

Fall 2026 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy - Recreation Programs and Memberships

Program Cancellations:

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

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

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

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

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

Membership Cancellations:

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

Missed Classes

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

How to Request a Refund, Withdrawal or Program Transfer

Refund Requests:

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

Program Transfers:

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

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

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

55+ Programs

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

Table of Contents

Preschool Programs	19
Preschool General Interest	19
123 Come learn with me	19
ABC Come learn with me	19
Count, Sort & Explore! Preschool Math Adventures	19
Craft and Play	19
Family Fun Fridays	19
Festive Family Fun Fridays	20
Holiday Messy Family Fun	20
Holiday Parent and Tot ABC's and 123's	20
Holiday Parent and Tot Music	20
Intro to Ready for School	20
Learning Adventures – Autumn Adventures	21
Learning Adventures - Woodland Animals	21
Messy Family Fun	21
Paint and Play	21
Parent and Tot ABC's and 123's	22
Parent and Tot Little Learners	22
Parent and Tot Make, Move and Play	22
Parent and Tot Move and Groove	22
Parent and Tot Music	22
Parent and Tot Science	23
Parent and Tot Themed Activity Days	23
Play and Learn	23
Ready for School	23
Ready for School Holiday Fun	24
Preschool Leagues and Sporting Groups	24
Parent and Tot Basketball	24
Parent and Tot Indoor Soccer	24
Parent and Tot Kinder Sports	24
Children's Programs	25

Children Fitness	25
Taekwondo 4-6 YRS	25
Taekwondo 4-6 YRS	25
Taekwondo 7-11 YRS	25
Taekwondo 7-11 YRS	26
Children Computer & Technology	26
Engineering For Kids Jr PA Day – Space Pioneers (Coding) (#@)	26
Engineering For Kids – Junior – Engineering Electrified (#@)	26
Engineering For Kids - Junior - Falling for Fun (#@)	26
Engineering For Kids - Junior - Fun Foundations (#@)	27
Engineering For Kids - Junior - Marine Engineering (#@)	27
Engineering For Kids – Junior – Mission to Mars (#@)	27
Engineering For Kids - Junior - Power and Energy (#@)	27
Engineering For Kids - Senior - Contraption Creators (#@)	28
Engineering For Kids - Senior – EcoForce (#@)	28
Engineering For Kids - Senior - Into the Current (#@)	28
Engineering For Kids - Senior - Master Machines (#@)	29
Engineering For Kids Senior PA Day – Turbine Frenzy (#@)	29
Kids Great Minds - Animation Adventures (#@)	30
Kids Great Minds - Games and Animation (#@)	30
Kids Great Minds - One Day Camp (#@)	30
Kids Great Minds - Voxel Magic (#@)	31
Children General Interest	31
Beyond the Brush	31
Classic Holiday Masterpieces	31
Masterpiece Makers	31
Children Leagues and Sporting Groups	32
Badminton - Basics for Kids	32
Badminton – Kids	32
Badminton - Kids Pick-up	32
Ball Hockey - Kids Pick-up	32
Basketball - Basics for Kids	32
Basketball – Kids	33

Basketball - Kids Pick-up	33
Indoor Soccer – Kids	33
Indoor Soccer - Kids Pick-up	33
Pickleball - Kids Beginner	34
Pickleball - Kids Pick-up	34
Sportball - Indoor Coach and Child Multi-Sport (#@)	34
Sportball - Indoor Parent and Child Multi-Sport (#@)	35
Youth Programs	35
Youth Arts and Crafts	35
Youth Art Lounge - Air Dry Clay Food	35
Youth Art Lounge - Air Dry Clay Ornaments	36
Youth Art Lounge - Beaded Suncatcher Plants	36
Youth Art Lounge - Colour and Cocoa with Alcohol Markers	36
Youth Art Lounge - DIY Sugar Scrubs	36
Youth Art Lounge - Gingerbread Decoration	36
Youth Art Lounge - Glow in the Dark Painting	37
Youth Art Lounge - Mini Fairy Gardens	37
Youth Art Lounge - Mug Painting and Hot Cocoa	37
Youth Art Lounge - Pressed Leaf Lanterns	37
Youth Art Lounge - Pumpkin Painting and Pumpkin Spice	37
Youth Art Lounge - Slime Lab and Soda	38
Youth Art Lounge - Snow Globes	38
Youth Art Lounge - Tote Bag Painting	38
Youth Drawing & Painting	38
Youth Mixed Media Program	38
Youth Mixed Media Program	39
Youth First Aid & Safety	39
Stay Safe! Course (#@)	39
Youth Leadership and Training	39
Babysitting Course (#@)	39
Youth Leagues and Sporting Groups	40
Badminton – Youth	40
Badminton - Youth Pick-up	40

