

Spring 2026 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy - Recreation Programs and Memberships

Program Cancellations:

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

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

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

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

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

Membership Cancellations:

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

Missed Classes

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

How to Request a Refund, Withdrawal or Program Transfer

Refund Requests:

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

Program Transfers:

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

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

55+ Programs

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

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Preschool Programs

General Interest

ABC Come learn with me (%)

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

<u>66831</u>	30mos-4yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	11:30am-12:15pm	\$92.28

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.

<u>66832</u>	30mos-4yrs	Whitby Civic Rec Complex	5 weeks
Tue	Apr 7-May 5	5:30pm-7:00pm	\$69.21

Family Fun Fridays (%)

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

<u>68116</u>	18mos-5yrs	Whitby Civic Rec Complex	5 weeks
Fri	Apr 10-May 8	9:15am-10:45am	\$69.21

Family Fun Fridays (%)

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

<u>68117</u>	18mos-5yrs	Whitby Civic Rec Complex	5 weeks
Fri	May 15-Jun 12	9:15am-10:45am	\$69.21

Intro to Ready for School (%)

This gentle, play-based program bridges the gap between Parent & Tot programs and school readiness programs. Through music, movement, art, and sensory exploration, children gain confidence, practice simple routines, and build social skills in a nurturing, supportive environment.

<u>67926</u>	30mos-4yrs	Brooklin CC&L	10 weeks
Tues	Apr 7-Jun 9	10:00am-11:00am	\$92.28

Intro to Ready for School (%)

This gentle, play-based program bridges the gap between Parent & Tot programs and school readiness programs. Through music, movement, art, and sensory exploration, children gain confidence, practice simple routines, and build social skills in a nurturing, supportive environment.

<u>66772</u>	30mos-4yrs	Brooklin CC&L	10 weeks
Thu	Apr 9-Jun 11	10:00am-11:00am	\$92.28

Learning Adventures - Dino Discoveries (%)

Step back in time for a roaring good adventure. Each week little paleontologists will dig, explore and discover the prehistoric work of dinosaurs through sensory play, simple STEM experiments and creative crafts. Circle time and free play is included in this program.

<u>66776</u>	3-5yrs	Brooklin CC&L	5 weeks
Mon	Apr 13-May 11	5:30pm-7:00pm	\$69.21

Learning Adventures - Fun at the Farm (%)

Children will learn about all the animals at the farm through sensory play, artwork, and stories. Circle time and free play is included in this program.

<u>66777</u>	3-5yrs	Brooklin CC&L	5 weeks
Mon	May 25-Jun 22	5:30pm-7:00pm	\$69.21

Messy Family Fun (%)

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

<u>66778</u>	18mos-5yrs	Brooklin CC&L	10 weeks
Fri	Apr 10-Jun 12	9:15am-10:00am	\$92.28

Paint and Play (%)

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

<u>66833</u>	30mos-4yrs	Whitby Civic Rec Complex	5 weeks
Tue	May 12-Jun 9	5:30pm-7:00pm	\$69.21

Parent and Tot ABC's and 123's (%)

Each week focuses on different letters and numbers through crafts, stories, songs, movement, and play in a fun, family-friendly environment.

<u>67981</u>	18mos-5yrs	Brooklin CC&L	10 weeks
Wed	Apr 8-Jun 10	11:30am-12:30pm	\$92.28

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.

<u>66779</u>	18mos-5yrs	Brooklin CC&L	10 weeks
Mon	Apr 13-Jun 22	11:30am-12:15pm	\$92.28

Parent and 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.

<u>66837</u>	30mos-4yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	11:30am-12:15pm	\$92.28

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!

<u>66834</u>	30mos-4yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	9:15am-11:15am	\$184.55

Ready for School (%)

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

<u>66781</u>	3-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Apr 8-Jun 17	9:15am-11:15am	\$369.10
<u>66835</u>	3-5yrs	Whitby Civic Rec Complex	20 classes
Mon,Wed	Apr 8-Jun 17	9:15am-11:15am	\$369.10

Parent and Tot Movers and Shakers (%)

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

<u>66836</u>	30mos-4yrs	Whitby Civic Rec Complex	20 classes
Tue	Apr 7-Jun 9	11:30am-12:15pm	\$92.28

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.

<u>66904</u>	3-5yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	10:15am-10:55am	\$76.12

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.

<u>66906</u>	3-5yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	11:45am-12:25pm	\$76.12

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.

<u>66905</u>	2-3yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	11:00am-11:40am	\$76.12

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.

<u>66903</u>	2-4yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	9:30am-10:10am	\$76.12

Children's Program

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.

<u>66643</u>	4-6yrs	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	4:30pm-5:25pm	\$93.45
<u>66644</u>	4-6yrs	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	5:30pm-6:25pm	\$93.45
<u>66652</u>	4-6yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:55am	\$93.45

Taekwondo 7-11 YRS

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

<u>66653</u>	7-11yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:55am	\$93.45
<u>66645</u>	7-11yrs	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	6:30pm-7:25pm	\$93.45
<u>66646</u>	7-11yrs	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	7:30pm-8:25pm	\$93.45

Computer & Technology

Engineering For Kids - Harmonic Quest (#@%)

Young learners dive into the exciting world of acoustical engineering through hands-on projects and interactive digital experiences. Students will explore how sound is created, measured, and manipulated as they experiment with pitch, frequency, volume and vibrations. Whether building simple instruments, analyzing sound waves, or using creative tech tools, students will develop a foundational understanding of how sound works, and how engineers use that knowledge to design everything from musical instruments to sound systems. Harmonic Quest blends physical creation with digital discovery to spark curiosity and creativity!

<u>66988</u>	4-7yrs	Brooklin CC&L	6 weeks
Thu	May 7-Jun 11	5:30pm-6:30pm	\$210.00

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

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

<u>67309</u>	8-12yrs	McKinney Centre	6 weeks
Mon	May 11-Jun 22	7:00pm-8:00pm	\$228.00

Engineering For Kids - Junior Inventors' Workshop (#@%)

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

<u>66771</u>	4-7yrs	Brooklin CC&L	6 weeks
Thu	Mar 26-Apr 30	5:30pm-6:30pm	\$210.00

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

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

<u>67308</u>	4-7yrs	McKinney Centre	6 weeks
Mon	May 11-Jun 22	5:30pm-6:30pm	\$210.00

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

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

<u>66987</u>	8-12yrs	Brooklin CC&L	6 weeks
Thu	Mar 26-Apr 30	7:00pm-8:00pm	\$228.00

Engineering For Kids - RoboGames - Lego® Spike Prime (#@%)

Welcome to the RoboGames Carnival, a place where robots can have fun, compete, and go on exciting adventures. In this class, students will build their own robot using the LEGO® Spike Prime robotics kit. They will learn the basics of block coding and learn to wire and program touch sensors, color sensors, and distance sensors. Finally, they will use the EFK Engineering Design Process to complete exciting, carnival-themed challenges and competitions.

<u>66989</u>	8-12yrs	Brooklin CC&L	6 weeks
Thu	May 7-Jun 11	7:00pm-8:00pm	\$228.00

Engineering For Kids - Springtime Spectacular (#@%)

The Springtime Spectacular curriculum is all about exploring the engineering concepts related to the transformation as the world comes back to life after winter. Students will dive into the changing weather patterns of spring—looking at how wind and rain play a role—and discover how longer days and warmer temperatures trigger the blooming of flowers, the sprouting of fresh leaves, and all the other signs of spring’s arrival.

<u>66990</u>	4-7yrs	McKinney Centre	6 weeks
Mon	Mar 23-May 4	5:30pm-6:30pm	\$210.00

Engineering For Kids - Up, Up and Away! (#@%)

Blast off for adventure in this exciting week of aerospace engineering! Students will learn about the forces of flight and the mechanical components of airplanes, rockets, helicopters, and landing gear. They will explore concepts such as inertia, propulsion, lift, thrust, drag, gravity, and trajectory. Students will apply the EFK Engineering Design Process as they soar through inspiring, hands-on engineering challenges. Join us for this fun-filled, high-flying adventure!

<u>66991</u>	8-12yrs	McKinney Centre	6 weeks
Mon	Mar 23-May 4	7:00pm-8:00pm	\$228.00

Engineering For Kids PA Day - Marble Roller Coaster (#@%)

Students will have a blast exploring the basic mechanics of roller coasters during this camp. Student pairs will design and construct various marble roller coaster tracks. They will experiment adjusting the height of the start of the track to achieve various results, including a loop! By the end of the day, they will be familiar with gravity, potential energy, and kinetic energy. This is a fun and challenging workshop they won't want to miss!

<u>65368</u>	4-7yrs	McKinney Centre	1 class
Fri	Jun 5-Jun 5	9:00am-4:00pm	\$75.00

Engineering For Kids PA Day - Eco Heroes (#@%)

Join us for an exciting journey into environmental engineering with Eco Heroes! Kids will become problem-solving champions as they tackle real-world challenges and design innovative solutions to protect our planet. Through hands-on experiments and creative engineering projects, they'll discover the power of sustainability and the impact of their

ideas. Get ready to spark curiosity, inspire change, and empower the next generation of environmental innovators!

<u>65369</u>	4-7yrs	McKinney Centre	1 class
Fri	Jun 26-Jun 26	9:00am-4:00pm	\$75.00

Engineering For Kids PA Day -Smart Systems Lab (#@%)

During this lesson students take on the role of industrial engineers as they design a machine that sorts balls of different sizes. Working with a partner, they use simple materials to build, test and refine a sorting system. This hands-on challenge encourages creative problem solving and introduces students to key concepts in industrial engineering. Students will also build a conveyor belt system. Using basic materials, they explore how rollers and surfaces affect movement and efficiency. Students test, refine and improve their designs as they work to create a functional conveyor belt that can transport objects across a set distance. This lesson introduces key engineering principles and highlights how machines improves processes in industrial settings.

<u>65367</u>	4-7yrs	Brooklin CC&L	1 class
Fri	Apr 17-Apr 17	9:00am-4:00pm	\$75.00

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

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

<u>66775</u>	8-14yrs	Brooklin CC&L	8 weeks
Wed	Apr 1-May 20	7:30pm-9:00pm	\$312.00

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.

<u>66773</u>	6-11yrs	Brooklin CC&L	8 weeks
Wed	Apr 1-May 20	4:50pm-5:50pm	\$199.00

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

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

<u>66774</u>	8-12yrs	Brooklin CC&L	8 weeks
Wed	Apr 1-May 20	5:55pm-7:25pm	\$312.00

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.

<u>66917</u>	7-9yrs	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	6:00pm-6:25pm	\$55.36

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.

<u>66918</u>	10-12yrs	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	6:30pm-7:25pm	\$107.51

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.

<u>66916</u>	6-8yrs	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	5:00pm-5:55pm	\$107.51
<u>66908</u>	6-8yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	3:00pm-3:55pm	\$98.55

Basketball – Kids

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

<u>66921</u>	9-11yrs	Brooklin CC&L	12 weeks
Thu	Apr 2-Jun 18	5:00pm-5:55pm	\$107.51
<u>66909</u>	9-11yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	4:00pm-4:55pm	\$98.55

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.

<u>66914</u>	6-8yrs	Brooklin CC&L	11 weeks
Mon	Mar 30-Jun 15	7:45pm-8:40pm	\$98.55
<u>66907</u>	6-8yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	2:00pm-2:55pm	\$98.55

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

Sportball is a high energy, non-competitive program that introduces children to eight popular sports through fun, skill-building activities. Kids develop confidence, coordination, and healthy habits while learning the fundamentals of baseball, basketball, hockey, soccer, tennis, volleyball, golf, and football.

Sportball is about more than just sports skills. We emphasize teamwork, social development, and building self esteem, creating a positive, active experience for every child. Parents are asked to remain outside of the play space to minimize distractions and separation anxiety.

<u>67296</u>	3-5yrs	Heydenshore Pavilion	11 weeks
Wed	Apr 1-Jun 10	5:30pm-6:30pm	\$233.75
<u>67297</u>	5-8yrs	Heydenshore Pavilion	11 weeks
Wed	Apr 1-Jun 10	6:30pm-7:30pm	\$233.75
<u>67299</u>	3-5yrs	Brooklin CC&L	11 weeks
Sun	Apr 12-Jun 28	9:45am-10:45am	\$233.75
<u>67300</u>	5-8yrs	Brooklin CC&L	11 weeks
Sun	Apr 12-Jun 28	10:45am-11:45am	\$233.75
<u>67301</u>	3-5yrs	Brooklin CC&L	11 weeks
Sun	Apr 12-Jun 28	11:45am-12:45pm	\$233.75

<u>67293</u>	3-5yrs	Brooklin CC&L	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:30pm	\$212.50
<u>67294</u>	5-8yrs	Brooklin CC&L	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:30pm	\$212.50

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

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

<u>67295</u>	2-3yrs	Heydenshore Pavilion	11 weeks
Wed	Apr 1-Jun 10	4:45pm-5:30pm	\$233.75
<u>67298</u>	2-3yrs	Brooklin CC&L	11 weeks
Sun	Apr 12-Jun 28	9:00am-9:45am	\$233.75
<u>67292</u>	2-3yrs	Brooklin CC&L	10 weeks
Mon	Apr 13-Jun 22	4:45pm-5:30pm	\$212.50

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

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

<u>67304</u>	3-5yrs	Whitby Civic Rec Complex	7 weeks
Thu	May 14-Jun 25	6:00pm-7:00pm	\$165.75
<u>67305</u>	3-5yrs	Whitby Civic Rec Complex	7 weeks
Thu	May 14-Jun 25	6:00pm-7:00pm	\$165.75
<u>67306</u>	5-8yrs	Whitby Civic Rec Complex	7 weeks
Thu	May 14-Jun 25	7 weeks:00pm-8:00pm	\$165.75
<u>67307</u>	5-8yrs	Whitby Civic Rec Complex	7 weeks
Thu	May 14-Jun 25	7 weeks:00pm-8:00pm	\$165.75

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

The first half of the program focuses on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. The second half of the program helps children

develop T-ball/baseball skills such as throwing, catching, correct batting form, running bases, fielding and positional play.

