-4yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-6:45pm	\$105.00

Dance Medley (@#)

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

65689	7-10yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	7:30pm-8:15pm	\$105.00

65690	4-5yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	6:30pm-7:00pm	\$70.00

Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles.

65537	7-10yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	7:30pm-8:15pm	\$105.00
65538	4-5yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	6:30pm-7:00pm	\$70.00
65726	8-11yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	7:30pm-8:15pm	\$105.00
65460	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	7:30pm-8:15pm	\$105.00
65461	5-6yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	7:00pm-7:30pm	\$70.00

Jazz (@#)

Enjoy an upbeat Jazz class in a fun atmosphere. Dress for comfort.

65543	6-7yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	7:00pm-7:30pm	\$70.00

General Interest

Lego Club (#@%)

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

65691	6-11yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	6:45pm-7:30pm	\$67.00
65709	6-11yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	6:00pm-6:45pm	\$67.00
65462	6-11yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-6:45pm	\$67.00
65463	6-11yrs	Ormiston P.S.	14 weeks

Wed	Jan 14-Apr 22	6:45pm-7:30pm	\$67.00
-----	---------------	---------------	---------

Children Leagues and Sporting Groups

Badminton for Kids (#@)

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

65686	7-9yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	6:15pm-7:00pm	\$105.00
65692	9-13yrs	John Dryden P.S.	14 weeks
Tue	Jan 13-Apr 21	7:00pm-8:00pm	\$140.00

Basketball with Community Connection (@#)

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

65535	5-6yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	6:00pm-6:45pm	\$105.00
65536	7-8yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	6:45pm-7:30pm	\$105.00
65724	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-6:45pm	\$105.00
65725	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:45pm-7:30pm	\$105.00
65800	9-12yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	7:30pm-8:15pm	\$105.00

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

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

65382	8yrs+	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	7:45pm-8:45pm	\$140.00
65400	8yrs+	Ormiston P.S.	14 weeks
Tue	Jan 13-Apr 21	7:45pm-8:45pm	\$140.00
65388	8yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 14-Apr 22	7:45pm-8:45pm	\$140.00
65394	8yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 15-Apr 23	7:45pm-8:45pm	\$140.00

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

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

65378	8yrs+	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	7:45pm-9:00pm	\$175.00
65396	8yrs+	Ormiston P.S.	14 weeks
Tue	Jan 13-Apr 21	7:45pm-9:00pm	\$175.00
65384	8yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 14-Apr 22	7:45pm-9:00pm	\$175.00
65389	8yrs+	Pringle Creek P.S.	14 weeks
Thu	Jan 15-Apr 23	7:45pm-9:00pm	\$175.00

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

The Brooklin Martial Arts Beginners & Fundamentals Class is our entry level program for NEW students 8-15 years old. Our classes focus on attention and discipline, thus building a sense of accomplishment and fostering self-confidence. Our classes are an excellent full-body workout with a focus on self-discipline and confidence. This class teaches the students foundational martial arts and self-defence techniques, including blocks, punches, kicks and stances. Returning students have the opportunity to refine their fundamental martial arts skills to progress up the remaining fundamental belt ranks.

65390	8yrs+	Pringle Creek P.S.	14 weeks
-----------------------	-------	--------------------	----------

Thu	Jan 15-Apr 23	7:00pm-7:45pm	\$105.00
65379	8yrs+	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	7:00pm-7:45pm	\$105.00
65385	8yrs+	Meadowcrest P.S.	14 weeks
Wed	Jan 14-Apr 22	7:00pm-7:45pm	\$105.00
65397	8yrs+	Ormiston P.S.	14 weeks
Tue	Jan 13-Apr 21	7:00pm-7:45pm	\$105.00

Brooklin Martial Arts-Brooklin Buddies (@#)

The Brooklin Buddies class is our entry level class for any child between the ages of 5 and 7. At this age, they are in their prime development of listening and functioning. While Brooklin Buddies will be learning foundational martial arts techniques, our main focus is in helping your child in developing key skills such as listening, focusing, cooperation, control, discipline, memory, and balance. The curriculum includes a variety of drills used to teach each skill. The Brooklin Buddies classes will help them use their body and mind to its fullest potential. For your convenience, the same class is offered at both 6:00 and 6:30.

65380	5-7yrs	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	6:00pm-6:30pm	\$70.00
65381	5-7yrs	Brooklin Village P.S.	14 weeks
Mon	Jan 12-May 11	6:30pm-7:00pm	\$70.00
65398	5-7yrs	Ormiston P.S.	14 weeks
Tue	Jan 13-Apr 21	6:30pm-7:00pm	\$70.00
65386	5-7yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-6:30pm	\$70.00
65387	5-7yrs	Meadowcrest P.S.	14 weeks
Wed	Jan 14-Apr 22	6:30pm-7:00pm	\$70.00
65392	5-7yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 15-Apr 23	6:30pm-7:00pm	\$70.00
65399	5-7yrs	Ormiston P.S.	14 weeks
Tue	Jan 13-Apr 21	6:00pm-6:30pm	\$70.00
65393	5-7yrs	Pringle Creek P.S.	14 weeks
Thu	Jan 15-Apr 23	6:00pm-6:30pm	\$70.00

Soccer for Kids with Community Connection (@#)

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

65539	5-6yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	6:00pm-6:45pm	\$105.00
65540	7-8yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	6:45pm-7:30pm	\$105.00
65541	9-12yrs	John Dryden P.S.	14 weeks
Mon	Jan 12-May 4	7:30pm-8:15pm	\$105.00
65727	5-6yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-6:45pm	\$105.00
65728	7-8yrs	John Dryden P.S.	14 weeks
Wed	Jan 14-Apr 22	6:45pm-7:30pm	\$105.00

Volleyball Co-ed (#@)

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

65465	11-13yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	6:00pm-7:00pm	\$140.00

Children Music and Drama

Guitar For Kids-Level 1 (#@)

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

66530	7-10yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	6.00pm-7:00pm	\$140.00

Guitar For Kids (#@)

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

66529	10-15yrs	Ormiston P.S.	14 weeks
Wed	Jan 14-Apr 22	7:00pm-8:00pm	\$140.00

Fitness

Adults

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!

65095	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	10:15am-11:10am	\$99.20
65096	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	1:30pm-2:25pm	\$99.20

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.

65120	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	1:30pm-2:25pm	\$99.20

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!

65169	14yrs+	Brooklin CC&L	10 weeks
Mon	Jan 5-Mar 16	7:00pm-7:55pm	\$90.18

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.

65085	14yrs+	Whitby Civic Rec Complex	10 weeks
-----------------------	--------	--------------------------	----------

Mon	Jan 5-Mar 16	2:30pm-3:25pm	\$90.18
-----	--------------	---------------	---------

Basics of Barbell Training

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

65163	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Jan 10-Jan 31	10:00am-11:30am	\$65.14
65164	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Feb 21-Mar 14	10:00am-11:30am	\$65.14

Beginner Dance

Welcome aspiring Latin dancers! Learn the basics of Latin dance technique and variations while improving cardiovascular fitness, strength and flexibility. This is a great class to prepare for our Latin Dance Fit workouts!

65173	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 7-Mar 18	7:30pm-8:25pm	\$99.20

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.

65126	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	8:05pm-9:00pm	\$99.20
65172	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 7-Mar 18	5:30pm-6:25pm	\$99.20
65127	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	10:15am-11:10am	\$99.20

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.

65124	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	5:30pm-6:25pm	\$99.20

Cardio Sculpt

Build core strength, improve posture and increase your cardiovascular endurance! This 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.

65175	14yrs+	Brooklin CC&L	11 weeks
Sun	Jan 11-Mar 22	9:00am-9:55am	\$99.20

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.

65140	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	9:00am-9:55am	\$99.20

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.

65097	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	11:15am-12:10pm	\$99.20
65098	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	12:30pm-1:25pm	\$99.20

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.

65083	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jan 5-Mar 16	1:30pm-2:25pm	\$90.18

Express Strength & Conditioning

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

65143	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	4:15pm-5:00pm	\$99.20

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.

65094	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	6:15am-7:10am	\$99.20

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.

65089	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jan 5-Mar 16	6:30pm-7:25pm	\$90.18
65091	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	9:00am-9:55am	\$99.20
65092	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	7:30pm-8:25pm	\$99.20

65093	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	6:30pm-7:25pm	\$99.20

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 **

65141	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	11:15am-12:25pm	\$99.20

Kettlebell Conditioning

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

65103	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	3:00pm-3:55pm	\$99.20

Latin Dance Fit

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

65110	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jan 5-Mar 16	8:05pm-9:00pm	\$90.18
65112	14yrs+	Brooklin CC&L	11 weeks
Wed	Jan 7-Mar 18	6:30pm-7:25pm	\$99.20

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****

65122	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	1:30pm-2:25pm	\$99.20

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****

65121	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	12:15pm-1:10pm	\$99.20

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.

65079	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jan 5-Mar 16	10:15am-11:10am	\$90.18

Mom and Baby Fitness

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

65131	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	11:15pm-12:10pm	\$99.20

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

65139	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	12:15pm-1:10pm	\$99.20

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.