Basketball – Youth	40
Basketball - Youth Pick-up	40
Basketball - Youth Girls	41
Pickleball - Youth Beginner	41
Pickleball - Youth Pick-up	41
Volleyball - Youth Boys Pick-up	41
Volleyball - Youth Girls Pick-up	42
Adult Programs	42
Fitness	42
ABT-Abs/Butt/Thighs	42
Ball Fit	42
Barre	42
Boot Camp	43
Cardio and Core	43
Circuit Training	43
Dance Fit	43
Full Body Fitness	43
Gentle Yoga	44
HIIT	44
Jazz 1	44
Light and Lively 1	44
Light and Lively 2	45
Low Impact	45
Lower Body Shred	45
Menopause Strong	45
Mom and Baby Fitness	45
Mom and Baby Yoga	46
Pilates	46
Pilates for Seniors Level 1	46
Pilates for Seniors Level 2	46
Power Yoga	46
Rock Body	46
Sculpt & Stretch	47

Sculpt and Flow	47
Spin and Strength	47
Spinning	48
Step and Sculpt	48
Strength & Core	48
Strength & Stretch	49
Stretch and Myofascial Release (SMR)	49
Tap 1	49
Total Body Circuit	49
Yoga Flow	50
Zumba Fit	50
Adult Leagues and Sporting Groups	50
Badminton - Adult Intermediate	50
Badminton - Adult Partners Pick-up	50
Badminton - Adult Pick-up	51
Badminton - Adult Recreational	51
Ball Hockey - Adult Pick-up	51
Pickleball - Adult Beginner	51
Pickleball - Adult Intermediate	51
Pickleball - Adult Men's Pick-up	52
Pickleball - Adult Partners Pick-up	52
Pickleball - Adult Pick-up	52
Pickleball - Adult Women's Pick-up	52
Volleyball - Adult Co-ed Pick-up	52
Volleyball - Adult Men's Pick-up	53
Volleyball - Adult Women's Pick-up	53
All Ages	53
Fitness	53
Taekwondo 12+ YRS	53
Swimming Programs	54
Adult Swimming Programs	54
Aquafit	54
Group Swimming Lessons	56

Adult Swimmer 1 – Beginner Ages 14yrs+	56
Adult Swimmer 2 – Intermediate Ages 14yrs+	57
Adult Swimmer 3 – Advanced Ages 14yrs+	58
Private Adult Swimmer Ages 14yrs+	58
Fitness Swimmer Ages 15yrs+	59
Group Swimming Lessons	59
Preschool Swimming	59
Parent and Tot 1 Ages 4 12 months	59
Parent and Tot 2 Ages 12-24months	61
Parent and Tot 3 Ages 2-3yrs	62
Parent and Tot Water Workout Ages 6 months-2yrs	64
Preschool 1 Ages 3-5yrs	64
Preschool 2 Ages 3-5yrs	68
Preschool 3 Ages 3-5yrs	71
Preschool 4 Ages 3-5yrs	73
Preschool 5 Ages 3-5yrs	75
Terrific Twos Ages 2-3yrs	77
Children Swimming	78
Swimmer 1 Ages 6-13yrs	78
Swimmer 2 Ages 6-13yrs	82
Swimmer 3 Ages 6-13yrs	85
Swimmer 4 Ages 6-13yrs	86
Swimmer 5 Ages 6-13yrs	87
Swimmer 6 Ages 6-13yrs	89
Youth Swimming	90
Teen Swimmer 1- Beginner Ages 14-18yrs	90
Teen Swimmer 2- Intermediate Ages 14-18yrs	91
Teen Swimmer 3- Advanced Ages 14-18yrs	91
Leadership	92
Bronze Cross	92
Bronze Medallion & Basic First Aid	92
Bronze Star	93
Canadian Swim Patrol 1- Rookie	93