<u>67302</u>	2-3yrs	Whitby Civic Rec Complex	7 weeks
Thu	May 14-Jun 25	5:15pm-6:00pm	\$165.75
<u>67303</u>	2-3yrs	Whitby Civic Rec Complex	7 weeks
Thu	May 14-Jun 25	5:15pm-6:00pm	\$165.75

Youth Programs

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.

<u>67287</u>	12-18yrs	Brooklin CC&L	5 weeks
Thu	Apr 16-Jun 11	4:30pm-5:30pm	Free
<u>67291</u>	12-18yrs	McKinney Centre	5 weeks
Thu	Apr 16-Jun 11	4:30pm-5:30pm	Free

Youth First Aid & Safety

Stay Safe! Course (#@%)

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

<u>67283</u>	9-13yrs	McKinney Centre	1 class
Sat	Apr 25-Apr 25	9:00am-3:00pm	\$71.00

Youth Fitness

Teen Weight Training

Is your teen interested in working out at the gym to keep fit? This course offers youth the opportunity to workout supervised by a personal trainer in the Health Club. Participants will learn proper exercise and breathing techniques, how to design an

exercise program as well as gym etiquette. Teens will also participate in cross training activities such as spinning, interval and dryland training.

<u>66650</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:45pm	\$92.89

Youth General Interest

Game On!

Join the youth room Game On program every other Thursday for some friendly competition, interactive games and a tasty treat. Each week features a set of games to master and a chance to win a prize.

<u>67286</u>	12-18yrs	Brooklin CC&L	5 weeks
Thu	Apr 9-Jun 11	4:30pm-5:30pm	Free
<u>67290</u>	12-18yrs	McKinney Centre	5 weeks
Thu	Apr 9-Jun 11	4:30pm-5:30pm	Free

Youth Leadership and Training

Babysitting Course (#@%)

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

<u>67282</u>	11-16yrs	Brooklin CC&L	1 class
Fri	Apr 17-Apr 17	9:00am-5:00pm	\$76.00
<u>67284</u>	11-16yrs	McKinney Centre	1 class
Sat	May 23-May 23	9:00am-5:00pm	\$76.00
<u>67285</u>	11-16yrs	Brooklin CC&L	1 class
Fri	Jun 5-Jun 5	9:00am-5:00pm	\$76.00

Youth Leagues and Sporting Groups

Badminton – Youth

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

<u>66919</u>	11-15yrs	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	7:30pm-8:25pm	\$107.51

Basketball – Youth

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

<u>66922</u>	11-14yrs	Brooklin CC&L	12 weeks
Thu	Apr 2-Jun 18	6:00pm-6:55pm	\$107.51

Basketball - Youth Girls

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

<u>66910</u>	11-14yrs	Brooklin CC&L	11 weeks
Sat	Apr 11-Jun 20	5:00pm-5:55pm	\$98.55

Swimming Programs

Aquafit

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.

<u>67828</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	8:45am-9:30am	\$95.09
<u>67829</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	7:15pm-8:00pm	\$95.09
<u>67830</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	9:00am-9:45am	\$95.09

<u>67831</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	9:45am-10:30am	\$95.09
<u>67832</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	7:15pm-8:00pm	\$95.09
<u>67833</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	8:45am-9:30am	\$95.09
<u>67834</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	1:15pm-2:00pm	\$95.09
<u>66730</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	9:00am-9:45am	\$95.09
<u>67827</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	9:45am-10:30am	\$95.09

Aquafit - Deep Water

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

<u>66731</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	9:00am-9:45am	\$95.09
<u>67835</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	9:45am-10:30am	\$95.09
<u>67836</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	9:00am-9:45am	\$95.09
<u>67837</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	9:45am-10:30am	\$95.09
<u>67838</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	8:00pm-8:45pm	\$95.09
<u>67839</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	9:00am-9:45am	\$95.09
<u>67840</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	9:45am-10:30am	\$95.09

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.

<u>66732</u>	13yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	8:45am-9:30am	\$95.09

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.

<u>66700</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	7:15pm-8:00pm	\$126.25
<u>67547</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	8:00pm-8:45pm	\$126.25
<u>67648</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:30pm-8:15pm	\$126.25
<u>67649</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:30pm-9:15pm	\$126.25
<u>67650</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:30pm-9:15pm	\$126.25

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.

<u>67770</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	1:30pm-2:15pm	\$126.25
<u>67771</u>	14yrs+	Whitby Civic Rec Complex	10 weeks

Tue	Apr 7-Jun 9	1:30pm-2:15pm	\$126.25
<u>67772</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:15pm-3:00pm	\$126.25
<u>67794</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	1:30pm-2:15pm	\$126.25
<u>67795</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:15pm-3:00pm	\$126.25
<u>67820</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	1:30pm-2:15pm	\$126.25
<u>67821</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:15pm-3:00pm	\$126.25
<u>67822</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	3:00pm-3:45pm	\$126.25
<u>66675</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$126.25
<u>67280</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$126.25

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.

<u>66701</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	8:00pm-8:45pm	\$126.25
<u>67548</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	8:45pm-9:30pm	\$126.25
<u>67651</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:30pm-8:15pm	\$126.25
<u>67652</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:15pm-9:00pm	\$126.25
<u>67653</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:15pm-9:00pm	\$126.25

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.

<u>67773</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	1:30pm-2:15pm	\$126.25
<u>67774</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:15pm-3:00pm	\$126.25
<u>67796</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	1:30pm-2:15pm	\$126.25
<u>67797</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:15pm-3:00pm	\$126.25
<u>67823</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	1:30pm-2:15pm	\$126.25
<u>67824</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:15pm-3:00pm	\$126.25
<u>67825</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	3:00pm-3:45pm	\$126.25
<u>66676</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$126.25
<u>67281</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$126.25

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.

<u>66702</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	8:45pm-9:30pm	\$126.25
<u>67654</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:30pm-8:15pm	\$126.25

<u>67655</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:15pm-9:00pm	\$126.25

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.

<u>67775</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:15pm-3:00pm	\$126.25
<u>67798</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:15pm-3:00pm	\$126.25
<u>67826</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	3:00pm-3:45pm	\$126.25
<u>66677</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$126.25

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).

<u>66703</u>	15yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	8:00am-9:00am	\$126.25

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).

<u>66678</u>	15yrs+	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	4:30pm-5:30pm	\$126.25

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.

<u>66704</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	8:00pm-8:30pm	\$390.18
<u>67549</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	8:30pm-9:00pm	\$390.18
<u>67550</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	9:00pm-9:30pm	\$390.18

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.

<u>67367</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67368</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:00pm-7:30pm	\$116.89
<u>67369</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	8:00pm-8:30pm	\$116.89
<u>67397</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67398</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67399</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67400</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:30pm-8:00pm	\$116.89
<u>67424</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67425</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Thu	Apr 9-Jun 11	7:00pm-7:30pm	\$116.89
<u>67426</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	8:00pm-8:30pm	\$116.89
<u>67427</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	8:00pm-8:30pm	\$116.89
<u>67565</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67566</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67567</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:30pm	\$116.89
<u>67678</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67679</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67680</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67681</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$116.89
<u>67682</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$116.89
<u>66711</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67314</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89
<u>67315</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:30pm-8:00pm	\$116.89
<u>67316</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:00pm-8:30pm	\$116.89

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.

<u>67070</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67071</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67072</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67073</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67074</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67075</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67076</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67114</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67115</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67116</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89
<u>67117</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67118</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67119</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67120</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67121</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67122</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89

<u>67123</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67165</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67166</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67167</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67168</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67169</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67170</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67171</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67214</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67215</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67216</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67217</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67218</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67219</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67220</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67221</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67265</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks

Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67266</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67267</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67268</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67269</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67270</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67271</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67272</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67498</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67499</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67500</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67501</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67502</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67503</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>67504</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66683</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$116.89
<u>67024</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89

<u>67025</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67026</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89
<u>67027</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67028</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67029</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89

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.

<u>67370</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67371</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:00pm-7:30pm	\$116.89
<u>67372</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:00pm	\$116.89
<u>67373</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	8:00pm-8:30pm	\$116.89
<u>67401</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67402</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67403</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67404</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67405</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:30pm-8:00pm	\$116.89

<u>67428</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67429</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:00pm-7:30pm	\$116.89
<u>67430</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:00pm	\$116.89
<u>67431</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	8:00pm-8:30pm	\$116.89
<u>67569</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67570</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67571</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67720</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67721</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67722</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>67723</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:30am-1:00am	\$116.89
<u>66712</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67318</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89
<u>67319</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:30pm-8:00pm	\$116.89
<u>67320</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:00pm-8:30pm	\$116.89
<u>67321</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:00pm-8:30pm	\$116.89

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.

<u>67077</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67078</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67079</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67080</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67081</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67126</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67127</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89
<u>67128</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67129</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67130</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67131</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67132</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67133</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67172</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67173</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks

Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67174</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67175</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67176</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67177</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67222</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67223</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67224</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67225</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67226</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67227</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67273</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67274</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67275</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67276</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67277</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67278</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89

<u>67279</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67505</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67506</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67507</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67508</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67509</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67510</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66684</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$116.89
<u>67031</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89
<u>67032</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67033</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89
<u>67034</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67035</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89

Swimmer 3 – AOP

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

<u>67374</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:45pm	\$120.30

<u>67375</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:45pm-7:30pm	\$120.30
<u>67376</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:15pm	\$120.30
<u>67406</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:15pm	\$120.30
<u>67407</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:15pm-7:00pm	\$120.30
<u>67408</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:45pm	\$120.30
<u>67436</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:45pm	\$120.30
<u>67437</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:45pm-7:30pm	\$120.30
<u>67438</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:15pm	\$120.30
<u>67583</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:45am	\$120.30
<u>67584</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:45am-10:30am	\$120.30
<u>67585</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:15am	\$120.30
<u>67586</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:15am-12:00pm	\$120.30
<u>67726</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:45am	\$120.30
<u>67727</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:15am	\$120.30
<u>67728</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:15am-12:00pm	\$120.30
<u>67729</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:45pm	\$120.30
<u>66713</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Mon	Apr 13-Jun 22	5:30pm-6:15pm	\$120.30
<u>67338</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:15pm-7:00pm	\$120.30
<u>67339</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:45pm	\$120.30

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.

<u>67377</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:45pm	\$120.30
<u>67378</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:45pm-7:30pm	\$120.30
<u>67379</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:15pm	\$120.30
<u>67409</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:15pm	\$120.30
<u>67410</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:15pm-7:00pm	\$120.30
<u>67411</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:45pm	\$120.30
<u>67439</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:45pm	\$120.30
<u>67440</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:45pm-7:30pm	\$120.30
<u>67441</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:15pm	\$120.30
<u>67442</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:15pm	\$120.30
<u>67587</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:45am	\$120.30
<u>67588</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Sat	Apr 11-Jun 20	10:30am-11:15am	\$120.30
<u>67589</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:15am-12:00pm	\$120.30
<u>67590</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$120.30
<u>67731</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:45am	\$120.30
<u>67732</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:45am-10:30am	\$120.30
<u>67733</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:15am	\$120.30
<u>67734</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:15am-12:00pm	\$120.30
<u>66714</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:15pm	\$120.30
<u>67340</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:15pm-7:00pm	\$120.30
<u>67341</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:45pm	\$120.30
<u>67342</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:45pm-8:30pm	\$120.30

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.