65080	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jan 5-Mar 16	11:15am-12:10pm	\$90.18

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.

65115	55 and up	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	9:00am-9:55am	\$99.20

Pilates for Seniors Level 2

65142	55 and up	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	2:30pm-3:25pm	\$99.20

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.

65128	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	11:15am-12:10pm	\$99.20
65129	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	12:15pm-1:10pm	\$99.20
65130	14yrs+	Whitby Civic Rec Complex	11 weeks
Mon	Jan 8-Mar 19	5:30pm-6:25pm	\$99.20

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.

65136	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	1:30pm-2:25pm	\$99.20

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.

65138	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	6:15am-7:10am	\$99.20
66556	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	5:30pm-6:25pm	\$99.20

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.

65087	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	5:30pm-6:25pm	\$99.20

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.

65105	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	6:30pm-7:25pm	\$99.20
65106	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	9:00am-9:55am	\$99.20
65107	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	6:30pm-7:25pm	\$99.20
65108	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jan 9-Mar 20	10:15am-11:10am	\$99.20

65109	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 10-Mar 21	9:00am-9:55am	\$99.20

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.

65113	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	7:30pm-8:25pm	\$99.20
66542	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 6-Mar 17	11:30am-12:25pm	\$99.20

Youth Strength & Conditioning

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

66543	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 6-Mar 17	12:30pm-1:25pm	\$96.18

Strength & Core

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

65119	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	6:15am-7:10am	\$99.20

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.

65078	14yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jan 5-Mar 16	9:00am-9:55am	\$90.18

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.

65118	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	6:15pm-7:10pm	\$99.20

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.

65099	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	12:15pm-1:10pm	\$99.20
65100	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	10:15am-11:10am	\$99.20
65101	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	1:45pm-2:40pm	\$99.20

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 **

65102	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	1:30pm-2:55pm	\$99.20

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.

65174	14yrs+	Brooklin CC&L	11 weeks
Thu	Jan 8-Mar 19	6:30pm-7:25pm	\$99.20

Women on Weights

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

65165	14yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jan 10-Mar 21	11:45am-12:45pm	\$99.20

Xpress Circuit

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

65104	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	4:15pm-5:00pm	\$99.20

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!

65116	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jan 6-Mar 17	5:00pm-5:55pm	\$99.20
65117	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	12:15pm-1:10pm	\$99.20

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.

65133	14yrs+	Brooklin CC&L	11 weeks
Tue	Jan 6-Mar 17	7:00pm-7:55pm	\$99.20
65132	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jan 7-Mar 18	7:00pm-7:55pm	\$99.20
65134	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jan 8-Mar 19	11:15am-12:10pm	\$99.20

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.

66245	15yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	8:30pm-9:55pm	\$90.18

Ball Hockey - Adult (%)

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

66504	18yrs+	Brooklin CC&L	9 weeks
Mon	Jan 12-Mar 16	8:45pm-10:10pm	\$81.16

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.

66267	16yrs+	Brooklin CC&L	10 weeks
Sun	Jan 11-Mar 22	5:30pm-6:25pm	\$90.18

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.

66268	16yrs+	Brooklin CC&L	10 weeks
Sun	Jan 11-Mar 22	7:30pm-8:25pm	\$90.18
66269	16yrs+	Brooklin CC&L	10 weeks
Sun	Jan 18-Mar 22	6:30pm-7:25pm	\$90.18

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.

65168	12yrs+	Whitby Civic Rec Complex	11 weeks
Sun	Jan 11-Mar 22	12:00pm-12:55pm	\$99.20

55+ Programs

New Member Orientation

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

65201	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 25-Mar 25	10:00am-11:00am	Free

Computer & Technology

3D Printing at the Whitby Library

Are you interested in 3D Printing and want to be certified? Select an item from the Library's Pick-A-Print collection, and using the Library's 3D Printer Service, you can unleash your inner 3D maker and use their Creality CR 10S Pro printer yourself! Training is provided. Must have a valid library card. Held at the Whitby Public Library - Central Branch at 405 Dundas St W.

65157	55yrs+	Whitby Public Library	1 Class
Thu	Jan 22-Jan 22	11:00am-1:00pm	Free

Tech Wednesdays & Fridays

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

65144	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 7-Jan 7	9:00am-9:30am	Free
65145	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 7-Jan 7	9:30am-10:00am	Free
65146	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 7-Jan 7	10:00am-10:30am	Free
65147	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 7-Jan 7	10:30am-11:00am	Free
65148	55yrs+	Whitby 55+ Rec Centre	1 Class
65202	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 9-Jan 9	1:00pm-1:30pm	Free
65203	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 9-Jan 9	1:30pm-2:00pm	Free
65204	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 9-Jan 9	2:00pm-2:30pm	Free
65205	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 9-Jan 9	2:30pm-3:00pm	Free
65148	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 14-Jan 14	9:00am-9:30am	Free
65149	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 14-Jan 14	9:30am-10:00am	Free
65150	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 14-Jan 14	10:00am-10:30am	Free
65151	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 14-Jan 14	10:30am-11:00am	Free
65206	55yrs+	Whitby 55+ Rec Centre	1 Class

Fri	Jan 16-Jan 16	1:00pm-1:30pm	Free
65207	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 16-Jan 16	1:30pm-2:00pm	Free
65208	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 16-Jan 16	2:00pm-2:30pm	Free
65209	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 16-Jan 16	2:30pm-3:00pm	Free
65233	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 23-Jan 23	1:00pm-1:30pm	Free
65234	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 23-Jan 23	1:30pm-2:00pm	Free
65235	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 23-Jan 23	2:00pm-2:30pm	Free
65236	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 23-Jan 23	2:30pm-3:00pm	Free
65152	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 28-Jan 28	9:00am-9:30am	Free
65153	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 28-Jan 28	9:30am-10:00am	Free
65154	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 28-Jan 28	10:00am-10:30am	Free
65155	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Jan 28-Jan 28	10:30am-11:00am	Free
65237	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 30-Jan 30	1:00pm-1:30pm	Free
65238	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 30-Jan 30	1:30pm-2:00pm	Free
65239	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 30-Jan 30	2:00pm-2:30pm	Free
65240	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 30-Jan 30	2:30pm-3:00pm	Free
65176	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 4-Feb 4	9:00am-9:30am	Free

65177	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 4-Feb 4	9:30am-10:00am	Free
65178	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 4-Feb 4	10:00am-10:30am	Free
65179	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 4-Feb 4	10:30am-11:00am	Free
65241	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 6-Feb 6	1:00pm-1:30pm	Free
65242	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 6-Feb 6	1:30pm-2:00pm	Free
65243	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 6-Feb 6	2:00pm-2:30pm	Free
65244	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 6-Feb 6	2:30pm-3:00pm	Free
65180	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 11-Feb 11	9:00am-9:30am	Free
65181	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 11-Feb 11	9:30am-10:00am	Free
65182	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 11-Feb 11	10:00am-10:30am	Free
65183	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 11-Feb 11	10:30am-11:00am	Free
65245	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 13-Feb 13	1:00pm-1:30pm	Free
65246	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 13-Feb 13	1:30pm-2:00pm	Free
65247	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 13-Feb 13	2:00pm-2:30pm	Free
65248	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 13-Feb 13	2:30pm-3:00pm	Free
65184	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 18-Feb 18	9:00am-9:30am	Free
65185	55yrs+	Whitby 55+ Rec Centre	1 Class

Wed	Feb 18-Feb 18	9:30am-10:00am	Free
65186	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 18-Feb 18	10:00am-10:30am	Free
65187	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Feb 18-Feb 18	10:30am-11:00am	Free
65249	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 20-Feb 20	1:00pm-1:30pm	Free
65250	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 20-Feb 20	1:30pm-2:00pm	Free
65251	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 20-Feb 20	2:00pm-2:30pm	Free
65252	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 20-Feb 20	2:30pm-3:00pm	Free
65253	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 27-Feb 27	1:00pm-1:30pm	Free
65254	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 27-Feb 27	1:30pm-2:00pm	Free
65255	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 27-Feb 27	2:00pm-2:30pm	Free
65256	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 27-Feb 27	2:30pm-3:00pm	Free
65189	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 4-Mar 4	9:00am-9:30am	Free
65190	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 4-Mar 4	9:30am-10:00am	Free
65191	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 4-Mar 4	10:00am-10:30am	Free
65192	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 4-Mar 4	10:30am-11:00am	Free
65257	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 6-Mar 6	1:00pm-1:30pm	Free
65258	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 6-Mar 6	1:30pm-2:00pm	Free

65259	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 6-Mar 6	2:00pm-2:30pm	Free
65260	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 6-Mar 6	2:30pm-3:00pm	Free
65193	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 11-Mar 11	9:00am-9:30am	Free
65194	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 11-Mar 11	9:30am-10:00am	Free
65195	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 11-Mar 11	10:00am-10:30am	Free
65196	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 11-Mar 11	10:30am-11:00am	Free
65197	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 18-Mar 18	9:00am-9:30am	Free
65198	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 18-Mar 18	9:30am-10:00am	Free
65199	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 18-Mar 18	10:00am-10:30am	Free
65200	55yrs+	Whitby 55+ Rec Centre	1 Class
Wed	Mar 18-Mar 18	10:30am-11:00am	Free
65261	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 27-Mar 27	1:00pm-1:30pm	Free
65262	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 27-Mar 27	1:30pm-2:00pm	Free
65263	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 27-Mar 27	2:00pm-2:30pm	Free
65264	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 27-Mar 27	2:30pm-3:00pm	Free

Creative Arts

Acrylic Painting - Advanced Open Studio with Marni (%)

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

65268	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Feb 11-Mar 18	10:00am-12:00pm	\$34.35

Acrylic Painting - Introduction with Marni (%)

This course is best suited for students new to painting (or still learning) on how to work with the acrylic medium. Students will receive step by step demonstration in painting techniques, colour theory, composition, how to prepare a canvas and the amazing diversity that acrylic has to offer. Several subjects will be explored through assigned projects on canvas. The viewing of art works by master artists for analysis and appreciation will be explored in relation to studio work. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Rec Centre.