Canadian Swim Patrol 2- Ranger	93
Canadian Swim Patrol 3- Star	93
Swim & Lifesaving Instructor	94
National Lifeguard and Intermediate First Aid	94
Private Swimming Lessons	94
Children	94
Private Swimming Lessons Ages 3-14yrs	94
Youth	99
Private Teen Swimmer Ages 14-18yrs	99
Semi-Private Swimming Lessons	99
Children	99
Semi-Private Swimmer 1 Ages 6-13yrs	99
Semi-Private Swimmer 2 Ages 6-13yrs	100
Semi-Private Swimmer 3 Ages 6-13yrs	101
Semi-Private Swimmer 4 Ages 6-13yrs	102
Semi-Private Swimmer 5 Ages 6-13yrs	102
Semi-Private Swimmer 6 Ages 6-13yrs	103
Preschool	103
Semi-Private Preschool 1 Ages 3-5yrs	103
Semi-Private Preschool 2 Ages 3-5yrs	104
Semi-Private Preschool 3 Ages 3-5yrs	105
Semi-Private Preschool 4 Ages 3-5yrs	105
Semi-Private Preschool 5 Ages 3-5yrs	105
55+ Programs	106
55+ New Members Orientation	106
55+ Computer & Technology	106
55+ Technology Help	106
3D Printing at the Whitby Library	106
How to Avoid Being Scammed Online and by Phone	107
55+ Creative Arts	107
Acrylic Painting - Advanced Open Studio with Marni	107
Christmas Knitting with Tara	107
Creative Art Workshop - Farmer's Market Fare with Chrissie	107

Creative Art Workshop - Waterfall in Fall with Chrissie	108
Creative Art Workshop - Cute Kitty with Chrissie	108
Creative Art Workshop - Painting on Fabric with Marni	108
Creative Art Workshop - Gelli Printmaking with Marni	108
Creative Art Workshop - Holiday Card Printmaking with Marni	108
Digital Photography Made Easy	109
Drawing with Jade	109
Instructed Acrylic Painting with David	109
Knitting Simple Mittens with Tara	110
Knitting a Cardigan with Tara	110
Needle Felted Fall Decorations with Tara	110
Needle Felted Winter Decorations with Tara	110
Open Felting with Tara	110
Watercolour Painting - Beginner with Jane	111
Watercolour Painting - Christmas Workshop with Jane	111
Watercolour Painting - Intermediate with Jane	111
Watercolour Painting - Thanksgiving Workshop with Jane	111
Woodcarving - Open Studio	112
55+ Dance	112
Ballet Basics with Tracy	112
Ballet Intermediate with Tracy	112
Cardio Dance with Shari	112
Clogging - Beginner Plus with Sandy	113
Dance Fitness with Shari	113
Get Your Groove On with Tracy	113
Line Dance Beginner Plus with Alison	113
Line Dance-Beginner with Alison	113
Line Dance-Beginner with Nicole	114
Tap Dance - Level 2 with Alison	114
Traditional Line Dance - Level 2 with Nicole	114
55+ Fitness	114
Arthritis Exercise with Karel	114
Arthritis Exercise with Kim	115

Arthritis Exercise with Tracy	115
Barre Fitness with Tracy	115
Body Sculpt with Kim	115
Build Your Own Bones with Roberta	115
Build Your Own Bones with Tracy	116
Cardio and Core with Kim	116
Cardio Salsa with Tracy	116
Chair Aerobics with Rida	116
Chair Exercise with Rida	117
Chair Yoga with Deborah	117
Classical Stretch with Zoe	117
Full Body Fit and Stretch with Kim	117
Gentle Yoga Stretches Using Props with Donna	117
Latin Dance Fitness with Tracy	118
Low Impact Bootcamp with Karel	118
Men's Fitness with Tracy	118
Morning Energizer with Charles	118
Osteofit with Zoe	118
Pilates - Level 1 with Dennis	119
Strength & Balance with Rida	119
Strength, Stability & Pilates with Kim	119
Stretch and Relax with Nicole	119
Total Body Circuit Training with Kim	119
Total Body Stretch with Dennis	120
Total Body Tone with Zoe	120
Total Body Workout with Dennis	120
Total Body Workout with Tracy	120
Twenty, Twenty, Twenty with Charles	121
Twenty, Twenty, Twenty with Roberta	121
Twenty, Twenty, Twenty with Tracy	121
Walk Aerobics with Rida	121
Weight Training - Level 1 and Level 2 with Tracy	122
Weight Training - Level 2 with Tracy	122