<u>67380</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:45pm	\$120.30
<u>67381</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:45pm-7:30pm	\$120.30
<u>67382</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:15pm	\$120.30
<u>67412</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Wed	Apr 8-Jun 10	5:30pm-6:15pm	\$120.30
<u>67413</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:15pm-7:00pm	\$120.30
<u>67414</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:45pm	\$120.30
<u>67448</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:45pm	\$120.30
<u>67449</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:45pm-7:30pm	\$120.30
<u>67450</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:15pm	\$120.30
<u>67591</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:45am	\$120.30
<u>67592</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:45am-10:30am	\$120.30
<u>67593</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:15am	\$120.30
<u>67594</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$120.30
<u>67737</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:45am	\$120.30
<u>67738</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:45am-10:30am	\$120.30
<u>67739</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:15am-12:00pm	\$120.30
<u>67740</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:45pm	\$120.30
<u>66715</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:15pm	\$120.30
<u>67343</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:45pm	\$120.30
<u>67345</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:45pm-8:30pm	\$120.30

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.

<u>67383</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:45pm	\$120.30
<u>67384</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:45pm-7:30pm	\$120.30
<u>67385</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:15pm	\$120.30
<u>67415</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:15pm	\$120.30
<u>67416</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:15pm-7:00pm	\$120.30
<u>67417</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:45pm	\$120.30
<u>67452</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:45pm	\$120.30
<u>67453</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:45pm-7:30pm	\$120.30
<u>67454</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:15pm	\$120.30
<u>67595</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:45am-10:30am	\$120.30
<u>67596</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:15am-12:00pm	\$120.30
<u>67597</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:45pm	\$120.30
<u>67742</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:45am-10:30am	\$120.30
<u>67743</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Sun	Apr 12-Jun 21	10:30am-11:15am	\$120.30
<u>67744</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:45pm	\$120.30
<u>66716</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:15pm-7:00pm	\$120.30
<u>67346</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:45pm-8:30pm	\$120.30

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.

<u>67432</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$390.18
<u>67433</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$390.18
<u>67434</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:00pm-7:30pm	\$390.18
<u>67435</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:00pm	\$390.18
<u>67573</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$390.18
<u>67574</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$390.18
<u>67575</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$390.18
<u>67576</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$390.18
<u>67577</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$390.18
<u>67578</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:30pm	\$390.18

<u>67600</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$390.18
<u>67601</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$390.18
<u>67602</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$390.18
<u>67603</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$390.18
<u>67604</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$390.18
<u>67605</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$390.18
<u>67606</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$390.18
<u>67607</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$390.18
<u>67608</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$390.18
<u>67609</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$390.18
<u>67610</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$390.18
<u>67611</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$390.18
<u>67612</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$390.18
<u>67613</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$390.18
<u>67614</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$390.18
<u>67615</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$390.18
<u>67616</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks

Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$390.18
<u>67617</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$390.18
<u>67618</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$390.18
<u>67619</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$390.18
<u>67620</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$390.18
<u>67621</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$390.18
<u>67622</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$390.18
<u>67623</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$390.18
<u>67624</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$390.18
<u>67625</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$390.18
<u>67745</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$390.18
<u>67746</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$390.18
<u>67747</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$390.18
<u>67748</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$390.18
<u>67749</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$390.18
<u>66720</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$390.18
<u>67325</u>	3-14yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$390.18

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.

<u>67082</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$390.18
<u>67083</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$390.18
<u>67084</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$390.18
<u>67085</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$390.18
<u>67086</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$390.18
<u>67769</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	1:30pm-2:00pm	\$390.18
<u>67135</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67136</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67137</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67138</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67139</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67140</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67141</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67142</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:00pm-4:30pm	\$390.18
<u>67790</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks

Wed	Apr 8-Jun 10	9:30am-10:00am	\$390.18
<u>67791</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:30am-11:00am	\$390.18
<u>67792</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:30pm-3:00pm	\$390.18
<u>67178</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67179</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67180</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67181</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67182</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67183</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67184</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67185</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:00pm-4:30pm	\$390.18
<u>67186</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$390.18
<u>67187</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$390.18
<u>67188</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$390.18
<u>67189</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$390.18
<u>67190</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$390.18
<u>67229</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$390.18

<u>67230</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$390.18
<u>67231</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$390.18
<u>67816</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	10:00am-10:30am	\$390.18
<u>67817</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:30pm-3:00pm	\$390.18
<u>67511</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$390.18
<u>67512</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$390.18
<u>67513</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$390.18
<u>67514</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$390.18
<u>67515</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-1:30pm	\$390.18
<u>67516</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-1:30pm	\$390.18
<u>67517</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:30pm-2:00pm	\$390.18
<u>67518</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:30pm-2:00pm	\$390.18
<u>66688</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67036</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67037</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67038</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67039</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks

Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67040</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67041</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67042</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:00pm-4:30pm	\$390.18
<u>67043</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$390.18
<u>67044</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$390.18
<u>67045</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$390.18
<u>67046</u>	3-14yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$390.18

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.

<u>67568</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$238.36
<u>67634</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$238.36
<u>67635</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$238.36
<u>67636</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$238.36
<u>67683</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$238.36
<u>66705</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$238.36
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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.

<u>67124</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$238.36
<u>67125</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$238.36
<u>67538</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$238.36
<u>67539</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-1:30pm	\$238.36
<u>66681</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$238.36
<u>67030</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$238.36

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.

<u>67572</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$238.36
<u>67637</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$238.36
<u>67638</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$238.36
<u>67639</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$238.36
<u>67724</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$238.36

<u>66706</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$238.36

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.

<u>67134</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$238.36
<u>67228</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$238.36
<u>67540</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$238.36
<u>67541</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:30pm-2:00pm	\$238.36
<u>66682</u>	6-13yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$238.36

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.

<u>67579</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$238.36
<u>67640</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$238.36
<u>67641</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$238.36
<u>67642</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$238.36
<u>67725</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$238.36
<u>66707</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks

Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$238.36
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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.

<u>67580</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$238.36
<u>67643</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$238.36
<u>67644</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$238.36
<u>67730</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$238.36
<u>66708</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$238.36

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.

<u>67581</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$238.36
<u>67645</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$238.36
<u>67646</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:00pm-7:30pm	\$238.36
<u>67736</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$238.36
<u>66709</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:30pm-8:00pm	\$238.36

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>67582</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$238.36
<u>67647</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$238.36
<u>67741</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$238.36
<u>66710</u>	6-13yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:00pm-8:30pm	\$238.36

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.

<u>67349</u>	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67386</u>	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67551</u>	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67661</u>	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>66689</u>	4mos-12mos	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89

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.

<u>67047</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
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Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67759</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:00am-10:30am	\$116.89
<u>67761</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	1:30pm-2:00pm	\$116.89
<u>67087</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67776</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:30am-11:00am	\$116.89
<u>67777</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:30pm-3:00pm	\$116.89
<u>67143</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67191</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67799</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	9:30am-10:00am	\$116.89
<u>67800</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	1:30pm-2:00pm	\$116.89
<u>67232</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67233</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67455</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67464</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>66662</u>	4mos-12mos	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89

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.

<u>67351</u>	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67387</u>	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67552</u>	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67662</u>	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>66690</u>	12mos-24mos	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89

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.

<u>67048</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67049</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67760</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:00am-10:30am	\$116.89
<u>67762</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:00pm-2:30pm	\$116.89
<u>67088</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89
<u>67778</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:30pm-11:00pm	\$116.89
<u>67779</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:30pm-3:00pm	\$116.89
<u>67144</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67192</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67801</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks

Fri	Apr 10-Jun 12	10:30am-11:00am	\$116.89
<u>67802</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:30pm-3:00pm	\$116.89
<u>67234</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67235</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67465</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67466</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>66663</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89
<u>67007</u>	12mos-24mos	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89

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.

<u>67352</u>	12mos-36mos	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:00pm-7:30pm	\$116.89
<u>67388</u>	12mos-36mos	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67553</u>	12mos-36mos	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67663</u>	12mos-36mos	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>66691</u>	12mos-36mos	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89

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.

<u>67050</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67763</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:30am-11:00am	\$116.89
<u>67764</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:00pm-2:30pm	\$116.89
<u>67089</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>68036</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:00am-10:30am	\$116.89
<u>67780</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:00pm-2:30pm	\$116.89
<u>67145</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67193</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67194</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67803</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	10:30am-11:00am	\$116.89
<u>67804</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:30pm-3:00pm	\$116.89
<u>67236</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67237</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67467</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67468</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66664</u>	12mos-36mos	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89

Parent and Tot Water Workout (%)

Participate in this 30 minute exercise class with your little one! This class is designed to give caregivers a full body workout. Participants will incorporate their child in various water based exercises that use resistance, balance, and movement creating a fun and effective workout while supporting their child's comfort and confidence in the water. Children must be between the ages of 6 months and 2 years of age, be comfortable in the water, and able to sit up independently.

<u>67599</u>	6mos-24mos	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	11:00am-11:30am	\$116.89

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.

<u>67353</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67354</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67355</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:00pm	\$116.89
<u>67389</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67390</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67418</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67419</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67554</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67555</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67556</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:30pm	\$116.89

<u>67664</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67665</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67666</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67667</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67668</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$116.89
<u>67669</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$116.89
<u>66692</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67310</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89

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.

<u>67051</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67052</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67053</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67054</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67055</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67056</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89

<u>67765</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	9:30am-10:00am	\$116.89
<u>67766</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:00am-10:30am	\$116.89
<u>67090</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67091</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89
<u>67092</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67093</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67094</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67095</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67096</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67097</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67781</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:00am-10:30am	\$116.89
<u>67782</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	11:00am-11:30am	\$116.89
<u>67146</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67147</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67148</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67149</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67150</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67151</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67152</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67195</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67196</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67197</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67198</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67199</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67200</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67201</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67805</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	10:00am-10:30am	\$116.89
<u>67238</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67239</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67240</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67241</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67242</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67243</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89

<u>67244</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67245</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67246</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67469</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67470</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67471</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67472</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67473</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67474</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67475</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67476</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67477</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67478</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>67479</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66665</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$116.89
<u>67008</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$116.89
<u>67009</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89
<u>67010</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67011</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89
<u>67012</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67013</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89

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.

<u>67356</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67357</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:00pm-7:30pm	\$116.89
<u>67391</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67392</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67420</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67557</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67558</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67559</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67671</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67672</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks

Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>66693</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67311</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67312</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:30pm-8:00pm	\$116.89

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.

<u>67057</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:00pm	\$116.89
<u>67058</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67059</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67060</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67061</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67062</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67767</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	9:30am-10:00am	\$116.89
<u>67768</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:00am-10:30am	\$116.89
<u>67099</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67100</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89

<u>67101</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67102</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67103</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67783</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:00am-10:30am	\$116.89
<u>67153</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67154</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67155</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67156</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67157</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67158</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67202</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67203</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67204</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67205</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:00pm-6:30pm	\$116.89
<u>67206</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67806</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	10:00am-10:30am	\$116.89
<u>67247</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67248</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67249</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67250</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67251</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67252</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67253</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67254</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67255</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67480</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67481</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67482</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67483</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67484</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67485</u>	3-5yrs	Whitby Civic Rec Complex	10 week
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67486</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67487</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89

<u>67488</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66666</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$116.89
<u>67014</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89
<u>67015</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67016</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89
<u>67017</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89
<u>67018</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89

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.

<u>67358</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67360</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:00pm	\$116.89
<u>67393</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67394</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67421</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89
<u>67422</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:30pm-8:00pm	\$116.89
<u>67560</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89

<u>67561</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67562</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67674</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>66721</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89

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.

<u>67063</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67064</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67065</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67066</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:30pm-7:00pm	\$116.89
<u>67104</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89
<u>67105</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67106</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:30pm-7:00pm	\$116.89
<u>67159</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	4:30pm-5:00pm	\$116.89
<u>67160</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67161</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:00pm-6:30pm	\$116.89

<u>67207</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	4:30pm-5:00pm	\$116.89
<u>67208</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67209</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67210</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	6:30pm-7:00pm	\$116.89
<u>67256</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:30am	\$116.89
<u>67257</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67258</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67259</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:30am-11:00am	\$116.89
<u>67260</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$116.89
<u>67489</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67490</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$116.89
<u>67491</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67492</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>67493</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:00am-11:30am	\$116.89
<u>67494</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66667</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89
<u>67019</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89
<u>67020</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89
<u>67021</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89

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.

<u>67395</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Wed	Apr 8-Jun 10	7:30pm-8:00pm	\$116.89
<u>67423</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:00pm-7:30pm	\$116.89
<u>67563</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67675</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>67676</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66694</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:30pm-7:00pm	\$116.89

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.

<u>67067</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:00pm-5:30pm	\$116.89
<u>67068</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	6:00pm-6:30pm	\$116.89
<u>67108</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$116.89
<u>67109</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks

Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$116.89
<u>67110</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	6:00pm-6:30pm	\$116.89
<u>67111</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67162</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:00pm-5:30pm	\$116.89
<u>67163</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	6:30pm-7:00pm	\$116.89
<u>67211</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$116.89
<u>67261</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	10:00am-10:30am	\$116.89
<u>67262</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67495</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	9:00am-9:30am	\$116.89
<u>67496</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:00am-10:30am	\$116.89
<u>66668</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$116.89
<u>67022</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$116.89
<u>67023</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	6:00pm-6:30pm	\$116.89

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.