65269	55yrs+	Whitby 55+ Rec Centre	4 weeks
Wed	Jan 14-Feb 4	10:00am-12:00pm	\$22.90

Beaded Jewellery with Tara (%)

Discover the joy of designing and crafting your own beaded jewellery in this fun and creative two-hour workshop. Whether you're new to beading or have some experience, you'll be guided through making beautiful pieces like necklaces, bracelets, or earrings using a variety of beads and techniques. Supplies Included in Workshop Fee.

66537	55yrs+	Brooklin CC&L	1 week
Tue	Jan 20-Jan 20	10:00am-12:00pm	\$21.22
66538	55yrs+	Brooklin CC&L	1 week
Tue	Feb 3-Feb 3	10:00am-12:00pm	\$21.22

Beginner Socks with Tara (%)

A guided journey through your very first socks! A pair of cuff down slipper socks will be made to make the process of sock building simple and easy to understand. A basic knowledge of knitting is needed for this class, knit purl and cast on. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin Community Centre & Library.

66456	55yrs+	Brooklin CC&L	5 weeks
Thu	Mar 5-Apr 9	10:00am-12:00pm	\$42.44

Drawing with Ink Workshop with Chrissie (%)

"Fanciful Fish" Get excited to draw and colour these beautiful, fanciful fish! Using colourful Betta fish as our inspiration, you will draw a small series of fish using white and coloured ink on black paper. Learn exciting techniques using a white gel pen and coloured ballpoint to create the texture of scales and transparency of wispy fins. All materials are provided by the instructor.

65744	55yrs+	Whitby 55+ Rec Centre	1 Class
Tue	Mar 10-Mar 10	9:30am-11:30am	\$31.83

Drawing with Jade (%)

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

66281	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jan 12-Mar 9	1:00pm-3:00pm	\$45.80

Fingerless Gloves and Mittens with Tara (%)

Let's have some fun covering our chilly winter hands. This class will cover making a pair of fingerless gloves and a set of mittens. Maybe even a flip top mitten, if we have time. Join Tara for all the fun. A basic knowledge of knitting is required, knit, purl and casting on/off. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

66483	55yrs+	Brooklin CC&L	4 weeks
Thu	Jan 8-Jan 29	10:00am-12:00pm	\$42.44

Graphite and Watercolour Workshop with Chrissie (%)

"Winter Landscape" Learn how to create rich, deep textures and values using a carbon and graphite blend pencil. Using this unique medium, you will draw a beautiful winter landscape and with the addition of watercolour you will capture the layers and mood of a chilly winter day. All materials are provided by the instructor.

65739	55yrs+	Whitby 55+ Rec Centre	1 Class
Tue	Jan 13-Jan 13	9:30am-11:30am	\$31.83

Heart Garland with Tara (%)

For Valentine's or any time. Let's make a heart garland that you can hang on the hearth, or in a window or door. You can also make up the individuals and give them away to loved ones. Join Tara for the Fun. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

66484	55yrs+	Brooklin CC&L	4 weeks
Thu	Feb 5-Feb 26	10:00am-12:00pm	\$42.44

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 painting 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 your receipt.

65741	55yrs+	Whitby 55+ Rec Centre	1 Class
Tue	Jan 20-Jan 20	9:30am-11:30am	\$31.83
65742	55yrs+	Whitby 55+ Rec Centre	1 Class
Tue	Feb 10-Feb 10	9:30am-11:30am	\$31.83
65743	55yrs+	Whitby 55+ Rec Centre	1 Class
Tue	Mar 17-Mar 17	9:30am-11:30am	\$31.83

Open Knitting with Tara (%)

In this class we will be working on your projects, bring along what you are working on and I will help you with what you need. Are you stuck on a chart or gave up years ago on that blanket because you didn't know how to finish it or made a mistake. Dig out that project and let's get it finished.

66536	55yrs+	Brooklin CC&L	5 weeks
-----------------------	--------	---------------	---------

Thu	March 5-April 16	10:00am-12:00pm	\$42.44
-----	------------------	-----------------	---------

Pen and Ink with Coloured Pencil Workshop with Chrissie (%)

"Owl" Using pen and ink and a dash of coloured pencil, you will draw a beautiful owl creating a variety of textures and values using inking techniques. A dash of coloured pencil will add depth and interest to this striking bird. All materials are provided by the instructor.

65740	55yrs+	Whitby 55+ Rec Centre	1 Class
Tue	Feb 17-Feb 17	9:30am-11:30am	\$31.83

Watercolour Painting - Beginner with Jane (%)

Learn the basics of watercolour in a beginner friendly 2-hour workshop. Complete 5-10 small projects, such as greeting cards or small frameable art.

During the workshop you will learn the basics of watercolour, all the steps to a completed painting. You will learn what supplies you need to get started, papers, paints, how to mix colours, brush strokes, and basic composition.

All supplies are provided; you only need to bring your creativity and desire to try something new.

66507	55yrs+	Brooklin CC&L	1 week
Tue	Jan 13-Jan 13	1:00pm-3:00pm	\$42.44
66508	55yrs+	Brooklin CC&L	1 week
Tue	Feb 10-Feb 10	1:00pm-3:00pm	\$42.44

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.

66466	55yrs+	Brooklin CC&L	12 weeks
Fri	Jan 9-Mar 27	2:30pm-4:30pm	\$20.00

Dance

Ballet Basics with Tracy (%)

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

66101	55yrs+	Centennial Building	8 weeks
Fri	Jan 16-Mar 6	12:15pm-1:15pm	\$34.10

Cardio Dance with Shari (%)

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

65406	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	2:15pm-3:15pm	\$42.63

Clogging - Beginner Plus with Sandy (%)

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

66432	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 15-Mar 19	10:00am-11:00am	\$42.63

Dance Fitness with Shari (%)

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

65407	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	1:45pm-2:45pm	\$42.63

Dance Flow with Alison (%)

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

66305	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	9:00am-10:00am	\$42.63

Get Your Groove On with Tracy (%)

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

66288	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jan 15-Mar 12	11:30am-12:30pm	\$38.37

Line Dance-Beginner with Alison (%)

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

66107	55yrs+	Centennial Building	10 weeks
Thu	Jan 15-Mar 19	1:00pm-2:00pm	\$42.63

Line Dance-Beginner Plus with Alison (%)

This class is for those who feel more familiar and confident with the basic steps and language of line dancing or for those wanting to enhance their style. Suitable for those who have completed Line Dance Beginner and are looking to polish the skills and steps learned before moving to Level 2. Weekly warm up and reviews continue at this level.

66488	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	11:30am-12:30pm	\$42.63

Line Dance-Beginner with Nicole (%)

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

66299	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	10:30am-11:30am	\$42.63

Tap Dance - Level 2 with Alison (%)

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

66306	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	10:15am-11:15am	\$42.63

Traditional Line Dance - Level 2 with Nicole (%)

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

66461	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 13-Mar 17	1:30pm-2:30pm	\$42.63

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.

65302	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Feb 17-Mar 24	12:30pm-1:30pm	\$25.58
65301	55yrs+	Whitby 55+ Rec Centre	5 weeks
Mon	Feb 23-Mar 23	1:45pm-2:45pm	\$21.32
66422	55yrs+	Brooklin CC&L	5 weeks
Mon	Feb 23-Mar 23	9:10am-10:10am	\$21.32

Arthritis Exercise with Kathleen (%)

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.

66099	55yrs+	Centennial Building	10 weeks
Mon	Jan 12-Mar 23	2:00pm-3:00pm	\$42.63

Arthritis Exercise with Kim (%)

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

66100	55yrs+	Centennial Building	10 weeks
Tue	Jan 13-Mar 17	9:00am-10:00am	\$42.63
66278	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	9:00am-10:00am	\$42.63

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.

66284	55yrs+	Whitby 55+ Rec Centre	9 weeks
Fri	Jan 9-Mar 6	9:30am-10:30am	\$38.37
66290	55yrs+	Whitby 55+ Rec Centre	9 weeks
Wed	Jan 14-Mar 11	10:30am-11:30am	\$38.37
66287	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jan 15-Mar 12	1:00pm-2:00pm	\$38.37

Arthritis Exercise with Zoe (%)

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.