Yin Yoga with Deborah	122
Yin Yoga with Judy	122
Yin Yoga with Patricia	122
Yoga - Beginner/Intermediate with Pamela	123
Yoga - Chair with Judy	123
Yoga - Chair with Marcey	123
Yoga - Chair with Pamela	123
Yoga - Dynamic with Mag	123
Yoga - Energy Flow with Patricia	124
Yoga - Hatha Flow with Deborah	124
Yoga - Intermediate with Mag	124
Yoga - Relax and Restore with Dennis	124
Yoga - Relax and Restore with Roberta	124
Yoga - Rise and Shine with Deborah	124
Yoga - Rise and Shine with Mag	125
Yoga Dance with Shari	125
Yoga Flow with Patricia	125
Yoga Stretch with Dennis	125
Yoga Stretch with Judy	125
Yoga with David	126
Yoga with Mag	126
Yoga- Rise and Shine with Dennis	126
Yogalates with Deb	126
Zumba Gold (lite) with Nicole	126
55+ General Interest	127
Chess - Absolute Beginner with Kevin	127
Guided Meditation with Julie	127
History	127
Mindfulness Meditation with David	127
Qigong with Dave	127
Rise and Shine 55+ Walking Group	128
Tai Chi (Yang Style 24) with Dave	128
Tai Chi - Level 1 with Mary Grace and Rick	128

Tai Chi - Level 1 with Rick	128
Tai Chi - Level 2 with Mary Grace and Rick	129
Tai Chi - Level 2 with Rick	129
Tai Chi - Level 3 with Mary Grace and Rick	129
55+ Language	129
French - Beginner with Maurice	129
French - Intermediate with Maurice	130
Spanish - Beginner with Tony	130
Spanish - Intermediate with Tony	130
55+ Leagues and Sporting Groups	130
Badminton League	130
Ball Hockey	131
Indoor Golf Lessons	131
Indoor Golf Social	131
Indoor Soccer	131
Multisport	132
Pickleball - Learn to Play Beginners	132
Pickleball Drills Beginner	132
Pickleball Drills	133
Pickleball – Beginner	133
Pickleball - All levels	133
Pickleball - Level 1	133
Pickleball - Level 1 and 2	134
Pickleball - Level 2	134
Pickleball - Level 2 and Level 3	135
Pickleball - Level 3	135
55+ General Interest and Leisure Programs	135
Book Club	135
Penny Bingo	135
55+ Music and Drama	136
Djembe Drumming - Level 1 with Julie	136
Djembe Drumming - Level 2 with Julie	136
Ukulele - Level 1 with Arlene	136

Ukulele - Level 2 with Arlene	136
Ukulele - Level 3 with Arlene	137
55+ Sciences	137
Biology - Science and Morocco with Amanda	137
55+ Wellness and Lifestyle	137
Brain Health Workshop	137
Communication Skills and Positive Thinking Workshop	137
Driving and Dementia Workshop	138
Gut Health with Sylvia	138
Healing your Inner Child with Franca	138
How to Manage Natural Health Products Workshop	138
Inflammation with Sylvia	138
Java Social - Fun Coffee Chat	139
Living a Healthy Life with Chronic Pain Workshop	139
Living a Healthy Life with Diabetes Workshop	139
Stress and Sleep Workshop	139
Unhealthy vs Healthy Fats with Sylvia	140
Wellness for Weight Loss Program with Sylvia Emmorey	140
55+ Special Events	140
Whitby 55+ Recreation Active Living Fair	140
Coming Together: A Conversation On Building Inclusive Communities	140
Halloween Social	140
Documentary - Robin Williams- Robin's Wish	141
Remembering Veterans Gathering	141
Documentary - Michael Jackson	141
Holiday Movie: Miracle on 34th Street	141
Murder Mystery Dinner- The Eternal Cruise	141
Rotary Bingo	142
National Day for Truth and Reconciliation	142
Programs Community Connection	142
Adult Programs	142
Leagues and Sporting Groups	142
Badminton for Adults-Pick-up (#@%)	142