<u>67361</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	8:00pm-8:30pm	\$116.89
<u>67396</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks

Wed	Apr 8-Jun 10	7:30pm-8:00pm	\$116.89
<u>67564</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:30pm	\$116.89
<u>67677</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:30am-12:00pm	\$116.89
<u>66695</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	7:00pm-7:30pm	\$116.89

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.

<u>67069</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	5:30pm-6:00pm	\$116.89
<u>67112</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:30pm-6:00pm	\$116.89
<u>67113</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	7:00pm-7:30pm	\$116.89
<u>67164</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Apr 9-Jun 11	5:30pm-6:00pm	\$116.89
<u>67212</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:30pm-6:00pm	\$116.89
<u>67263</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:30am-10:00am	\$116.89
<u>67264</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$116.89
<u>67497</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$116.89
<u>66669</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$116.89

Terrific Twos

This unique program has been designed with your 2 year old in mind! This program has been created for children that have successfully completed the Parent and Tot 3 Program, are a minimum of 2 years of age, and can follow basic instructions. This is a non-parented, low ratio program that will provide an introduction to the concept of swimming with an instructor. Swimming skills will be introduced through fun activities and age-appropriate progressions. Games, songs and challenges are incorporated into each lesson. Program ratio is 1:3

<u>67598</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	9:30am-10:00am	\$116.89
<u>67753</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:00am-10:30am	\$116.89
<u>67754</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	10:30am-11:00am	\$116.89
<u>67755</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	11:00am-11:30am	\$116.89
<u>67756</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:00pm-2:30pm	\$116.89
<u>67757</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:30pm-3:00pm	\$116.89
<u>67758</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	2:30pm-3:00pm	\$116.89
<u>67784</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	9:30am-10:00am	\$116.89
<u>67785</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	9:30am-10:00am	\$116.89
<u>67786</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	10:00am-10:30am	\$116.89
<u>67787</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	11:00am-11:30am	\$116.89
<u>67788</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	1:30pm-2:00pm	\$116.89
<u>67789</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	1:30pm-2:00pm	\$116.89
<u>67807</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks

Fri	Apr 10-Jun 12	9:30am-10:00am	\$116.89
<u>67808</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	9:30am-10:00am	\$116.89
<u>67809</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	10:00am-10:30am	\$116.89
<u>67810</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	10:30am-11:00am	\$116.89
<u>67811</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	11:00am-11:30am	\$116.89
<u>67812</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	11:00am-11:30am	\$116.89
<u>67813</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	1:30pm-2:00pm	\$116.89
<u>67814</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:00pm-2:30pm	\$116.89
<u>67815</u>	2-3yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	2:00pm-2:30pm	\$116.89

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.

<u>66696</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:00am-11:30am	\$238.36
<u>67626</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$238.36
<u>67627</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$238.36
<u>67628</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$238.36
<u>67629</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks

Sat	Apr 11-Jun 20	6:30pm-7:00pm	\$238.36
<u>67670</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	9:30am-10:00am	\$238.36

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.

<u>67098</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	4:30pm-5:00pm	\$238.36
<u>67523</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$238.36
<u>67524</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:30pm-2:00pm	\$238.36
<u>66670</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	4:30pm-5:00pm	\$238.36

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.

<u>66697</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:00pm	\$238.36
<u>67630</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	4:30pm-5:00pm	\$238.36
<u>67631</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:00pm-5:30pm	\$238.36
<u>67632</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	6:00pm-6:30pm	\$238.36
<u>67673</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	10:30am-11:00am	\$238.36

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.

<u>67107</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	5:00pm-5:30pm	\$238.36
<u>67213</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	5:00pm-5:30pm	\$238.36
<u>67535</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-1:30pm	\$238.36
<u>66671</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:00pm-5:30pm	\$238.36

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.

<u>66698</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	12:00pm-12:30pm	\$238.36
<u>67633</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	5:30pm-6:00pm	\$238.36

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.

<u>67536</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$238.36
<u>67537</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-1:30pm	\$238.36
<u>66672</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Apr 13-Jun 22	5:30pm-6:00pm	\$238.36

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.

<u>66699</u>	3-5yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$238.36

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

<u>66673</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$238.36

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

<u>66674</u>	3-5yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:30pm-2:00pm	\$238.36

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.

<u>66685</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-1:00pm	\$126.25
<u>67542</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-1:00pm	\$126.25

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.

<u>67656</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:30pm-8:30pm	\$126.25
<u>66717</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:30pm-9:30pm	\$126.25

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.

<u>66686</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-1:00pm	\$126.25
<u>67543</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-1:00pm	\$126.25
<u>67544</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-2:00pm	\$126.25

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.

<u>67657</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:30pm-8:30pm	\$126.25
<u>67658</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:30pm-9:30pm	\$126.25

<u>66718</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:30pm-9:30pm	\$126.25

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.

<u>66687</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	12:00pm-1:00pm	\$126.25
<u>67545</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-2:00pm	\$126.25

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.

<u>67659</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	7:30pm-8:30pm	\$126.25
<u>67660</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Apr 11-Jun 20	8:30pm-9:30pm	\$126.25
<u>66719</u>	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	8:30pm-9:30pm	\$126.25

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.

<u>66725</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Thu	Apr 9-Jun 11	7:00pm-10:00pm	\$233.71
<u>67752</u>	14yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	11:00am-2:00pm	\$233.71

Bronze Medallion & 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.

<u>66726</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	7:00pm-10:00pm	\$224.49
<u>67751</u>	13yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:30pm-3:30pm	\$224.49

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.

<u>66727</u>	10-13yrs	Anne Ottenbrite Pool	10 weeks
Fri	Apr 10-Jun 12	7:00pm-8:00pm	\$125.85
<u>67750</u>	10-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	2:30pm-3:30pm	\$125.85

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.

<u>66722</u>	8-12yrs	Anne Ottenbrite Pool	10 weeks
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Mon	Apr 13-Jun 22	7:30pm-8:30pm	\$125.85
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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.

<u>66723</u>	8-12yrs	Anne Ottenbrite Pool	10 weeks
Tue	Apr 7-Jun 9	7:30pm-8:30pm	\$125.85

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.

<u>66724</u>	8-12yrs	Anne Ottenbrite Pool	10 weeks
Sun	Apr 12-Jun 21	12:00pm-1:00pm	\$125.85

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.

<u>66728</u>	15yrs+	Anne Ottenbrite Pool	11 weeks
Tue	Apr 7-Jun 16	6:00pm-10:30pm	\$384.85

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.

<u>66729</u>	15yrs+	Anne Ottenbrite Pool	10 weeks
Mon	Apr 13-Jun 22	6:00pm-10:00pm	\$461.50

Youth Private Swimming Lessons

Private Adult Swimmer- CRC (#@)

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

<u>66679</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Apr 7-Jun 9	9:30am-10:00am	\$390.18
<u>67793</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Apr 8-Jun 10	2:00pm-2:30pm	\$390.18
<u>67818</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	3:00pm-3:30pm	\$390.18
<u>67819</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Apr 10-Jun 12	3:00pm-3:30pm	\$390.18

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.

<u>66680</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:30pm	\$390.18
<u>67519</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$390.18
<u>67520</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:30pm-1:00pm	\$390.18
<u>67521</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:00pm-1:30pm	\$390.18
<u>67522</u>	14-18yrs	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	1:30pm-2:00pm	\$390.18

Adult Programs

Fitness

ABT-Abs/Butt/Thighs

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

<u>66590</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	10:15am-11:10am	\$102.18
<u>66591</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	1:30pm-2:25pm	\$102.18

Ab Attack

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

<u>67985</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	11:30am-12:25pm	\$102.18

Ball Fit

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

<u>66632</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thurs	Apr 9-Jun 18	1:30pm-2:25pm	\$102.18

Barre

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

<u>66655</u>	14yrs+	Brooklin CC&L	9 weeks
Mon	Apr 13-Jun 15	6:30pm-7:25pm	\$83.60

Basic Boot Camp

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

<u>66597</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	2:30pm-3:25pm	\$83.60

Basics of Barbell Training

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

<u>66592</u>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Apr 11-May 2	10:00am-11:30am	\$67.09
<u>66593</u>	14yrs+	Whitby Civic Rec Complex	4 weeks
Sat	May 23-Jun 13	10:00am-11:30am	\$67.09

Beginner Dance

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

<u>66659</u>	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 8-Jun 17	7:30pm-8:25pm	\$102.18

Boot Camp

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

<u>66630</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	8:05pm-9:00pm	\$102.18
<u>66657</u>	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 8-Jun 17	5:30pm-6:25pm	\$102.18
<u>66635</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	10:15am-11:10am	\$102.18

Cardio and Core

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

<u>66628</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	5:30pm-6:25pm	\$102.18

Circuit Training

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

<u>66639</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	9:00am-9:55am	\$102.18

Dance Fit

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

<u>66608</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	11:15am-12:10pm	\$102.18
<u>66609</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	12:30pm-1:25pm	\$102.18

Deep Stretch

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

<u>67988</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	7:30pm-8:25pm	\$102.18

Easy Fit

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

<u>66596</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	1:30pm-2:25pm	\$83.60

Express Strength & Conditioning

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

<u>66642</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	4:15pm-5:00pm	\$102.18

Full Body Fitness

Full Body Fitness is a cardio and strength conditioning class designed to improve overall body composition by boosting metabolism and burning calories. Tone your entire body with this incredible and fun workout.

<u>68034</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	6:15am-7:10am	\$102.18

Gentle Yoga

Highly recommended for all ages. Explore up to 60 different postures and breathing techniques. Postures will be broken down, the use of muscle groups identified and the

benefits and reasons “why” explained. Handouts of the postures will be provided which you can take home and study. Learn about the history of yoga, how it improves your way of life and some Sanskrit along the way. Namasta (is a sanskrit word) - meaning: a respectful greeting of one another.

<u>66603</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	9:00am-9:55am	\$102.18
<u>66605</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	6:30pm-7:25pm	\$102.18

HIIT

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

<u>67986</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	2:30pm-3:25pm	\$102.18

Jazz 1

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

<u>66640</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	11:15am-12:25pm	\$102.18

Kettlebell Conditioning

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

<u>66614</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	3:00pm-3:55pm	\$102.18

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. There will be some partner work with other participants at various points during the session.

<u>66589</u>	14yrs+	Whitby Civic Rec Complex	8 weeks
Mon	Apr 20-Jun 15	8:05pm-9:00pm	\$74.31
<u>66658</u>	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 8-Jun 17	6:30pm-7:25pm	\$102.18

Light and Lively 1

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

<u>66627</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	1:30pm-2:25pm	\$102.18

Light and Lively 2

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

<u>66626</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	12:15pm-1:10pm	\$102.18

Low Impact

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

<u>66594</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	10:15am-11:10am	\$83.60

Lower Body Shred

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

<u>67987</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	3:30pm-4:25pm	\$102.18

Mat Pilates

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

<u>67984</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	10:30am-11:25am	\$102.18

Mom and Baby Fitness

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

<u>66631</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	1:15pm-2:10pm	\$102.18

Mom and Baby Yoga

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

<u>66638</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	12:15pm-1:10pm	\$102.18

Pilates

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

<u>66595</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	11:15am-12:10pm	\$83.60

Pilates for Seniors Level 1

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

<u>66607</u>	55yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	9:00am-9:55am	\$102.18

Pilates for Seniors Level 2

<u>66641</u>	55yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	2:30pm-3:25pm	\$102.18

Power Yoga

Join this dynamic style of yoga that's focused on building strength and endurance while linking your breathing to the different motions of your body. It is also an excellent form of yoga for burning calories and challenging the body and mind. Open to all levels of practice who are looking for a challenge.

<u>66604</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	7:35pm-8:30pm	\$102.18

Rock Body

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

<u>66598</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	5:30pm-6:25pm	\$83.60
<u>66599</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	11:15am-12:10pm	\$102.18
<u>66600</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	12:15pm-1:10pm	\$102.18

Sculpt & Stretch

This class will take you through a series of Yoga, Barre and Pilates inspired exercises with a strong focus on proper form, alignment, overall body strength and flexibility.

Equipment will vary and will include dumbbells, Bender balls, resistance bands, gliders and stability balls. Open to all fitness levels.

<u>66637</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	12:15pm-1:10pm	\$102.18

Spin and Strength

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

<u>66633</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	6:15am-7:10am	\$102.18
<u>66634</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	5:25pm-6:20pm	\$102.18

Spinning

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

<u>66616</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	5:20pm-6:15pm	\$102.18

Step and Sculpt

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

<u>66617</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
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Tue	Apr 7-Jun 16	6:30pm-7:25pm	\$102.18
<u>66618</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	9:00am-9:55am	\$102.18
<u>66619</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	6:35pm-7:30pm	\$102.18
<u>66620</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Apr 10-Jun 19	10:15am-11:10am	\$102.18
<u>66647</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	9:00am-9:55am	\$92.89

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.