65410	55yrs+	Whitby 55+ Rec Centre	5 weeks
Mon	Jan 12-Feb 9	1:45pm-2:45pm	\$21.32

Barre Fitness with Tracy (%)

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

66426	55yrs+	Brooklin CC&L	9 weeks
Wed	Jan 14-Mar 11	12:15pm-1:15pm	\$38.37

Body Sculpt with Kim (%)

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

66102	55yrs+	Centennial Building	10 weeks
Mon	Jan 12-Mar 23	9:00am-10:00am	\$42.63

Build Your Own Bones with Roberta (%)

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

66428	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	11:20am-12:20pm	\$38.37

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.

66429	55yrs+	Brooklin CC&L	9 weeks
Wed	Jan 14-Mar 11	1:30pm-2:30pm	\$38.37

Cardio and Core with Kim (%)

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

66103	55yrs+	Centennial Building	10 weeks
Mon	Jan 12-Mar 23	10:15am-11:15am	\$42.63

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.

66295	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jan 12-Mar 9	1:30pm-2:30pm	\$34.10

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.

66282	55yrs+	Whitby 55+ Rec Centre	8weeks
Wed	Jan 14-Mar 18	1:50pm-2:50pm	\$34.10

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.

66482	55yrs+	Brooklin CC&L	8 weeks
Mon	Jan 12-Mar 9	12:15pm-1:15pm	\$34.10
66430	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	12:15pm-1:15pm	\$38.37

Classical Stretch with Zoe (%) *NEW*

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.

65411	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	10:15am-11:15am	\$38.37

Core Strength and Stretch with Roberta (%)

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

66433	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	12:30pm-1:30pm	\$38.37

Full Body Fit and Stretch with Kim (%)

This low impact total body strength class is suitable for all abilities. This class will take you through a total body workout combining low intensity aerobic and strength training exercises, including core exercises that will improve your stability and balance. The class finishes with safe stretching exercises to help loosen up tight muscles.

66279	55yrs+	Whitby 55+ Rec Centre	11 Weeks
Fri	Jan 9-Mar 20	9:00am-10:00am	\$46.89
66105	55yrs+	Centennial Building	10 weeks
Tue	Jan 13-Mar 17	10:15am-11:15am	\$42.63

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.

66435	55yrs+	Brooklin CC&L	8 weeks
Mon	Jan 12-Mar 9	10:30am-11:30am	\$34.10
66436	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	9:45am-10:45am	\$38.37

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.

66439	55yrs+	Brooklin CC&L	5 weeks
Wed	Feb 18-Mar 25	10:15am-11:15am	\$21.31

Men's Fitness with Tracy (%)

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

66292	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jan 13-Mar 10	9:15am-10:15am	\$38.37

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.

66302	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	8:45am-9:45am	\$42.63

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.

65408	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	11:45am-12:45pm	\$42.63

Pilates - Level 1 with Dennis (%)

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

66448	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	9:00am-10:00am	\$38.37

Strength & Balance with Rida (%)

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

66452	55yrs+	Brooklin CC&L	8 weeks
Mon	Jan 12-Mar 9	1:30pm-2:30pm	\$34.10
66451	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	1:30pm-2:30pm	\$38.37

Stretch and Relax with Nicole (%)

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

66300	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	4:30pm-5:30pm	\$42.63

Total Body Circuit Training with Kim (%)

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

66280	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	10:15am-11:15am	\$42.63

Total Body Stretch with Dennis (%)

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

66457	55yrs+	Brooklin CC&L	9 weeks
Fri	Jan 16-Mar 13	9:45am-10:45am	\$38.37

Total Body Workout with Dennis (%)

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

66458	55yrs+	Brooklin CC&L	9 weeks
Wed	Jan 14-Mar 11	9:00am-10:00am	\$38.37

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.

66296	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Jan 12-Mar 9	12:15pm-1:15pm	\$34.10
66460	55yrs+	Brooklin CC&L	8 weeks
Mon	Jan 12-Mar 9	9:15am-10:15am	\$34.10
66293	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jan 13-Mar 10	10:30am-11:30am	\$38.37
66294	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Jan 13-Mar 10	11:45am-12:45pm	\$38.37
66459	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	8:35am-9:35am	\$38.37

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.

65409	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	1:00pm-2:00pm	\$42.63

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.

66304	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	5:00pm-6:00pm	\$38.37
66303	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	5:00pm-6:00pm	\$42.63

Twenty, Twenty, Twenty with Roberta (%)

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

66463	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	10:10am-11:10am	\$38.37
66464	55yrs+	Brooklin CC&L	9 weeks

Thu	Jan 15-Mar 12	11:15am-12:15pm	\$38.37
-----	---------------	-----------------	---------

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.

66285	55yrs+	Whitby 55+ Rec Centre	9 weeks
Fri	Jan 9-Mar 6	10:45am-11:45am	\$38.37
66125	55yrs+	Centennial Building	9 weeks
Fri	Jan 9-Mar 6	1:30pm-2:30pm	\$38.37

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.

66283	55yrs+	Whitby 55+ Rec Centre	7 weeks
Mon	Jan 12-Mar 16	9:30am-10:30am	\$29.84

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.

66465	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	1:45pm-2:45pm	\$38.37

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.

66291	55yrs+	Whitby 55+ Rec Centre	9 weeks
Wed	Jan 14-Mar 11	9:15am-10:15am	\$38.37
66289	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jan 15-Mar 12	2:15pm-3:15pm	\$38.37

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.

66126	55yrs+	Centennial Building	10 weeks
Tue	Jan 13-Mar 17	2:00pm-3:00pm	\$42.63

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.

65413	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	7:00pm-8:00pm	\$42.63

Yoga - Arthritis with Jennifer (%)

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

66127	55yrs+	Centennial Building	10 weeks
Thu	Jan 15-Mar 19	10:15am-11:15am	\$42.63

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.

65416	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	2:00pm-3:00pm	\$42.63

Yoga - Chair with Jennifer (%)

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.

66128	55yrs+	Centennial Building	10 weeks
Thu	Jan 15-Mar 19	9:00am-10:00am	\$42.63

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.

66129	55yrs+	Centennial Building	10 weeks
Tue	Jan 13-Mar 17	12:45pm-1:45pm	\$42.63

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.

65417	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	3:30pm-4:30pm	\$38.37

Yoga - Chakra with Patricia (%) *NEW*

This gentle yoga practice combines various aspects of other yogic traditions to activate the energy centers along the spine, also known as Chakras. To open the chakras, this type of yoga employs a variety of poses (asanas), meditation, breathing exercises and mantra chanting. 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 towel. Yoga blocks are available.

66242	55yrs+	Whitby 55+ Rec Centre	9 weeks
Thu	Jan 15-Mar 19	7:00pm-8:00pm	\$38.37

Yoga - Dynamic with Mag (%)

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

66130	55yrs+	Centennial Building	10 weeks
Fri	Jan 16-Mar 20	10:15am-11:15am	\$42.63

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.

65414	55yrs+	Whitby 55+ Rec Centre	11 Weeks
Fri	Jan 9-Mar 20	11:00am-12:00pm	\$46.89

Yoga - Gentle Flow with Donna (%)

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

66467	55yrs+	Brooklin CC&L	4 weeks
Wed	Jan 7-Jan 28	10:00am-11:00am	\$17.05

Yoga - Hatha Flow with Jennifer (%)

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

66131	55yrs+	Centennial Building	10 weeks
Wed	Jan 14-Mar 18	9:00am-10:00am	\$42.63

Yoga - Intermediate with Mag (%)

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

66273	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	10:15am-11:15am	\$42.63

Yoga - Relax and Restore with Dennis (%)

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

66468	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	10:15am-11:15am	\$38.37

Yoga - Relax and Restore with Roberta (%)

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

66469	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	12:30pm-1:30pm	\$38.37

Yoga - Rise and Shine with Donna (%)

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

66470	55yrs+	Brooklin CC&L	4 weeks
Wed	Jan 7-Jan 28	8:45am-9:45am	\$17.05

Yoga - Rise and Shine with Mag (%)

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

66274	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Jan 14-Mar 18	9:00am-10:00am	\$42.63

Yoga Dance with Shari (%)

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

66132	55yrs+	Centennial Building	10 weeks
Thu	Jan 15-Mar 19	2:15pm-3:15pm	\$42.63

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.

65415	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	10:45am-11:45am	\$38.37

Yoga Stretch with Dennis (%)

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

65220	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	9:00am-10:00am	\$38.37
65221	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	9:00am-10:00am	\$42.63

Yoga Stretch with Judy (%)

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

65297	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	11:15am-12:15pm	\$42.63

Yoga with David (%)

Experience renewed core physical strength, as well as emotional and physical balance. Viniyoga combines gentle movement coordinated with your own breathing rhythms to improve your quality of life and well being.

66471	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	11:15am-12:15pm	\$42.63

Yoga with Mag (%)

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

66133	55yrs+	Centennial Building	10 weeks
Fri	Jan 16-Mar 20	9:00am-10:00am	\$42.63

Yoga- Rise and Shine with Dennis (%)

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

66472	55yrs+	Brooklin CC&L	9 weeks
Fri	Jan 16-Mar 13	8:30am-9:30am	\$38.37

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.