Men's Basketball-Pick-up (#@)	143
Pickleball-Pick-up (#@)	143
Volleyball Adult Co-Ed Recreational (#@)	143
Children Programs	143
Dance	143
Ballet /Jazz (@#)	143
Ballet 1 (#@)	143
Dance Medley (#@)	144
Dance Medley (@#)	144
Hip Hop with Community Connection (@#)	144
General Interest	144
Lego Club (#@)	144
Leagues and Sporting Groups	145
Basketball with Community Connection (@#)	145
Soccer for Kids with Community Connection (@#)	145
Volleyball Co-ed (#@)	145
Children Music and Drama	146
Guitar for Kids (#@)	146
Guitar For Kids- Level 1 (#@)	146
Station Gallery Programs	146
Refund Policy:	146
Adult	146
Art Workshops	146
AAW - Bookbinding with Ivana (#@)	146
AAW - Brushes & Beverages: Paint Night at SG (#@)	147
AAW - Fused Glass Ornaments with Wendy (#@)	147
AAW - Gold Leaf Techniques with Leila (#@)	147
AAW - Mandala Drawing with Chelsea (#@)	148
AAW - Pottery Mini-Session: Cozy Character Mugs (#@)	148
AAW - Pottery Mini-Session: Gingerbread Houses (#@)	148
AAW - Punch Needle Coasters with Agnes (#@)	148
AAW - Soapstone Carving with Peter (#@)	149
Visual Arts	149

AAC - Acrylic Marker Illustration with Jean (#@)	149
AAC - Crochet Level 1 with Chelsea (#@)	149
AAC - Crochet Level 2 with Chelsea (#@)	149
AAC - Portfolio Development with Randy (#@)	150
AAC - 3D Printing with Mike (#@)	150
AAC - Abstract Painting with Randy (#@)	150
AAC - Acrylic Painting with Chelsea Frattura (#@)	150
AAC - Art as Therapy with Kayleigh (#@)	151
AAC - Beginner Watercolour Painting with Sakshi (#@)	151
AAC - Comic Art & Storytelling with Brad (#@)	151
AAC - Drawing Explorations with Ivana (#@)	152
AAC - Figure Drawing with Vismay (#@)	152
AAC - Hand Building Pottery: Level 1 with Paulette (#@)	152
AAC – Hand-Building Pottery: Level 2 with Paulette (#@)	153
AAC - Introduction to Drawing with Ivana (#@)	153
AAC - Knitting Circle with Nesrin (#@)	153
AAC - Oil Painting with Chelsea Frattura (#@)	154
AAC - Open Studio (#@)	154
AAC - Pen, Ink, & Watercolour Wash with Patrick (#@)	154
AAC - Pottery Open Studio with Paulette (#@)	155
AAC - Pottery Wheel Level 1 (#@)	155
AAC - Pottery Wheel Level 2 with Carol (#@)	156
AAC - Still-Life Painting with Catherine (#@)	156
AAC - Uninstructed Figure Drawing (#@)	156
AAC - Watercolour Explorations with Hi-Sook (#@)	156
Children	157
Kids Art Classes	157
KAC - Artscapes (#@)	157
KAC - Artventures (#@)	157
KAC - Exploring Paint with Varshitha (#@)	158
KAC - Fun with Clay with Kat (#@)	158
KAC - Kids 3D Printing: Advanced, with Mike (#@)	159
KAC - Kids 3D Printing: Beginner, with Mike (#@)	159

KAC - Let's Draw! with Sakshi (#@)	159
Parent & Tot	160
PT - Mini-Makers with Elaine (#@)	160
Youth	160
Youth Art Classes	160
YAC - Character Design with Brad (#@)	160
YAC - Digital Painting with Brad (#@)	160
YAC - Digital Sculpture with Gavin (#@)	161
YAC - Youth Pottery Wheel with Sujania (#@)	161

Preschool Programs

Preschool General Interest

123 Come learn with me

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

71632	2.5yrs-5yrs	Brooklin CC&L	10 weeks
Thu	Sep 24-Nov 26	11:15am-12:00pm	\$92.28

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.

71641	2.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Wed	Sep 23-Nov 25	11:30am-12:15pm	\$92.28

Count, Sort & Explore! Preschool Math Adventures

Make math fun through hands-on play and learning! Preschoolers will be introduced to early math concepts through engaging activities, stories, crafts, and movement. They will learn skills such as counting, number recognition, sorting, patterning, measuring and shapes in a fun environment.

72878	2.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Mon	Sep 21-Nov 30	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.