<u>66621</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	7:30pm-8:25pm	\$102.18
<u>66648</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:30am-12:25pm	\$92.89

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.

<u>66625</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	6:15am-7:10am	\$102.18

Strength & Stretch

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

<u>66588</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	9:00am-9:55am	\$83.60

Stretch and Core

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

<u>68119</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	6:15pm-7:10pm	\$102.18

Stretch and Myofascial Release (SMR)

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

<u>66610</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	12:15pm-1:10pm	\$102.18
<u>66611</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	10:15am-11:10am	\$102.18
<u>66612</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	1:45pm-2:40pm	\$102.18

Tap 1

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

<u>66613</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	1:30pm-2:55pm	\$102.18

Total Body Circuit

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

<u>66660</u>	14yrs+	Brooklin CC&L	11 weeks
Thu	Apr 9-Jun 18	6:30pm-7:25pm	\$102.18

Women on Weights

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

<u>66651</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Sat	Apr 11-Jun 20	11:45am-12:45pm	\$92.88

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.

<u>66615</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	4:15pm-5:00pm	\$102.18

Yogalates

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

<u>67982</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	6:30am-7:25am	\$83.60
<u>67983</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Apr 13-Jun 15	7:25am-8:20am	\$83.60

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!

<u>66622</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Apr 7-Jun 16	5:00pm-5:55pm	\$102.18
<u>66623</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	11:15pm-12:10pm	\$102.18

Zumba Fit

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

<u>66656</u>	14yrs+	Brooklin CC&L	11 weeks
Tue	Apr 7-Jun 16	7:00pm-7:55pm	\$102.18
<u>66629</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Apr 8-Jun 17	7:00pm-7:55pm	\$102.18
<u>66636</u>	14yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Apr 9-Jun 18	11:15am-12:10pm	\$102.18

Leagues and Sporting Groups

Badminton – Adult

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

<u>66920</u>	15 and up	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	8:30pm-9:55pm	\$110.06

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.

<u>66915</u>	18 and up	Brooklin CC&L	11 weeks
Mon	Mar 30-Jun 15	8:45pm-10:10pm	\$100.89

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.

<u>66911</u>	16yrs+	Brooklin CC&L	11 weeks
Sun	Mar 29-Jun 21	5:30pm-6:25pm	\$100.89

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.

<u>66912</u>	16yrs+	Brooklin CC&L	11 week
Sun	Mar 29-Jun 21	6:30pm-7:25pm	\$100.89
<u>66913</u>	16yrs+	Brooklin CC&L	11 weeks
Sun	Mar 29-Jun 21	7:30pm-8:25pm	\$100.89

All Ages

Fitness

Taekwondo 12+ YRS

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

<u>66654</u>	12yrs+	Whitby Civic Rec Complex	10 weeks
Sun	Apr 12-Jun 21	12:00pm-12:55pm	\$93.45

55+ Programs

Computer and Technology

Tech Fridays

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

<u>68074</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 1-May 1	1:00pm-1:30pm	Free
<u>68075</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 1-May 1	1:30pm-2:00pm	Free
<u>68076</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 1-May 1	2:00pm-2:30pm	Free
<u>68077</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 1-May 1	2:30pm-3:00pm	Free
<u>68078</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 8-May 8	1:00pm-1:30pm	Free
<u>68079</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 8-May 8	1:30pm-2:00pm	Free
<u>68080</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 8-May 8	2:00pm-2:30pm	Free
<u>68081</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 8-May 8	2:30pm-3:00pm	Free
<u>68082</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 22-May 22	1:00pm-1:30pm	Free
<u>68083</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 22-May 22	1:30pm-2:00pm	Free

<u>68084</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 22-May 22	2:00pm-2:30pm	Free
<u>68085</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 22-May 22	2:30pm-3:00pm	Free
<u>68086</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 29-May 29	1:00pm-1:30pm	Free
<u>68087</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 29-May 29	1:30pm-2:00pm	Free
<u>68088</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 29-May 29	2:00pm-2:30pm	Free
<u>68089</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 29-May 29	2:30pm-3:00pm	Free
<u>68090</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 5-Jun 5	1:00pm-1:30pm	Free
<u>68091</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 5-Jun 5	1:30pm-2:00pm	Free
<u>68092</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 5-Jun 5	2:00pm-2:30pm	Free
<u>68093</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 5-Jun 5	2:30pm-3:00pm	Free
<u>68094</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 12-Jun 12	1:00pm-1:30pm	Free
<u>68095</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 12-Jun 12	1:30pm-2:00pm	Free
<u>68096</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 12-Jun 12	2:00pm-2:30pm	Free
<u>68097</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 12-Jun 12	2:30pm-3:00pm	Free

Tech Wednesday

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

<u>68038</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 8-Apr 8	9:00am-9:30am	Free
<u>68039</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 8-Apr 8	9:30am-10:00am	Free
<u>68040</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 8-Apr 8	10:00am-10:30am	Free
<u>68041</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 8-Apr 8	10:30am-11:00am	Free
<u>68042</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 15-Apr 15	9:00am-9:30am	Free
<u>68043</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 15-Apr 15	9:30am-10:00am	Free
<u>68044</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 15-Apr 15	10:00am-10:30am	Free
<u>68045</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 15-Apr 15	10:30am-11:00am	Free
<u>68046</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 22-Apr 22	9:00am-9:30am	Free
<u>68047</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 22-Apr 22	9:30am-10:00am	Free
<u>68048</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 22-Apr 22	10:00am-10:30am	Free
<u>68049</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 22-Apr 22	10:30am-11:00am	Free
<u>68050</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 29-Apr 29	9:00am-9:30am	Free
<u>68051</u>	55yrs+	Whitby 55+ Rec Centre	1 class

Wed	Apr 29-Apr 29	9:30am-10:00am	Free
<u>68052</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 29-Apr 29	10:00am-10:30am	Free
<u>68053</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Apr 29-Apr 29	10:30am-11:00am	Free
<u>68054</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 6-May 6	9:00am-9:30am	Free
<u>68055</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 6-May 6	9:30am-10:00am	Free
<u>68056</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 6-May 6	10:00am-10:30am	Free
<u>68057</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 6-May 6	10:30am-11:00am	Free
<u>68058</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 13-May 13	9:00am-9:30am	Free
<u>68059</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 13-May 13	9:30am-10:00am	Free
<u>68060</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 13-May 13	10:00am-10:30am	Free
<u>68061</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 13-May 13	10:30am-11:00am	Free
<u>68062</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 20-May 20	9:00am-9:30am	Free
<u>68063</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 20-May 20	9:30am-10:00am	Free
<u>68064</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 20-May 20	10:00am-10:30am	Free
<u>68065</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	May 20-May 20	10:30am-11:00am	Free
<u>68066</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 3-Jun 3	9:00am-9:30am	Free

<u>68067</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 3-Jun 3	9:30am-10:00am	Free
<u>68068</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 3-Jun 3	10:00am-10:30am	Free
<u>68069</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 3-Jun 3	10:30am-11:00am	Free
<u>68070</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 10-Jun 10	9:00am-9:30am	Free
<u>68071</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 10-Jun 10	9:30am-10:00am	Free
<u>68072</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 10-Jun 10	10:00am-10:30am	Free
<u>68073</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Jun 10-Jun 10	10:30am-11:00am	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.

<u>66763</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 1-Jun 17	10:00am-12:00pm	\$61.26

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.

<u>66999</u>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Mon	Mar 30-Jun 1	1:00pm-3:00pm	\$49.01

Instructed Acrylic Painting with David (%)

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

<u>66758</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 28-Apr 28	9:30am-11:30am	\$32.37
<u>66757</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	May 12-May 12	9:30am-11:30am	\$32.37
<u>66759</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jun 23-Jun 23	9:30am-11:30am	\$32.37

Intro to Cross-Stitch with Marjorie (%)

Have you always wanted to try cross stitching but didn't know where to start? In this introductory workshop for beginners, we will teach you the basics and use this needle-craft hobby to create a fun Spring project. You will learn how to read and follow a cross-stitch pattern and how to make a full cross-stitch and backstitch as well as many cross-stitch tips to help you on your journey. All workshop materials are included in registration fee. You just need embroidery scissors!

<u>67364</u>	55yrs+	Brooklin CC&L	2 weeks
Thu	Apr 9-Apr 16	1:00pm-3:00pm	\$40.00

Knitting for beginners with Tara (%)

Class will cover casting on and off, knit and purl, and picking up dropped stitches. We will be learning how to knit in the round and making a cowl. Bring your own knitting needles and yarn. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

<u>67344</u>	55yrs+	Brooklin CC&L	4 weeks
Tue	Apr 7-May 5	10:00am-12:00pm	\$40.84

Knitting for beginners with Tara (%)

Let's get started early this year on Christmas! Join Tara to make a beautiful multi-color work stocking, and some quick knit home decor. We will be learning 2 colour work, turning a heel and carrying floats. You'll have lots of fun knitting to work on for the summer and be ahead of the Christmas knitting deadlines. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

<u>67359</u>	55yrs+	Brooklin CC&L	5 weeks
Thu	Apr 30-May 28	10:00am-12:00pm	\$51.06

Knitting Patterns with Tara (%)

This class will cover a variety of patterns used in knitting. We will explore cables, seed stitch, boxes, blocks and honeycomb patterns. Bring your own knitting needles and Yarn. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

<u>67348</u>	55yrs+	Brooklin CC&L	6 weeks
Tue	May 12-Jun 16	10:00am-12:00pm	\$61.26

Linear Perspective Workshop with Marni (%)

Learn to draw buildings and cityscapes in linear perspective with step-by-step instructions. Students will learn how to create precise and accurate proportions in shapes and forms as they relate to each other in an outdoor space using both 1 point and 2 point perspective. A viewing of master artist examples will be explored. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L and is included on the receipt notes.

<u>67317</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 14-Apr 14	1:00pm-3:00pm	\$25.00

Lush Landscape in Soft Pastel with Chrissie %

Capture the vibrant colours and textures of windswept spring fields using soft pastels. Learn layering techniques and how to create the textures and serene mood found in a beautiful landscape. All materials are provided by the instructor.

<u>67005</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Jun 30-Jun 30	9:30am-11:30am	\$32.37

Majestic Elephant using Charcoal with Chrissie %

Using soft, rich black charcoal, this majestic creature will emerge from your paper. Learn basic drawing methods as well as how to use charcoal and reductive techniques to create rich, deep textures and values. All materials are provided by the instructor.

<u>67004</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 7-Apr 7	9:30am-11:30am	\$32.37

Needle Felted Masterpiece with Tara (%)

It's like painting with fiber: fluid, freeform and forgiving. This easy to learn craft, will cover the basics for needle felting with some simple bead and embroidered embellishments. If you already had one on the go, bring it along to finish up. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

<u>67350</u>	55yrs+	Brooklin CC&L	3 weeks
Thu	Jun 4-Jun 18	12:30pm-2:30pm	\$30.63

Next Steps in Cross-Stitch with Marjorie (%)

Are you ready to move beyond making full cross-stitches? This workshop is designed for experienced stitchers who want to enhance their cross-stitching skills. Learn how to:

- Create fractional stitches (quarter, half + three quarter) to "shape" your cross-stitch designs
- Add fractional stitches when following a full cross-stitch pattern
- Embellish with metallic threads and beads Pattern and thread kit provided.

Materials required: 10 "x 10" piece of 14-count Aida fabric, tapestry needle, beading needle and embroidery scissors

<u>67365</u>	55yrs+	Brooklin CC&L	4 weeks
Thu	May 7-May 28	1:00pm-3:00pm	\$40.84

Pen with Coloured Pencil with Chrissie (%)

"Spring Bird" Using coloured ballpoint pens and coloured pencils, you will learn how to combine these two mediums to create vibrant textures and colours. This fun and exciting technique will bring a colourful spring bird to life. All materials are provided by the instructor.

<u>67003</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	May 26-May 26	9:30am-11:30am	\$32.37

Printmaking Card Design Workshop with Marni (%)

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

<u>66768</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	May 19-May 19	1:00pm-3:00pm	\$45.00

Watercolour Painting - Beginner with Jane (%)

Learn the basics of watercolour in a beginner friendly 2-hour workshop. Complete up to 6 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.

<u>67347</u>	55yrs+	Brooklin CC&L	1 class
Tue	Apr 14-Apr 14	1:00pm-3:00pm	\$43.16

Watercolour Painting - Intermediate with Jane (%)

Do you have some watercolour experience, or have taken my beginner workshop? This next class is for you, where we will expand on your present skills and explore more complex techniques. We will paint more complex flowers, scenes, and landscapes. This is a great way to get even more enjoyment with watercolours. All supplies are provided.

<u>66895</u>	55yrs+	Brooklin CC&L	1 class
Tue	Apr 28-Apr 28	1:00pm-3:00pm	\$43.16

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.

<u>66863</u>	55yrs+	Brooklin CC&L	11 weeks
Fri	Apr 10-Jun 19	1:30pm-3:30pm	\$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.