66473	55yrs+	Brooklin CC&L	9 weeks
Tue	Jan 13-Mar 10	12:00pm-1:00pm	\$38.37
66260	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	11:45am-12:45pm	\$42.63

Yogalates with Suzette (%)

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.

66474	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	6:00pm-7:00pm	\$38.37

Zumba Gold (lite) with Nicole (%)

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

66301	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	3:15pm-4:15pm	\$42.63

Zumba Gold with Carolina (%)

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

66135	55yrs+	Centennial Building	10 weeks
Mon	Jan 12-Mar 23	11:30am-12:30pm	\$42.63

Zumba Toning with Carolina (%)

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

66136	55yrs+	Centennial Building	10 weeks
Wed	Jan 14-Mar 18	11:30am-12:30pm	\$42.63

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.

66478	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Jan 7-Jun 17	1:00pm-3:30pm	\$24.00

Chess - Absolute Beginner with Kevin (%)

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

66431	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 12-Mar 9	12:30pm-2:30pm	\$51.53

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.

65300	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	3:30pm-4:30pm	\$42.63

History (%)

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

66106	55yrs+	Centennial Building	7 weeks
Wed	Jan 14-Feb 25	2:30pm-4:00pm	\$38.63

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

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

65219	55yrs+	Whitby 55+ Rec Centre	4 weeks
Wed	Jan 14-Feb 4	1:30pm-4:00pm	\$8.00

The Common Thread (%)

Join us for a weekly gathering where stories are shared, ideas are exchanged, and friendships are woven together. *The Common Thread* is a welcoming space to connect through conversation, laughter, and discussion.

Bring your voice to the circle and take part in meaningful conversations, thoughtful reflections, and shared stories that connect us all.

66437	55yrs+	Brooklin CC&L	9 weeks
Thu	Jan 15-Mar 12	10:00am-12:00pm	Free

Mindfulness Meditation with David (%)

Mindfulness meditation offers the opportunity to better understand stress and anxiety in our day-to-day existence. The skills that we learn each week will build a toolbox of activities that can be used in daily situations. You will learn to use your own natural abilities to bring balance, confidence, and joy into your daily activities.

66440	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	12:30pm-1:30pm	\$42.63

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.

65452	55yrs+	Whitby 55+ Rec Centre	11 Weeks
-----------------------	--------	-----------------------	----------

Fri	Jan 9-Mar 20	9:30am-11:00am	\$60.71
65453	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	3:30pm-5:00pm	\$55.19

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 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.

65525	55yrs+	Town of Whitby	12 Weeks
Tue, Thu	Jan 6-Mar 26	9:00am-10:00am	Free

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

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

65454	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	9:00am-10:00am	\$38.37
65455	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	10:15am-11:15am	\$38.37

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.

66275	40yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	5:00pm-6:00pm	\$42.63
66453	40yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	5:00pm-6:00pm	\$42.63

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.

66276	40yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	6:00pm-7:00pm	\$42.63
66454	40yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	6:00pm-7:00pm	\$42.63

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.

66277	40yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	7:00pm-8:30pm	\$55.19
66455	40yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	7:00pm-8:30pm	\$55.19

Wildflowers with Wilf (%)

4-week workshop series exploring Durham Wildflowers through pictures and stories. Become knowledgeable about the wildflowers that grow in Durham Region and when and where to see them.

66485	55yrs+	Brooklin CC&L	4 weeks
Wed	Jan 14-Feb 4	10:00am-11:30am	\$22.08

Language

French - Beginner with Maurice (%)

The French Beginner class is designed for participants who have a basic but limited knowledge of French. You will learn basic French language skills to communicate orally in simple social situations (asking for information, ordering food in a restaurant, etc.). The language taught will be standard international French with occasional references to Quebec French. Fee includes printed materials.

65404	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	10:00am-11:00am	\$45.63

French - Intermediate with Maurice (%)

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

65405	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	11:15am-12:15pm	\$45.63

Spanish - Beginner with Tony (%)

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

65224	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Jan 12-Mar 16	9:00am-10:30am	\$49.67

Spanish - Intermediate with Tony (%)

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

65363	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Jan 13-Mar 17	9:00am-10:30am	\$58.19

Leagues and Sporting Groups

Badminton League (%)

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

66423	55yrs+	Brooklin CC&L	9 weeks
Mon	Jan 12-Mar 16	9:00am-11:30am	\$24.46

Badminton League (%)

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

66425	55yrs+	Brooklin CC&L	10 weeks
-----------------------	--------	---------------	----------

Tue	Jan 13-Mar 17	9:00am-11:30am	\$26.63
66424	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	9:00am-11:30am	\$26.63

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.

66442	55yrs+	Brooklin CC&L	10 weeks
Thu	Jan 15-Mar 19	9:00am-11:00am	\$26.63
66108	55yrs+	Heydenshore Pavilion	10 weeks
Wed	Jan 14-Mar 18	9:00am-11:00am	\$26.63
66109	55yrs+	Heydenshore Pavilion	7 weeks
Thu	Feb 12-Mar 19	9:00am-11:00am	\$18.12

Pickleball - Learn to Play Beginners (%)

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

66110	55yrs+	Heydenshore Pavilion	5 weeks
Thu	Jan 8-Feb 5	9:00am-11:00am	\$28.63

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.

66113	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 12-Mar 23	2:00pm-4:00pm	\$26.63
66116	55yrs+	Heydenshore Pavilion	10 weeks

Mon	Jan 12-Mar 23	11:30am-1:30pm	\$26.63
66117	55yrs+	Heydenshore Pavilion	10 weeks
Tue	Jan 13-Mar 17	11:30am-1:30pm	\$26.63
66118	55yrs+	Heydenshore Pavilion	10 weeks
Wed	Jan 14-Mar 18	11:30am-1:30pm	\$26.63
66119	55yrs+	Heydenshore Pavilion	10 weeks
Wed	Jan 14-Mar 18	2:00pm-4:00pm	\$26.63
66115	55yrs+	Heydenshore Pavilion	10 weeks
Thu	Jan 15-Mar 19	6:00pm-8:00pm	\$26.63

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.

66120	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 12-Mar 23	6:00pm-8:00pm	\$26.63
66122	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Jan 12-Mar 23	9:00am-11:00am	\$26.63
66121	55yrs+	Heydenshore Pavilion	10 weeks
Tue	Jan 13-Mar 17	2:00pm-4:00pm	\$26.63
66114	55yrs+	Heydenshore Pavilion	10 weeks
Tue	Jan 13-Mar 17	6:00pm-8:00pm	\$26.63
66444	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	3:00pm-5:15pm	\$26.63

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.

66123	55yrs+	Heydenshore Pavilion	10 weeks
Tue	Jan 13-Mar 17	9:00am-11:00am	\$26.63
66124	55yrs+	Heydenshore Pavilion	9 weeks

Fri	Jan 16-Mar 13	9:30am-11:30am	\$24.47
66445	55yrs+	Brooklin CC&L	10 weeks
Tue	Jan 13-Mar 17	12:30pm-2:45pm	\$26.63
66446	55yrs+	Brooklin CC&L	10 weeks
Fri	Jan 16-Mar 20	8:00am-10:00am	\$26.63

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.

66112	55yrs+	Heydenshore Pavilion	9 weeks
Fri	Jan 16-Mar 13	12:00pm-2:00pm	\$24.47
66447	55yrs+	Brooklin CC&L	10 weeks
Wed	Jan 14-Mar 18	12:30pm-2:45pm	\$26.63

Leisure Programs

Book Club

This group meets once a month and generates a stimulating discussion on a current novel. Volunteers will contact participants prior to class to provide book selections.

66427	55yrs+	Brooklin CC&L	3 Weeks
Mon	Jan 12-Apr 13	1:30pm-3:30pm	Free

Penny Bingo (%)

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

66441	55yrs+	Brooklin CC&L	1 Class
Mon	Jan 19-Jan 19	1:00pm-3:00pm	\$1.00
66480	55yrs+	Brooklin CC&L	1 Class
Mon	Feb 23-Feb 23	1:00pm-3:00pm	\$1.00
66481	55yrs+	Brooklin CC&L	1 Class
Mon	Mar 16-Mar 16	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.

65298	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	1:00pm-2:00pm	\$42.63

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.

65299	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Jan 15-Mar 19	2:15pm-3:15pm	\$42.63

Ukulele - Level 1 with Arlene (%)

This beginner class will focus on learning chords, how to read simple chord diagrams, strumming and playing songs. Ukulele is a fun, easy instrument to learn and you do not need to know how to read music to play. In fact, you'll be playing a song on the first day! Bring your own ukulele to class - either a Soprano, Concert or Tenor size (no Baritones). Price includes music booklet.

66476	55yrs+	Brooklin CC&L	8 weeks
Fri	Jan 9-Feb 27	1:30pm-2:30pm	\$34.10

Ukulele - Level 2 with Arlene (%)

This intermediate class is for those who have completed Ukulele - Level 1 or for those who know basic ukulele chords, how to strum and are able to change chords quickly. The focus will be to increase your song repertoire and chord library, develop strumming patterns and music styles, learn simple walk-ups, how to read tabs and use tools for changing the key of songs. We'll also develop your knowledge of the fretboard and different fingerings for some chords. Price includes music booklet.