<u>66955</u>	55yrs+	Centennial Building	11 weeks
Fri	Apr 10-Jun 19	12:15pm-1:15pm	\$48.30

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.

<u>66931</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 1-Jun 17	2:15pm-3:15pm	\$52.69

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.

<u>66869</u>	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 2-Jun 4	10:00am-11:00am	\$43.91

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.

<u>66932</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	1:45pm-2:45pm	\$52.69

Dance Flow with Alison (%)

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

<u>66923</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	9:00am-10:00am	\$52.69

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.

<u>67330</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	11:30am-12:30pm	\$52.69

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.

<u>66924</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	11:30am-12:30pm	\$52.69

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.

<u>66962</u>	55yrs+	Centennial Building	12 weeks
Thu	Apr 2-Jun 18	1:00pm-2:00pm	\$52.69

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.

<u>66760</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
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Wed	Apr 8-Jun 10	10:30am-11:30am	\$43.91
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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.

<u>66925</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	10:15am-11:15am	\$52.69

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.

<u>66883</u>	55yrs+	Brooklin CC&L	8 weeks
Tue	Apr 7-Jun 9	1:30pm-2:30pm	\$35.13

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.

<u>66770</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	12:30pm-1:30pm	\$52.69
<u>66769</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Apr 13-Jun 15	1:45pm-2:45pm	\$39.52

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.

<u>66953</u>	55yrs+	Centennial Building	10 weeks
Mon	Mar 30-Jun 15	2:00pm-3:00pm	\$43.91

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.

<u>66954</u>	55yrs+	Centennial Building	12 weeks
Tue	Mar 31-Jun 16	9:00am-10:00am	\$52.69
<u>66842</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	9:00am-10:00am	\$52.69

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.

<u>67328</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 1-Jun 17	10:30am-11:30am	\$52.69
<u>67327</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	1:00pm-2:00pm	\$52.69
<u>67326</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 10-Jun 12	9:30am-10:30am	\$43.91

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.

<u>66864</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	12:15pm-1:15pm	\$52.69

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.

<u>66956</u>	55yrs+	Centennial Building	10 weeks
Mon	Mar 30-Jun 15	9:00am-10:00am	\$43.91

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.

<u>66865</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	11:20am-12:20pm	\$52.69

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.

<u>66866</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	1:30pm-2:30pm	\$52.69

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.

<u>66957</u>	55yrs+	Centennial Building	10 weeks
Mon	Mar 30-Jun 15	10:15am-11:15am	\$43.91

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.

<u>67329</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Mar 30-Jun 15	1:30pm-2:30pm	\$43.91

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.

<u>66985</u>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Apr 1-Jun 10	1:50pm-2:50pm	\$35.13

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.

<u>66868</u>	55yrs+	Brooklin CC&L	4 weeks
Mon	Mar 30-Apr 27	12:15pm-1:15pm	\$17.56
<u>66867</u>	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 2-Jun 18	12:15pm-1:15pm	\$43.91

Classical Stretch with Zoe (%)

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

<u>66823</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Apr 13-Jun 15	10:15am-11:15am	\$39.52

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.

<u>66870</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	12:30pm-1:30pm	\$52.69

Fit with Flair in a Chair with Kathleen (%)

This energetic class features a warmup, cardio, balance, weights, bands, ball and flexibility exercises that will exercise and tone and stretch your entire body. The class is seated, except for the balance segment, and all moves will be adjusted as needed. Challenge yourself and build up a sweat in this fun class and see how quickly you can get fit.

<u>66958</u>	55yrs+	Centennial Building	10 weeks
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Mon	Mar 30-Jun 15	12:45pm-1:45pm	\$43.91
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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.

<u>66959</u>	55yrs+	Centennial Building	12 weeks
Tue	Mar 31-Jun 16	10:15am-11:15am	\$52.69
<u>66843</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 10-Jun 12	9:00am-10:00am	\$43.91

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.

<u>66871</u>	55yrs+	Brooklin CC&L	10 weeks
Mon	Mar 30-Jun 15	10:30am-11:30am	\$43.91
<u>66872</u>	55yrs+	Brooklin CC&L	11 weeks
Thu	Apr 2-Jun 18	9:45am-10:45am	\$48.30

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.

<u>66846</u>	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 15-Jun 17	10:15am-11:15am	\$43.91

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.

<u>67331</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	9:15am-10:15am	\$52.69

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.

<u>66827</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	8:45am-9:45am	\$52.69

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.

<u>66893</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Apr 13-Jun 15	11:30am-12:30pm	\$39.52
<u>66824</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 15-Jun 17	11:45am-12:45pm	\$43.91

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.

<u>66873</u>	55yrs+	Brooklin CC&L	10 weeks
Tue	Mar 31-Jun 16	9:00am-10:00am	\$43.91

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.

<u>66875</u>	55yrs+	Brooklin CC&L	4 weeks
Mon	Mar 30-Apr 27	1:30pm-2:30pm	\$17.56
<u>66874</u>	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 2-Jun 18	1:30pm-2:30pm	\$43.91

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.

<u>66762</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 7-Jun 9	4:30pm-5:30pm	\$43.91

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.

<u>66844</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	10:15am-11:15am	\$52.69

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!

<u>66879</u>	55yrs+	Brooklin CC&L	11 weeks
Fri	Apr 10-Jun 19	9:45am-10:45am	\$48.30

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.

<u>66825</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Wed	Apr 15-Jun 17	1:00pm-2:00pm	\$43.91

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.

<u>66880</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	9:00am-10:00am	\$52.69

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.

<u>66882</u>	55yrs+	Brooklin CC&L	10 weeks
Mon	Mar 30-Jun 15	9:15am-10:15am	\$43.91
<u>67334</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Mar 30-Jun 15	12:15pm-1:15pm	\$43.91
<u>67332</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	10:30am-11:30am	\$52.69
<u>67333</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	11:45am-12:45pm	\$52.69
<u>66881</u>	55yrs+	Brooklin CC&L	11 weeks
Thu	Apr 2-Jun 18	8:35am-9:35am	\$48.30

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.

<u>66829</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Mar 30-Jun 15	5:00pm-6:00pm	\$43.91
<u>66828</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 1-Jun 17	5:00pm-6:00pm	\$52.69

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.

<u>66884</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	10:10am-11:10am	\$52.69
<u>66885</u>	55yrs+	Brooklin CC&L	11 weeks
Thu	Apr 2-Jun 18	11:15am-12:15pm	\$48.30

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.

<u>66782</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	2:45pm-3:45pm	\$52.69
<u>67335</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Fri	Apr 10-Jun 12	10:45am-11:45am	\$43.91
<u>66976</u>	55yrs+	Centennial Building	11 weeks
Fri	Apr 10-Jun 19	1:30pm-2:30pm	\$48.30

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.

<u>66986</u>	55yrs+	Whitby 55+ Rec Centre	7 weeks
Mon	Mar 30-Jun 8	9:30am-10:30am	\$30.74

Weight Training - Level 1 and Level 2 with Tracy (%)

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

<u>66896</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	1:45pm-2:45pm	\$52.69

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.

<u>67337</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 1-Jun 17	9:15am-10:15am	\$52.69
<u>67336</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	2:15pm-3:15pm	\$52.69

Yin Yoga with Deborah (%)

Yin Yoga is a slow-paced, meditative style of yoga that targets the deep connective tissues of the body, such as ligaments, tendons, and fascia. Unlike more dynamic practices, Yin yoga involves holding poses while seated or lying down for a longer period, typically three to five minutes, allowing gravity and stillness to gently open the body. Focusing on conscious, controlled breathing calms the central nervous system, promoting a state of deep relaxation. This class is suitable for all levels. Please bring a small blanket or bath towel in addition to your yoga mat.

<u>67323</u>	55yrs+	Brooklin CC&L	9 weeks
Mon	Apr 13-Jun 15	4:45pm-5:45pm	\$39.52

Yin Yoga with Judy (%)

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

<u>66977</u>	55yrs+	Centennial Building	12 weeks
Tue	Mar 31-Jun 16	2:00pm-3:00pm	\$52.69

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.

<u>66994</u>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Apr 29-Jun 17	7:00pm-8:00pm	\$35.13

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.

<u>66814</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	2:00pm-3:00pm	\$52.69

Yoga - Chair with Pamela (%)

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can participate in a yoga class without getting up and down from the floor. Bring a water bottle, yoga mat, yoga strap. (Mats and straps provided by the Centre as well). You will experience numerous benefits including increased flexibility, better sleep, reduced stress and a general feeling of well being. No experience is required.

<u>66979</u>	55yrs+	Centennial Building	9 weeks
Thu	Apr 23-Jun 18	9:00am-10:00am	\$39.52

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.

<u>66980</u>	55yrs+	Centennial Building	12 weeks
Tue	Mar 31-Jun 16	12:45pm-1:45pm	\$52.69

Yoga - Chair with Marcey (%)

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

<u>66813</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	3:30pm-4:30pm	\$52.69

Yoga - Chair with Pamela (%)

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can participate in a yoga class without getting up and down from the floor. Bring a water bottle, yoga mat, yoga strap. (Mats and straps provided by the Centre as well). You will experience numerous benefits including increased flexibility, better sleep, reduced stress and a general feeling of well being. No experience is required.

<u>66815</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
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Mon	Mar 30-Jun 15	3:30pm-4:30pm	\$43.91
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Yoga - Chair with Deborah (%)

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.

<u>66886</u>	55yrs+	Brooklin CC&L	11 weeks
Wed	Apr 8-Jun 17	10:00am-11:00am	\$48.30

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.

<u>66981</u>	55yrs+	Centennial Building	11 weeks
Fri	Apr 10-Jun 19	10:15am-11:15am	\$48.30

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.

<u>66992</u>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Fri	Apr 24-Jun 12	11:00am-12:00pm	\$35.13

Yoga - Hatha Flow with Deborah (%)

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

<u>67313</u>	55yrs+	Brooklin CC&L	9 weeks
Mon	Apr 13-Jun 15	6:00pm-7:00pm	\$39.52

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.

<u>66997</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 1-Jun 17	10:15am-11:15am	\$52.69

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.

<u>66888</u>	55yrs+	Brooklin CC&L	10 weeks
Tue	Mar 31-Jun 16	10:15am-11:15am	\$43.91

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.

<u>66889</u>	55yrs+	Brooklin CC&L	11 weeks
Thu	Apr 2-Jun 18	12:30pm-1:30pm	\$48.30

Yoga - Rise and Shine with Deborah (%)

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

<u>66892</u>	55yrs+	Brooklin CC&L	11 weeks
Wed	Apr 8-Jun 17	8:45am-9:45am	\$48.30

Yoga - Rise and Shine with Mag (%)

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

<u>66998</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Apr 1-Jun 17	9:00am-10:00am	\$52.69

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.

<u>66983</u>	55yrs+	Centennial Building	12 weeks
Thu	Apr 2-Jun 18	2:15pm-3:15pm	\$52.69

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.

<u>66993</u>	55yrs+	Whitby 55+ Rec Centre	7 weeks
Mon	Apr 27-Jun 15	10:45am-11:45am	\$30.74

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.

<u>66811</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Mar 30-Jun 15	9:00am-10:00am	\$43.91
<u>66812</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	9:00am-10:00am	\$52.69

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.

<u>66898</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Apr 21-Jun 16	11:15am-12:15pm	\$39.52

Yoga with David (%)

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

<u>66897</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	5:00pm-6:00pm	\$52.69

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.

<u>66984</u>	55yrs+	Centennial Building	11 weeks
Fri	Apr 10-Jun 19	9:00am-10:00am	\$48.30

Yoga- Rise and Shine with Dennis (%)

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

<u>66890</u>	55yrs+	Brooklin CC&L	11 weeks
Fri	Apr 10-Jun 19	8:30am-9:30am	\$48.30

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.

<u>66891</u>	55yrs+	Brooklin CC&L	10 weeks
Tue	Mar 31-Jun 16	12:00pm-1:00pm	\$43.91
<u>67366</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	11:45am-12:45pm	\$52.69

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.

<u>66761</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Apr 7-Jun 9	3:15pm-4:15pm	\$43.91

General Interest

Chess - Absolute Beginner with Kevin (%)

This class is focused on "Beginners" learning the game of Chess. It will teach the history of the game, the rules, 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.

<u>66735</u>	55yrs+	Brooklin CC&L	10 weeks
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Mon	Apr 13-Jun 22	12:30pm-2:30pm	\$61.26
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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.

<u>66818</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	3:30pm-4:30pm	\$52.69

History (%)

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

<u>66960</u>	55yrs+	Centennial Building	7 weeks
Wed	Apr 1-May 13	2:00pm-3:30pm	\$40.57

Learn to Play Guitar (%)

Have you always wanted to learn guitar? This beginner-friendly program is designed for adults 55+ who are new to the instrument or looking for a refresher. Participants will learn basic chords, simple strumming patterns, and foundational techniques in a relaxed, supportive environment. No prior experience required. Please note: Participants must bring their own guitar to each session.

<u>67970</u>	55yrs+	Centennial Building	6 weeks
Mon	Apr 13-May 25	11:30am-12:30pm	\$26.35

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.

<u>66894</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	6:15pm-7:15pm	\$52.69

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.

<u>66767</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Mar 31-Jun 16	3:30pm-5:00pm	\$52.16
<u>66764</u>	55yrs+	Whitby 55+ Rec Centre	7 weeks
Fri	Apr 10-Jun 12	9:30am-11:00am	\$40.57

Rise and Shine 55+ Walking Group

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

<u>66943</u>	55yrs+	Town of Whitby	12 weeks
Tue, Thu	Mar 31-Jun 18	9:00am-10:00am	Free

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

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

<u>66765</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Mar 30-Jun 15	9:00am-10:00am	\$39.52
<u>66766</u>	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Mar 30-Jun 15	10:15am-11:15am	\$39.52

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.

<u>67000</u>	40yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	5:00pm-6:00pm	\$52.69
<u>66876</u>	40yrs+	Brooklin CC&L	12 weeks

Wed	Apr 1-Jun 17	5:00pm-6:00pm	\$52.69
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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.

<u>67001</u>	40yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	6:00pm-7:00pm	\$52.69
<u>66877</u>	40yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	6:00pm-7:00pm	\$52.69

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.

<u>67002</u>	40yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Mar 31-Jun 16	7:00pm-8:30pm	\$69.54
<u>66878</u>	40yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	7:00pm-8:30pm	\$69.54

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.

<u>66995</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 2-Jun 4	10:00am-11:00am	\$46.91

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.

<u>66996</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Thu	Apr 2-Jun 4	11:15am-12:15pm	\$46.91

Spanish - Beginner with Tony (%)

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

<u>66819</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Mar 30-Jun 15	9:00am-10:30am	\$57.95

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.

<u>66820</u>	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Mar 31-Jun 2	9:00am-10:30am	\$60.95

Leagues and Sporting Groups

Badminton League (%)

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

<u>66847</u>	55yrs+	Brooklin CC&L	10 weeks
Mon	Mar 30-Jun 15	9:00am-11:30am	\$27.28

Badminton League (%)

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

<u>66849</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	9:00am-11:30am	\$32.36

<u>66848</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	9:00am-11:30am	\$32.36

Golf - Level 1 (%)

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

<u>67443</u>	55yrs+	Offsite	6 weeks
Tue	May 12-Jun 16	12:00pm-1:00pm	\$50.00

Golf - Level 3 (%)

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

<u>67444</u>	55yrs+	Offsite	6 weeks
Thu	May 14-Jun 18	12:00pm-1:00pm	\$50.00

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

<u>68101</u>	55yrs+	Offsite	1 class
Thu	Apr 16-Apr 16	11:00am-1:00pm	\$15.00
<u>68102</u>	55yrs+	Offsite	1 class
Thu	May 21-May 21	11:00am-1:00pm	\$15.00

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.

<u>67991</u>	55yrs+	Heydenshore Pavilion	5 weeks
Thu	Mar 26-Apr 30	9:00am-11:00am	\$30.63

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.

<u>66855</u>	55yrs+	Brooklin CC&L	12 weeks
Thu	Apr 2-Jun 18	9:00am-11:00am	\$32.36
<u>67992</u>	55yrs+	Heydenshore Pavilion	12 weeks
Wed	Apr 1-Jun 17	9:00am-11:00am	\$32.36
<u>67993</u>	55yrs+	Heydenshore Pavilion	7 weeks
Thu	May 7-Jun 18	9:00am-11:00am	\$20.96

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.

<u>66963</u>	55yrs+	Heydenshore Pavilion	10 weeks
Fri	Apr 10-Jun 12	12:00pm-2:00pm	\$27.28

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.

<u>66964</u>	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 30-Jun 15	2:00pm-4:00pm	\$27.28
<u>66967</u>	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Mar 31-Jun 16	11:30am-1:30pm	\$32.36
<u>66968</u>	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Apr 1-Jun 17	11:30am-1:30pm	\$30.08

<u>66969</u>	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Apr 1-Jun 10	2:00pm-4:00pm	\$30.08
<u>66965</u>	55yrs+	Heydenshore Pavilion	11 weeks
Thu	Apr 2-Jun 18	6:00pm-8:00pm	\$30.08

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.

<u>66966</u>	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 30-Jun 15	11:30am-1:30pm	\$27.28
<u>66971</u>	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 30-Jun 15	6:00pm-8:00pm	\$27.28
<u>66973</u>	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 30-Jun 15	9:00am-11:00am	\$27.28
<u>66970</u>	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Mar 31-Jun 16	6:00pm-8:00pm	\$32.36
<u>66972</u>	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Mar 31-Jun 16	2:00pm-4:00pm	\$32.36
<u>66857</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	3:00pm-5:15pm	\$32.36

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.

<u>66974</u>	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Mar 31-Jun 16	9:00am-11:00am	\$32.36
<u>66975</u>	55yrs+	Heydenshore Pavilion	10 weeks
Fri	Apr 10-Jun 12	9:30am-11:30am	\$27.28
<u>66858</u>	55yrs+	Brooklin CC&L	12 weeks
Tue	Mar 31-Jun 16	12:30pm-2:45pm	\$32.36

<u>66859</u>	55yrs+	Brooklin CC&L	11 weeks
Fri	Apr 10-Jun 19	8:00am-10:00am	\$30.08

Pickleball - Level 3 (%)

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

<u>66860</u>	55yrs+	Brooklin CC&L	12 weeks
Wed	Apr 1-Jun 17	12:30pm-2:45pm	\$32.36

Tennis League (%)

Join the Whitby 55+ Tennis League for recreational tennis and some planned tournaments. Days of play are Tuesday and Thursday 8:00 - 10:00 a.m. and Friday 7:00 - 9:00 a.m. ** An additional \$10 ball fee will be collected on the first day of play by the convenor. **

<u>67451</u>	55yrs+	Iroquois Park Sports Complex	17 weeks
Tue, Thu	May 12-Sep 11	8:00am-10:00am	\$22.28
Fri			7:00am-9:00am

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.

<u>66850</u>	55yrs+	Brooklin CC&L	3 weeks
Mon	Apr 13-Jun 8	1:30pm-3:30pm	Free

Penny Bingo (%)

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

<u>66852</u>	55yrs+	Brooklin CC&L	1 class
Mon	Apr 20-Apr 20	1:00pm-3:00pm	\$1.00
<u>66853</u>	55yrs+	Brooklin CC&L	1 class
Mon	May 25-May 25	1:00pm-3:00pm	\$1.00

<u>66854</u>	55yrs+	Brooklin CC&L	1 class
Mon	Jun 15-Jun 15	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.

<u>66816</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	1:00pm-2:00pm	\$52.69

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.

<u>66817</u>	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Apr 2-Jun 18	2:15pm-3:15pm	\$52.69

Biology Walk with Wilf - Spring Wildflowers (%)

Walk from the north end of Cullen Central Park along the asphalt trail into Heber Down Conservation Area. This walk will be led by an experienced guide. Meet at the north end of the Cullen Central Park parking lot. Rain Date: Thursday, May 14.

<u>66838</u>	55yrs+	Cullen Central Park	1 class
Mon	May 11-May 11	9:30am-11:30am	\$10.79

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.

<u>66840</u>	55yrs+	Whitby 55+ Rec Centre	1 class
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Fri	Apr 10-Apr 10	6:00pm-8:00pm	\$5.00
<u>66841</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 8-May 8	6:00pm-8:00pm	\$5.00

Rotary Bingo (%)

Join us for a night of Bingo! Lots of prizes to be won. Refreshments will be served. This event is sponsored by the Rotary Club of Whitby.

<u>66826</u>	55yrs+	Brooklin CC&L	1 class
Tue	Jun 23-Jun 23	7:00pm-9:00pm	\$2.00

Spring into Style (%)

Join us for a 55+ Self Care & Personal Style Event! This fun social event featuring a hair and clothing style interactive session, fashion tips and tricks as well as an accessory swap! Bring between 1 and 10 accessories to swap with other participants to update your spring style and declutter your closet at the same time. Light refreshments will be available.

<u>66830</u>	55yrs+	Brooklin CC&L	1 class
Tue	May 5-May 5	6:00pm-9:00pm	\$10

That '70s Trivia Night (%)

Dust off your bell bottoms and test your knowledge of music, TV, fashion and unforgettable moments from the 1970s. Join us for our first trivia night - guaranteed fun, laughter, and plenty of friendly competition. Snacks and refreshments provided. Registration required.

<u>66952</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 22-May 22	6:00pm-8:00pm	\$15.00

Wellness and Lifestyle

Caregiver Managing Stress Workshop

Caregiving and stress go hand-in-hand but the role of caregiver can be easier to manage in a healthy way when you're prepared. In this 1.5-hour session, caregivers will explore some of the signs and sources of their stress, understand the consequences of neglecting stress, and learn practical stress-reducing actions. You will also learn more about the free 6-Week Powerful Tools for Caregivers Workshop and experience some stress-reducing activities firsthand. Don't miss this chance to empower yourself as a caregiver!

<u>67529</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Jun 5-Jun 5	10:00am-11:30am	Free

Gut Health with Sylvia

If you suffer with digestive issues, you may have heard terms like “Gut Health” or “Microbiome” but what do these terms mean and why are they important? To learn why is so important, join Nutritionist Sylvia Emmorey And discover links to overall physical and psychological benefits of keeping your gut healthy!

<u>67924</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	May 11-May 11	1:15pm-2:15pm	\$10.79

Healing your Inner Child with Franca (%)

Led by Reiki and Hypnotist Master Franca Giuga. This program involves healing emotional wounds from your childhood, through guided meditation, energy healing techniques and discussion. In this safe space you will learn how to release limiting beliefs, heal past wounds and tap into your inner wisdom. This program will help you develop a greater self awareness as you reconnect with this part of yourself and you understand how past experiences shaped your current thoughts, feelings and behaviors. You will gently nurture and support the inner child. Please bring a notebook, pen, blanket, and pillow (to make yourself comfortable). Chairs are also available.

<u>66822</u>	55yrs+	Brooklin CC&L	6 weeks
Thu	Apr 16-May 28	7:00pm-8:00pm	\$26.35

Inflammation with Sylvia

If you would like to learn about inflammation and how to lead an anti-inflammatory lifestyle, join Nutritionist Sylvia Emmorey this interactive workshop where you will learn: the connection between diet and inflammation, foods that increase inflammation, and foods and habits that promote an anti- inflammatory lifestyle. You too can change how you feel by changing what you eat!

<u>67925</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Jun 8-Jun 8	1:15pm-2:15pm	\$10.79

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 a friendly and thoughtful discussion!

<u>66961</u>	55yrs+	Whitby 55+ Rec Centre	8 weeks
Tue	Mar 31-May 19	9:00am-10:00am	Free

Living a Healthy Life with Diabetes Workshop

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

<u>67446</u>	55yrs+	Whitby 55+ Rec Centre	5 weeks
Thu	Apr 9-May 7	9:30am-12:00pm	Free

Powerful Tools for Caregivers Workshop

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

<u>67447</u>	55yrs+	Whitby 55+ Rec Centre	6 weeks
Wed	Apr 29-Jun 3	1:00pm-2:30pm	Free

Reflexology Workshop

A free informal workshop to explore the benefits of reflexology. This one-hour workshop will review the health benefits of what this treatment can do to help with your health. Presented by a certified reflexologist with 30 years experience.

<u>67445</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Apr 14-Apr 14	1:00pm-2:00pm	Free

Spring Clean your Body with Sylvia

Are you lacking energy, not sleeping well and having difficulty with weight loss? Why not kick start your metabolism by cleaning your body from the inside out! Nutritionist Sylvia Emmorey will guide you through the benefits of cleansing and safe and effective ways to cleanse without products.

<u>67923</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Apr 20-Apr 20	1:15pm-2:15pm	\$10.79

Stress and Sleep Workshop

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

<u>67525</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	Apr 17-Apr 17	10:00am-11:30am	Free

Understanding your Medications Workshop

Our responsibilities when taking medications are different depending on the type of medication we are taking. To best understand your role and responsibilities this workshop will review: managing prescription and nonprescription drugs, questions to ask your healthcare provider or pharmacist; managing natural health products; what you need to consider before choosing them; travelling with medication tips; managing financial challenges; cautions for online purchases of medication; aging and medication risks; and why you need a Personal Medication Record and what it should include.

<u>67526</u>	55yrs+	Whitby 55+ Rec Centre	1 class
Fri	May 8-May 8	10:00am-11:30am	Free

Wellness for Weight Loss Program with Sylvia Emmorey

This 8-week nutrition program will start you on your way to a healthier and more energetic you! Sylvia will guide you through holistic weight loss techniques including simple, healthy, and effective ways to improve your eating habits and reach your goals. This program will include (optional) weigh ins and food tracking to help with accountability. Sylvia is a certified nutritionist with 20 years experience.