66477	55yrs+	Brooklin CC&L	8 weeks
Fri	Jan 9-Feb 27	12:00pm-1:00pm	\$34.10

Wellness and Lifestyle

Communication Skills and Positive Thinking Workshop

The changes in our lives as we age include many things. There may be challenges with our own mental or physical health or the health of our partner or friends. As we try to communicate with our family and friends about how we are feeling and experiencing all these changes, practicing good communication skills becomes essential. In this workshop we will discuss: How to use the “I” message and how it can help with difficult conversations. What passive, passive-aggressive, aggressive and assertive styles look and feel like. How to use the power of positivity to improve your mental and physical health.

66502	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 30	10:00am – 11:30am	Free

Dementia and the Senses Workshop

Join the Alzheimer Society of Durham Region Services and Programs to learn about Dementia and the Senses. The workshop will focus on sensory changes that occur with aging; reflect on what a person may experience physically as they age and Identify issues related to activities of daily living and/or instrumental activities of daily living for aging clients/residents.

66500	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 6	10:00am – 11:30am	Free

Falls Prevention Workshop

Join Michelle from Qualicare for an informative and practical session, where you'll explore common risk factors for falls and provide simple, effective strategies to help you stay steady on your feet. Topics include home safety tips, exercises to improve balance and strength, medication awareness, and how to confidently move about your daily life. Whether you've had a fall or want to prevent one, this session is designed to empower you with tools and knowledge to stay active, independent, and safe.

66487	All Ages	Whitby 55+ Rec Centre	1 Class
Tue	Jan 20-Jan 20	11:00am-12:00pm	Free

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.

66501	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 20	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.

66503	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 27	10:00am – 11:30am	Free

Java Social

Join us for a FREE social workshop focused on community and connection! Java Social offers a warm, welcoming space for community members to connect and enjoy meaningful guided, themed conversations. Social interaction plays an important role in overall well-being, so bring your favourite morning beverage and join us for friendly and thoughtful discussion!

66286	55yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Jan 13-Mar 3	9:00am-10:00am	Free

Living a Healthy Life with Chronic Pain Workshop

Do you live with challenges and complications because of chronic pain? Living a Healthy Life with Chronic Pain is a free workshop series that helps people better cope with pain symptoms and activities of daily life. Learn tools like pacing and planning, managing fatigue, effective communication skills, and working in partnership with your healthcare providers. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD or MP3 audio file. Presented by Ontario Health at Home.

66498	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Jan 22-Feb 26	9:30am – 12:00pm	Free

What is Dementia Workshop

Join the Alzheimer Society of Durham Region to learn about dementia. They will discuss the brain, normal aging versus not normal, what is dementia, the risk factors of dementia, brain health and dispelling common myths.

66499	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Feb 20	10:00am – 11:30am	Free

Special Events

Line Dance Mini-Workshop with Karen (%)

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

65222	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Jan 16-Jan 16	6:00pm-8:00pm	\$5.00
65223	55yrs+	Whitby 55+ Rec Centre	1 Class
Fri	Mar 6-Mar 6	6:00pm-8:00pm	\$5.00

Warm Your Body and Soul - Yoga Relax and Restore (%)

Beat the winter chill of January and join us for one of these two Yoga programs that are sure to "warm your body and soul." Dennis will lead you through a class that will generate stretching and comfort to your muscles, bring peace and calmness to your mind and warmth to your body and soul. Bring your favourite mug to enjoy a cup of hot chocolate before you venture home in complete relaxation. Exercise mats are available for use, or if desired you can bring your own yoga mat to class. You may register for only one of these two events.

65230	55yrs+	Whitby 55+ Rec Centre	1 Class
Thu	Jan 22-Jan 22	6:00pm-7:00pm	\$4.00

Warm Your Body and Soul - Yoga Stretch (%)

Beat the winter chill of January and join us for one of these two Yoga programs that are sure to "warm your body and soul." Dennis will lead you through a class that will generate stretching and comfort to your muscles, bring peace and calmness to your mind and warmth to your body and soul. Bring your favourite mug to enjoy a cup of hot chocolate before you venture home in complete relaxation. Exercise mats are available

for use, or if desired you can bring your own yoga mat to class. You may register for only one of these two events.

65231	55yrs+	Whitby 55+ Rec Centre	1 Class
Thu	Jan 22-Jan 22	7:15pm-8:15pm	\$4.00

Game of Clue - The Crystal Ball Conspiracy

In partnership with the Whitby Public Library, we invite you to our first "Game of Clue: The Crystal Ball Conspiracy." A mystical reimagining of the classic whodunit. Madame Magdalena, a famous tarot card reader, is found dead in her parlor, and it's your job to unlock the clues and solve the murder. Gather your clues. Interpret the signs. Trust no one.

66098	55yrs+	Whitby 55+ Rec Centre	1 Day
Fri	Jan 23-Jan 23	6:00pm-7:30pm	Free

Indoor Golf (%)

Join us for some fun at Mulligans Golf Simulator! Enjoy light refreshments while golfing various courses of your choice. Please note that participants are responsible for their own transportation to Mulligans. Please register and have a valid 55+ Membership.

66297	55yrs+	Mulligans Indoor Golf	1 Day
Thu	Feb 12-Feb 12	11:00am-1:00pm	\$15.00
66298	55yrs+	Mulligans Indoor Golf	1 Day
Thu	Mar 12-Mar 12	11:00am-1:00pm	\$15.00

"Love Through the Decades" Valentine's Dance (%)

Join us for a special Valentine's Day afternoon as we dance through the decades - from the rockin' 50s to the funky 80s. Enjoy timeless tunes, light refreshments and great company. Dress in your favourite era's fashion and relive the magic of your favourite musical moments. Whitby 55+ Rec Centre. Pre-registration is required.

65533	55yrs+	Whitby 55+ Rec Centre	1 Day
Fri	Feb 13-Feb 13	2:00pm-4:00pm	\$15.00

St. Patrick's Day Social (%)

Put on your green and join us for an afternoon of fun, friends and festivities. Enjoy lively music, dancing and light refreshments as we celebrate the luck of the Irish. Pre-registration is required. 55+ Recreation Centre

65542	55yrs+	Whitby 55+ Rec Centre	1 Day
-----------------------	--------	-----------------------	-------

Fri	Mar 13-Mar 13	2:00pm-4:00pm	\$15.00
-----	---------------	---------------	---------

Station Gallery Programs

Art Workshops -Adults

AAW - Bookbinding

Learn traditional and creative bookbinding techniques to make your own handmade journals and art books. Explore stitching, folding, and design while creating a beautiful, functional artwork perfect for writing, sketching, or gifting.

66554	16yrs+	Station Gallery	2 weeks
Thu	Feb 26-Mar 5	6:30pm-8:30pm	\$80/\$85

AAW - Brushes & Beverages: Paint Night at SG

Unleash your creativity at Paint Night! Join us for an evening of artistic expression as you paint, sip, and socialize with friends. Our friendly instructors will help you create your own masterpiece in a fun and relaxed atmosphere in the Station Gallery studios!

66511	19yrs+	Station Gallery	1 class
Fri	Jan 16-Jan 16	7:00pm-9:00pm	\$45/\$50
66512	19yrs+	Station Gallery	1 class
Fri	Feb 20-Feb 20	7:00pm-9:00pm	\$45/\$50
66555	19yrs+	Station Gallery	1 class
Thu	Mar 19-Mar 19	7:00pm-9:00pm	\$45/\$50

AAW - Fused Glass: Valentine's Workshop

In this fun and relaxed fused glass workshop, you'll design and assemble a Valentine's-themed glass creation – perfect for a gift or keepsake. Learn the basics of glass cutting, layering, and colour composition while working safely with high-quality materials.

66553	16yrs+	Station Gallery	1 class
Sat	Feb 7-Feb 7	1:00pm-2:30pm	\$65/\$70

AAW - Intro to Watercolour Pencils

Discover the versatility and beauty of watercolour pencils in this beginner-friendly class. Under expert guidance, you'll explore techniques for blending, layering, and creating depth and vibrancy in your artwork. Using a provided project outline, you'll experiment

with colour, texture, and wash effects, gaining confidence with this expressive medium. No prior drawing experience is needed—this class is designed for anyone curious to try watercolour pencils. By the end, you'll leave with a completed piece and the skills to continue creating vibrant watercolour pencil art on your own.

66535	16yrs+	Station Gallery	1 class
Sun	Mar 8-Mar 8	12:00pm-2:30pm	\$60/\$65

AAW - New Years' Vision Boards

Start the new year with intention by creating a collage to represent your 2026 goals and dreams! In this reflective and creative workshop, you'll use magazines, images, and mixed media materials to craft a personalized vision board that captures what you hope to invite into your life in the year ahead.

66551	16yrs+	Station Gallery	1 class
Sat	Jan 3-Jan 3	1:00pm-3:00pm	\$50/\$55

AAW - Surrealist Painting

Explore the dreamlike world of Surrealist painting! In this workshop, you will learn to transform ordinary landscapes using symbolism, distortion, and imagination. Working from provided or personal reference images, you will complete an expressive landscape that blurs the lines between reality and fantasy.