<u>68100</u>	55yrs+	Whitby 55+ Rec Centre	8 classes
Mon	Apr 13-Jun 8	12:00pm-1:00pm	\$60.00

Station Gallery Programs

All Ages

AAW - 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.

<u>67322</u>	8yrs+	Station Gallery	1 class
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Sat	Apr 4-Apr 4	1:00pm-2:30pm	\$45/\$50
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AAC - Crochet Level 1 with Chelsea (#@%)

Discover the joy of crochet in this beginner-friendly class! Each week you'll create a cute, practical project provided by your instructor. You'll learn the basic stitches, including how to read patterns, sew in ends, and build the skills to keep creating at home.

<u>66788</u>	12yrs+	Station Gallery	6 weeks
Sun	Apr 12-May 24	12:00pm-2:00pm	\$190/\$200

AAC - Crochet Level 2 with Chelsea (#@%)

Build on your crochet foundations in this Level 2 course! Designed for those who already know the basics, this class introduces more advanced pattern techniques. You will learn Mosaic and Tapestry crochet, amigurumi, how to design your own c2c pattern, and more. You'll work on instructor-guided projects that challenge and improve your skills. By the end of the course, you'll feel more confident tackling patterns independently and continue creating at home. Please bring your own crochet hooks, and two colours of medium-weight yarn.

<u>67006</u>	12yrs+	Station Gallery	6 weeks
Sun	Apr 12-May 24	2:00pm-4:00pm	\$190/\$200

Adult

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. Beginner/intermediate painting experience required.

<u>66783</u>	16yrs+	Station Gallery	6 weeks
Fri	Apr 10-May 15	7:00pm-9:00pm	\$190/\$200

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

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. Suitable for all levels of expertise.

<u>66784</u>	16yrs+	Station Gallery	6 weeks
Tue	Apr 7-May 12	7:00pm-9:00pm	\$190/\$200

AAC - Acrylic Painting with Jean (#@%)

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. Suitable for all levels of expertise.

<u>66785</u>	16yrs+	Station Gallery	6 weeks
Wed	Apr 8-May 13	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.

<u>66786</u>	16yrs+	Station Gallery	4 weeks
Tue	Apr 14-May 12	7:00pm-9:00pm	\$85/\$90

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

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

<u>66787</u>	16yrs+	Station Gallery	6 weeks
Tue	Apr 7-May 12	12:00pm-2:00pm	\$190/\$200

AAC - Digital Art with Brad (#@%)

Explore painting in the digital age! In this course, participants will learn to paint using drawing tablets and digital painting software, exploring brushes, layers, colour, and composition. Digital tools make it easy to experiment, revise, and correct mistakes, encouraging creative risk-taking and exploration. This course is ideal for beginners and artists curious about incorporating digital tools into their creative practice.

<u>68121</u>	16yrs+	Station Gallery	6 weeks
Thu	Apr 15-May 20	6:30pm-8:30pm	\$190/\$200

AAC - Drawing Explorations with Ivana (#@%)

Drawing Explorations is a welcoming course for those looking to build confidence with a variety of drawing media. Participants will practice with graphite, watercolour pencils, chalk pastels, and more, exploring how different materials create unique marks, textures, and effects. Students will move through guided exercises, toward the creation of a personal mixed-media drawing project! This course is ideal for beginners ready to move beyond the basics, as well as artists looking to refresh their drawing practice in a supportive studio environment. Instruction available in English and Spanish.

<u>66789</u>	16yrs+	Station Gallery	6 weeks
Thu	Apr 9-May 21	7:00pm-9:00pm	\$190/\$200

AAC - Figure Drawing with Vismay (#@%)

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. Suitable for all levels of expertise. No class May 17.

<u>66790</u>	18yrs+	Station Gallery	6 weeks
Sun	Apr 12-May 24	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 appliquéd, 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! Suitable for all levels of expertise. Last session is 3 hours long to

include glazing. No class April 23rd. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class.

<u>66791</u>	16yrs+	Station Gallery	6 weeks
Thu	Apr 9-May 21	1:30pm-3:30pm	\$255/\$270
<u>66792</u>	16yrs+	Station Gallery	6 weeks
Thu	Apr 9-May 21	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. Last session is 3 hours long to include glazing. Suitable for students who have completed at least 2 sessions of Hand Building Pottery Level 1. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class.

<u>66793</u>	16yrs+	Station Gallery	6 weeks
Tue	Apr 14-May 19	6:45pm-8:45pm	\$260/\$275

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

Discover the joy of drawing in this introductory class for adults. Through guided exercises and hands-on practice, you'll build confidence 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. Instruction available in English, Hindi-English, and Marathi.

<u>67973</u>	16yrs+	Station Gallery	6 weeks
Thu	Apr 10-May 15	4:15pm-6:15pm	\$190/\$200

AAC - Open Studio (#@%)

Work alongside, and be inspired by, other practicing artists from the community in this drop-in program. Station Gallery Patrons are welcome to drop by anytime between 10am and 3pm to spend the day creating in our spacious, well-lit studios. 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. Bring your own materials. Studio closed April 6 and May 18.

<u>66794</u>	16yrs+	Station Gallery	9 weeks
Mon	Mar 23-May 25	10:00am-3:00pm	Free

AAW - Paint Like a Musician with Chas (#@%)

Our popular painting workshop is back again! Follow along with artist and musician Chas Burke as he guides you through his captivating approach to colour theory, inspired by the interplay of music and art. Both music and art make use of hue, value, temperature, composition, and design; referencing the methods of famous composers, participants will explore how to harmonize and balance their colours to make expressive and cohesive paintings to proudly take home and cherish. Suitable for all levels of expertise.

<u>67735</u>	16yrs+	Station Gallery	2 weeks
Sat	Apr 11-Apr 18	12:30pm-3:30pm	\$120/\$130

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. Suitable for all levels of expertise.

<u>66795</u>	16yrs+	Station Gallery	6 weeks
Wed	Apr 8-May 13	7:00pm-9:00pm	\$190/\$200

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

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. Suitable for all levels of expertise.

<u>67974</u>	16yrs+	Station Gallery	6 weeks
Thu	May 7-June 11	12:00pm-2:00pm	\$190/\$200

AAC - Portrait Painting with Catherine (#@%)

Painting faces may feel intimidating, but this course will help you build confidence and skill! Using a photo as a guide, students will create their own painted portrait, with room to explore your personal style. Each week will focus on a different element of portraiture, such as mixing skin tones, rendering hair, shaping lips and eyes, and understanding overall form. The importance of backgrounds will also be explored, with examples provided to spark creative choices. You'll finish the course with a completed portrait that shows off both your skills and your personal style! Suitable for all levels of expertise. No class April 23rd.

<u>67962</u>	16yrs+	Station Gallery	6 weeks
Thu	April 16-May 28	6:30pm-8:30pm	\$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. All materials provided – includes 10kg of clay. Pottery Wheel Level 2 or Hand Building Pottery Level 2 are recommended prerequisites. Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class.

<u>66796</u>	16yrs+	Station Gallery	6 weeks
Tue	Apr 7-May 12	4:00pm-6:00pm	\$285/\$300

AAC - Pottery Wheel Level 1 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! Suitable for all levels of expertise. Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class.

<u>66797</u>	16yrs+	Station Gallery	6 weeks
Fri	Apr 24-May 29	1:30pm-3:30pm	\$285/\$300
<u>66798</u>	16yrs+	Station Gallery	6 weeks
Wed	Apr 22-May 27	7:00pm-9:00pm	\$285/\$300

AAC - Pottery Wheel Level 1 with Sarah (#@%)

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! Suitable for all levels of expertise. Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class.

<u>67976</u>	16yrs+	Station Gallery	6 weeks
Sat	Apr 11-May 23	10:30am-12:30pm	\$285/\$300
<u>67975</u>	16yrs+	Station Gallery	6 weeks
Sat	Apr 11-May 23	1:30pm-3:30pm	\$285/\$300

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

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. Suitable for students who have completed at least 2 sessions of Pottery Wheel Level 1. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email.

<u>67977</u>	16yrs+	Station Gallery	6 weeks
Fri	Apr 24-May 29	6:00pm-6:00pm	\$305/\$325

AAC - Tribal Art of India with Sakshi (#@%)

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! Suitable for all levels of expertise. Instruction available in English, Hindi-English, and Marathi.

<u>66799</u>	16yrs+	Station Gallery	6 weeks
Tue	Apr 7-May 12	6:30pm-8:30pm	\$190/\$200

AAC - Watercolour Explorations: Florals 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 April session will focus on landscapes, and the May session will focus on florals! Suitable for all levels of expertise.

<u>66801</u>	16yrs+	Station Gallery	3 weeks
Sat	May 23-Jun 13	1:00pm-3:00pm	\$130/\$140

AAC - Watercolour Explorations: Landscape 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 April session will focus on landscapes, and the May session will focus on florals! Suitable for all levels of expertise.

<u>66800</u>	16yrs+	Station Gallery	3 weeks
Sat	Apr 25-May 9	1:00pm-3:00pm	\$130/\$140

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 at Station Gallery! All materials provided – including one beverage and light refreshments. Additional beverages available for purchase.

<u>67324</u>	19yrs+	Station Gallery	1 class
Fri	Apr 17-Apr 17	7:00pm-9:00pm	\$50/\$55
<u>67363</u>	19yrs+	Station Gallery	1 class
Fri	May 15-May 15	7:00pm-9:00pm	\$50/\$55

Children

KAC - Artscapes with Ameera (#@%)

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. 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.

<u>66802</u>	8-12yrs	Station Gallery	6 weeks
Sun	Apr 12-May 24	1:30pm-3:30pm	\$165/\$175

KAC - Artscapes with Kat (#@%)

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.

<u>66803</u>	8-12yrs	Station Gallery	6 weeks
Fri	Apr 10-May 15	4:15pm-6:15pm	\$165/\$175

KAC - Artventures (#@%)

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!

<u>66805</u>	4-7yrs	Station Gallery	6 weeks
Tue	Apr 7-May 12	4:15pm-5:15pm	\$130/\$140

KAC - Artventures with Ameera (#@%)

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!

<u>66804</u>	4-7yrs	Station Gallery	6 weeks
Sat	Apr 11-May 23	10:30am-11:30am	\$130/\$140

KAC - Artventures with Elaine (#@%)

Artventures introduces students to a wide range of art-making techniques in a fun, hands-on setting. Each week, participants create a new project with step-by-step guidance from instructors, exploring techniques in painting, drawing, collage, and more! 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!

<u>66736</u>	4-7yrs	Station Gallery	6 weeks
Thu	Apr 9-May 21	4:15pm-5:15pm	\$130/\$140

KAC - Artventures with Elaine (#@%)

Artventures introduces students to a wide range of art-making techniques in a fun, hands-on setting. Each week, participants create a new project with step-by-step guidance from instructors, exploring techniques in painting, drawing, collage, and more! 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!

<u>66737</u>	4-7yrs	Station Gallery	6 weeks
Sun	Apr 12-May 24	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 lessons, 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. No class May 16th.

<u>66806</u>	8-12yrs	Station Gallery	6 weeks
Sat	Apr 11-May 23	1:30pm-3:30pm	\$165/\$175

KAC - Fun with Clay with Lucy (#@%)

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 air-dry 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! No class April 23.

<u>66807</u>	8-12yrs	Station Gallery	6 weeks
Thu	Apr 9-May 21	4:15pm-6:15pm	\$165/\$175

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

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! Please come to class with a personal sketchbook.

<u>66808</u>	8-12yrs	Station Gallery	6 weeks
Tue	Apr 7-May 12	4:15pm-6:15pm	\$165/\$175

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! Limit of one caregiver per child. No class May 16.

<u>66738</u>	2-4yrs	Station Gallery	6 weeks
Sat	Apr 11-May 23	10:30am-11:15am	\$115/\$125

Youth

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

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

<u>67362</u>	13-18yrs	Station Gallery	1 class
Fri	May 1-May 1	7:00pm-9:00pm	\$45/\$50

YAC - Character Design with Brad (#@%)

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

<u>68118</u>	11-15yrs	Station Gallery	6 weeks
Tues	Apr 7-May 22	6:30pm-8:30pm	\$175/\$185

YAC - Digital Sculpture with Gavin (#@%)

Step into the world of digital sculpture, where art meets technology! In this course, participants will learn to sculpt three-dimensional forms using drawing tablets and computer software, before turning their creations into physical objects using a resin-based 3D printer. Participants will explore sculpting fundamentals such as form, texture, and composition, while learning how digital files are prepared for 3D printing. Their designs will be printed with light-cured resin, producing incredibly detailed, smooth, and high-quality sculptures. No class May 3.

<u>68120</u>	11-15yrs	Station Gallery	6 weeks
Sun	Apr 12-May 10	1:30pm-3:30pm	\$155/\$165

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! Artworks will be kiln fired and ready for pickup 4-6 weeks after the final class.

<u>66810</u>	11-15yrs	Station Gallery	6 weeks
Wed	Apr 22-May 27	4:00pm-6:00pm	\$285/\$300