66549	16yrs+	Station Gallery	1 class
Sat	Feb 28-Feb 28	12:30pm-3:30pm	\$70/\$75

AAW - Still-Life Drawing

A dynamic still-life drawing workshop where you'll bring everyday objects to life through line, light, and shadow. Explore composition, shading, and texture to create striking drawings. Perfect for artists eager to improve their skills.

66550	16yrs+	Station Gallery	1 class
Sat	Jan 31-Jan 31	12:30pm-3:30pm	\$70/\$75

Visual Arts

AAC - 3D Printing with Mike

Discover the possibilities of 3D printing in this hands-on introductory course. In addition to learning about real-world applications of 3D printing technology, students will develop their own skills in TinkerCAD, a user-friendly online software. Participants will create

their own digital models and see them transformed into physical objects, including keychains, figurines, or small decorative items to proudly take home.

65418	16yrs+	Station Gallery	4 weeks
Thu	Feb 26-Mar 19	7:00pm-9:00pm	\$170/\$180

AAC - Abstract Landscape Painting with Randy

Break free from realism and reimagine the landscape through shape, colour, and texture! Working from a reference photo, you will experiment with layering, composition, and bold visual choices to create an expressive, stylized landscape. Through demonstration and discussion, you'll build foundational skills while embracing creativity, risk-taking, and your unique artistic voice. Perfect for artists looking to loosen their style and expand their creative toolkit.

65419	16yrs+	Station Gallery	6 weeks
Fri	Jan 16-Feb 20	7:00pm-9:00pm	\$210/\$225

AAC - Acrylic Painting

Join us for a six-week acrylic painting course designed for adults of all skill levels – even those who have never painted before! Participants will explore colour mixing, brushwork, and layering, alongside colour theory, while experimenting with a variety of styles. Students will work through guided exercises and will have the chance to create a personal project toward the end of the session. Instructors will ensure that both absolute beginners and experienced painters develop technical skills, artistic confidence, and a deeper understanding of composition and colour.

65420	16yrs+	Station Gallery	6 weeks
Tue	Jan 13-Feb 17	7:00pm-9:00pm	\$190/\$200
65421	16yrs+	Station Gallery	6 weeks
Wed	Jan 14-Feb 18	1:00pm-3:00pm	\$190/\$200

AAC - Art is Therapy with Bobby McBride

The Art is Therapy program at Station Gallery introduces the principles of mindfulness, demonstrating how these can be incorporated into the visual arts. Using simple, relaxing, and meditative art activities, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm. 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.

65422	16yrs+	Station Gallery	4 weeks
Tue	Feb 3-Mar 3	7:00pm-9:00pm	\$85/\$90

AAC - Beginner Watercolour Painting with Dianne

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

65423	16yrs+	Station Gallery	4 weeks
Tue	Jan 13-Feb 3	12:00pm-2:00pm	\$165/\$175

AAC - Crochet with Chelsea Frenette

Discover the joy of crochet in this fun, beginner-friendly class! Each week you'll learn a new stitch while working on cute, practical projects provided by your instructor. You'll also learn how to read patterns, sew in ends, and build the skills to keep creating at home. More than just learning techniques, this class is a great opportunity to chat with fellow makers, share tips, and enjoy the relaxing rhythm of crochet in our cozy Patron's Lounge.

65424	12yrs+	Station Gallery	6 weeks
Sun	Jan 18-Mar 1	1:00pm-3:00pm	\$190/\$200

AAC - Drawing Explorations with Ivana

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

66534	16yrs+	Station Gallery	6 weeks
Thu	Jan 15-Feb 19	6:30pm-8:30pm	\$190/\$200

AAC - Figure Drawing with Gavin

Discover the art of figure drawing through live model sessions! You'll develop key skills in anatomy, proportion, gesture, and tonal shading while creating expressive charcoal or conte sketches. Guided by an experienced instructor, participants will receive feedback to refine technique as they work through short sketches and extended drawings. Models may be clothed or unclothed, offering varied study opportunities and a comprehensive understanding of the human form.

65425	18yrs+	Station Gallery	6 weeks
Sun	Jan 11-Feb 22	1:30pm-3:30pm	\$190/\$200

AAC - Hand Building Pottery: Level 1 with Paulette

In this class, we provide students with fundamental knowledge and skills in hand-building pottery. You'll explore methods like pinching, coiling, and slabbing, as well as decorating techniques such as appliqué, cut-outs, and sgraffito. Each session combines guided instruction with independent practice, allowing participants to develop technical skills while experimenting with personal creative ideas. In the final session, students will learn about the applications of glaze and underglaze, to add a colourful, glossy finish to their artworks. After kiln-firing, students will take home a plethora of functional and decorative sculptures!

65426	16yrs+	Station Gallery	6 weeks
Thu	Jan 29-Mar 5	1:30pm-3:30pm	\$255/\$270
65427	16yrs+	Station Gallery	6 weeks
Thu	Jan 29-Mar 5	6:30pm-8:30pm	\$255/\$270

AAC - Hand Building Pottery: Level 2 with Paulette

Ready to take your pottery skills to the next level? This class is designed for intermediate students to build on foundational knowledge and explore new techniques in hand building pottery. Participants will refine techniques such as pinching, coiling, and slabbing while exploring more intricate decorative methods. Each session combines guided demonstrations with independent creative time, allowing students to experiment and push their personal artistic style. In the final session, participants will use glaze and underglaze to enhance the colour and finish of their pieces. After kiln-firing, students take home a collection of sophisticated functional and decorative pottery, showcasing their skill development and creativity.

65428	16yrs+	Station Gallery	6 weeks
Tue	Jan 27-Mar 3	6:30pm-8:30pm	\$255/\$270

AAC - Open Studio

Work alongside, and be inspired by, other practicing artists from the community in this drop-in program. Station Gallery Patrons are welcome to drop by anytime between 10am and 3pm to spend the day creating in our spacious, well-lit studios. This is a great opportunity to develop personal artworks at your own pace! Open Studio now runs every Monday from September through May, excluding holidays. For SG Patrons only; patron cards can be purchased at the gallery. Bring your own materials.

65430	16yrs+	Station Gallery	17 weeks
Mon	Jan 5-May 25	10:00am-3:00pm	Free

AAC - Pen, Ink, & Watercolour Wash with Patrick

Discover the expressive possibilities of combining pen, ink, and watercolour. This course explores how line and wash can work together to capture landscapes, seascapes, wildlife, and still-life subjects with energy and depth. You'll learn drawing and inking techniques to create structure and detail, then layer watercolour washes for colour, atmosphere, and mood. Demonstrations and guided exercises will help you develop both control and freedom with the materials, while plenty of creative time encourages personal exploration. Perfect for anyone who loves the immediacy of sketching and the luminous quality of watercolour.

65431	16yrs+	Station Gallery	6 weeks
Thu	Jan 15-Feb 19	7:00pm-9:00pm	\$190/\$200

AAC - Pottery Open Studio with Paulette

This course is designed for experienced ceramicists 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, wheel throwing, glazing, or mixed methods. 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 environment to improve your skills and develop your artistic voice.

65432	16yrs+	Station Gallery	6 weeks
Tue	Jan 27-Mar 3	1:30pm-3:30pm	\$285/\$300

AAC - Pottery Wheel Level 1

In this class, students will learn the fundamentals of working with clay on the pottery wheel. You'll learn to wedge, center, open, and throw clay to develop functional pieces like mugs, vases, and dishes. Glazing techniques will be explored in the final class, and pieces will be kiln-fired for you to take home and enjoy!

66308	16yrs+	Station Gallery	6 weeks
Mon	Jan 12-Feb 23	10:00am-12:00pm	\$285/\$300
65433	16yrs+	Station Gallery	6 weeks
Fri	Jan 16-Feb 20	1:30pm-3:30pm	\$285/\$300
65434	16yrs+	Station Gallery	6 weeks
Fri	Jan 16-Feb 20	6:00pm-8:00pm	\$285/\$300

AAC - Pottery Wheel Level 2 with Sarah

If you've tried your hand at the pottery wheel and feel comfortable centering clay, this class is the perfect next step! Explore advanced throwing techniques while experimenting with surface decoration, texture, and glazing. Each session combines hands-on practice with personalized guidance, giving you the freedom to try new ideas and push your skills. By the end, you'll leave with a deeper understanding of the wheel and a collection of one-of-a-kind ceramic pieces you can be proud of.

65436	16yrs+	Station Gallery	6 weeks
Mon	Jan 12-Feb 23	1:00pm-4:00pm	\$330/\$350

AAC – Tribal Art of India

Journey into the vibrant world of India's tribal artforms! Explore the Gond and Warli painting styles – each with their own visual language, materials, and stories rooted in India's tribal and folk communities. Through guided lessons and hands-on practice, you'll learn the characteristic motifs, patterns, and techniques of each style while creating your own series of artworks inspired by these cultural traditions. This class welcomes learners of all backgrounds. No prior experience or cultural knowledge is required, just curiosity and a love of art!

66533	16yrs+	Station Gallery	6 weeks
Tues	Jan 13-Feb 17	6:30pm-8:30pm	\$190/\$200

AAC - Watercolour Explorations with Hi-Sook

In these beginner-friendly courses, you'll explore the fundamentals of watercolour through guided exercises and creative projects. The instructor will demonstrate how to develop a painting step-by-step, helping you build confidence with techniques like washes, blending, and brush control. The January session will focus on landscapes, and the February session will focus on florals!

66489	16yrs+	Station Gallery	3 weeks
Sat	Jan 10-Jan 24	1:00pm-3:00pm	\$140/\$150
66490	16yrs+	Station Gallery	3 weeks
Sat	Feb 21-Mar 7	1:00pm-3:00pm	\$140/\$150

Children

Camps

PDMC - March Break Camp

Station Gallery is the place to be this March Break! At our art camp, students will experiment with a wide range of techniques in painting, drawing, and mixed media creation. Guided by artist instructors, campers will discover their own artistic style through imaginative projects and hands-on experiences each day. What does a day at camp look like? Each day, our young artists will develop a new project from start to finish. We have 4 periods of artmaking, separated by two snack breaks and a 1-hour lunch. We will practice using new artistic mediums and techniques each day, culminating in 5 special artworks that students will proudly show off at the Camper Showcase on Friday afternoon!

66307	4-7yrs	Station Gallery	5 weeks
Mon-Fri	Mar 16-Mar 20	9:00am-4:00pm	\$230/\$250
66310	4-7yrs	Station Gallery	5 weeks
Mon-Fri	Mar 16-Mar 20	9:00am-4:00pm	\$230/\$250
66309	8-12yrs	Station Gallery	5 weeks
Mon-Fri	Mar 16-Mar 20	9:00am-4:00pm	\$230/\$250

Kids Art Classes

KAC - Artscapes

Artscapes is a hands-on multimedia program designed to help our students discover what artforms excite them most! Each week, students will experiment with a new medium—ranging from painting and drawing to collage and sculpture. By working with a variety of tools and techniques, students can explore their own interests while building skills across different artforms. All projects are designed to be completed within one or two classes, so students will get to bring home new artworks each week! Guided by encouraging instructors, Artscapes gives young artists the chance to meet new friends, take creative risks, and gain confidence in expressing themselves.

65439	8-12yrs	Station Gallery	6 weeks
Fri	Jan 16-Feb 20	4:15pm-6:15pm	\$165/\$175
66531	8-12yrs	Station Gallery	6 weeks
Sun	Jan 11-Feb 22	1:30pm-3:30pm	\$165/\$175

KAC - Artventure

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! The focus is on experimentation and discovery as we combine traditional methods with playful decorative techniques. 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!

65443	4-7yrs	Station Gallery	6 weeks
Tue	Jan 13-Feb 17	4:15pm-5:15pm	\$130/\$140
65441	4-7yrs	Station Gallery	6 weeks
Thu	Jan 15-Feb 19	4:15pm-5:15pm	\$130/\$140
65440	4-7yrs	Station Gallery	6 weeks
Sat	Jan 10-Feb 21	10:30am-11:30am	\$130/\$140
65442	4-7yrs	Station Gallery	6 weeks
Sun	Jan 11-Feb 22	10:30am-11:30am	\$130/\$140

KAC - Exploring Paint with Varshitha

This class invites young artists to explore painting through a variety of materials, including acrylics, watercolours, and mixed media. Each week, students practice techniques such as layering, blending, colour mixing, and brushwork while working on guided projects. Alongside structured instruction, there's room for creative choice, allowing participants to develop their own style and discover which approaches resonate most with them. By experimenting with different paints and surfaces, students expand their skills beyond drawing and gain confidence in bringing their ideas to life on canvas and paper.

65444	8-12yrs	Station Gallery	6 weeks
Sat	Jan 10-Feb 21	1:00pm-3:00pm	\$165/\$175

KAC - Fun with Clay with Kat

In this beginner-friendly class, young artists will develop a collection of hand-built pottery projects. Participants will learn to use tools and hand-building techniques to shape clay into decorative and functional objects, exploring form, texture, and surface design. Each project is designed to encourage creativity while developing fine motor skills and an understanding of three-dimensional art. In the final classes, students will have the opportunity to paint their pottery creations before taking their artworks home to enjoy. This class is a great way to explore your creativity, learn new skills, and have fun with clay!

65445	8-12yrs	Station Gallery	6 weeks
Thu	Jan 15-Feb 19	4:15pm-6:15pm	\$165/\$175

KAC - Kids 3D Printing: Advanced, with Mike

Take your 3D printing skills to the next level! In this class, students will delve deeper into the world of 3D printing and design using TinkerCAD. With a smaller class size, students will have the opportunity to refine their design skills under the guidance of their instructor, allowing them to design and print new, complex models such as articulated creatures to bring home and enjoy.

65446	8-12yrs	Station Gallery	4 weeks
Sun	Jan 11-Feb 1	2:00pm-4:00pm	\$155/\$165
65450	8-12yrs	Station Gallery	4 weeks
Sun	Feb 8-Mar 8	2:00pm-4:00pm	\$155/\$165

KAC - Kids 3D Printing: Beginner, with Mike

Embark on an exciting journey into the world of 3D printing! Guided by their instructor, students will explore the newest 3D printing technology and its applications in the real world. Participants will use the online software, TinkerCAD, to create 3D printed keepsakes such as keychains and figurines that they can take home and proudly display. Along the way, participants build computer literacy and spatial awareness skills as they transform digital designs into tangible objects, watching their designs come to life!

65451	8-12yrs	Station Gallery	4 weeks
Sun	Jan 11-Feb 1	11:00am-1:00pm	\$150/\$160
65447	8-12yrs	Station Gallery	4 weeks
Sun	Feb 8-Mar 8	11:00am-1:00pm	\$150/\$160

KAC - Let's Draw!

Let's learn to draw together! In this beginner drawing course, participants will explore various shading techniques, cartooning styles, and drawing from observation. Skills will be developed through a variety of fun and engaging activities as well as instructor-led demonstrations. As one of the foundational skills in art, this class will help students develop techniques to support their creative growth for years to come!

65448	8-12yrs	Station Gallery	6 weeks
Tue	Jan 13-Feb 17	4:15pm-5:15pm	\$125/\$135

Family

Art Workshops

FAW – Brushes & Beverages: Family Edition!

Join us for an afternoon of artistic expression as you paint, sip, and enjoy some time with your loved ones. Our friendly instructors will help you create your own masterpieces in a fun and relaxed atmosphere in the Station Gallery studios.

66513	8yrs+	Station Gallery	1 class
Sat	Feb 14-Feb 14	1:00pm-2:30pm	\$45/\$50

FAW – Fused Glass: Family Portrait

Create a one-of-a-kind family portrait in fused glass! Learn simple cutting and layering techniques while working together to design a colourful piece that reflects your family's personality. A fun, hands-on activity for all ages!

66553	6yrs+	Station Gallery	1 class
Sun	Feb 15-Feb 15	1:00pm-2:30pm	\$65/\$70

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!

65449	2-4yrs	Station Gallery	6 weeks
Sat	Jan 10-Feb 21	10:30am-11:15am	\$115/\$125

Youth

Youth Art Classes

YAC – Comic Art with Brad

Are you ready to explore the exciting world of cartooning and illustrating? In this class, you'll learn how to create dynamic characters, design engaging panels, and craft visual

narratives that captivate readers. Explore techniques in storyboarding, composition, pacing, dialogue, and expressive illustration to make your comics come alive. Whether you're developing an original superhero, slice-of-life comic, or fantasy adventure, you'll receive personalized feedback to help refine your art style and storytelling voice.

66532	11-15yrs	Station Gallery	6 weeks
Sat	Jan 10-Feb 21	1:30pm-3:30pm	\$175/\$185

AAC - Crochet with Chelsea Frenette

Discover the joy of crochet in this fun, beginner-friendly class! Each week you'll learn a new stitch while working on cute, practical projects provided by your instructor. You'll also learn how to read patterns, sew in ends, and build the skills to keep creating at home. More than just learning techniques, this class is a great opportunity to chat with fellow makers, share tips, and enjoy the relaxing rhythm of crochet in our cozy Patron's Lounge.

65424	12yrs+	Station Gallery	6 weeks
Sun	Jan 18-Mar 1	1:00pm-3:00pm	\$190/\$200

YAC – Youth Pottery Wheel with Carol

In this class, students will learn the fundamentals of working with clay on the pottery wheel. You'll learn to wedge, center, open, and throw clay to develop functional pieces like mugs, vases, and dishes. Glazing techniques will be explored in the final class, and pieces will be kiln-fired for you to take home and enjoy!

66510	11-15yrs	Station Gallery	6 weeks
Sat	Jan 10-Feb 21	10:30pm-12:30pm	\$285/\$300

Youth Art Workshops

Brushes & Beverages: Teen Edition!

Unleash your creativity at Paint Night! Join us for an evening of artistic expression as you paint, sip, and socialize with friends. Our friendly instructors will help you create your own masterpiece the fun and relaxed atmosphere of the Station Gallery studios.

66516	13-18yrs	Station Gallery	1 class
Fri	Jan 23-Jan 23	7:00pm-9:00pm	\$45/\$50