71642	2.5yrs-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Sep 22-Oct 20	5:30pm-7:00pm	\$69.21

Family Fun Fridays

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

71643	1.5yrs-5yrs	Brooklin CC&L	5 weeks
Fri	Sep 25-Oct 23	10:15am-11:45am	\$69.21
71644	1.5yrs-5yrs	Brooklin CC&L	5 weeks
Fri	Oct 30-Nov 27	10:15am-11:45am	\$69.21

Festive Family Fun Fridays

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

72130	1.5yrs-5yrs	Brooklin CC&L	3 weeks
Fri	Dec 4-Dec 18	10:15am-11:45am	\$41.53

Holiday Messy Family Fun

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

72129	1.5yrs-5yrs	Brooklin CC&L	3 weeks
Fri	Dec 4-Dec 18	9:15am-10:00am	\$27.68

Holiday 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.

72128	1.5yrs-5yrs	Brooklin CC&L	3 weeks
Wed	Dec 2-Dec 16	11:30am-12:30pm	\$27.68

Holiday Parent and Tot Music

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

72125	1.5yrs-4yrs	Brooklin CC&L	3 weeks
Mon	Dec 7-Dec 21	11:30am-12:15pm	\$27.68

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.

71633	2.5yrs-4yrs	Brooklin CC&L	10 weeks
Thu	Sep 24-Nov 26	10:00am-11:00am	\$92.28

Learning Adventures – Autumn Adventures

Learn all about the autumn season in this fun-filled preschool program designed for little learners! Preschoolers will explore the sights and colors of fall through creative crafts, sensory activities, songs, stories, games, and hands-on discoveries. From pumpkins and leaves to animals and harvest, each week offers exciting opportunities to build creativity, social skills, and confidence in a warm and welcoming environment. Free play may be included.

71634	3-5yrs	Brooklin CC&L	5 weeks
Mon	Sep 21-Oct 26	5:30pm-7:00pm	\$69.21

Learning Adventures - Woodland Animals

Explore the forest and discover the wonderful world of woodland animals! Preschoolers will explore the habitats of their favorite forest friends through hands-on crafts, stories, songs, games, and sensory activities. Little learners will meet creatures such as foxes, owls, squirrels, rabbits and bears while building social skills, creativity, and a love for nature. Free play may be included.

71635	3-5yrs	Brooklin CC&L	5 weeks
Mon	Nov 2-Nov 30	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.

71636	1.5yrs-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 25-Nov 27	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.

71645	2.5yrs-5yrs	Whitby Civic Rec Complex	5 weeks
Tue	Oct 27-Nov 24	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.

71637	1.5yrs-5yrs	Brooklin CC&L	10 weeks
Wed	Sep 23-Nov 25	11:30am-12:30pm	\$92.28

Parent and Tot Little Learners

Each week will focus on a new, exciting topic. Tots will learn about the theme through art, sensory and play. There may also be a circle time, songs and free play. Topics may include space, bugs, animals and more! Parent to tot ratio is 1:1.

71974	1.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 26-Nov 28	11:00am-11:45am	\$92.28

Parent and Tot Make, Move and Play

Get ready for a fun and engaging program where creativity and movement come together! Parents and tots will begin each class exploring hands-on crafts and creative activities. Once the creations are complete, participants will move to the gym for active games, music, movement and fun activities that encourage gross motor development, coordination, and confidence.

71983	2-5yrs	Fieldgate Sports Complex	10 weeks
Thu	Sep 17-Nov 19	9:15am-10:15am	\$92.28

Parent and Tot Move and Groove

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

72877	2yrs-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 25-Dec 4	9:15am-10:15am	\$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. Parent to tot ratios is 1:1.

71638	1.5yrs-5yrs	Brooklin CC&L	10 weeks
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Mon	Sep 21-Nov 30	11:30am-12:15pm	\$92.28
71976	1.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 24-Nov 26	6:30pm-7:15pm	\$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. Parent to tot ratio is 1:1.

71975	1.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Thu	Sep 24-Nov 26	5:30pm-6:15pm	\$92.28

Parent and Tot Themed Activity Days

Each week with focus on a different seasonal or holiday theme, including a craft, story and circle time. Free play and sensory play may be included.

71973	1.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Sat	Sep 26-Nov 28	10:00am-10:45am	\$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!

71648	2.5yrs-5yrs	Whitby Civic Rec Complex	10 weeks
Tue	Sep 22-Nov 24	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 3 by December 31, 2026, in order to register for this program.

71640	3-5yrs	Brooklin CC&L	10 weeks
Mon,Wed	Sep 21-Nov 30	9:15am-11:15am	\$369.10
71649	3-5yrs	Whitby Civic Rec Complex	10 weeks

Mon,Wed	Sep 21-Nov 30	9:15am-11:15am	\$369.10
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Ready for School Holiday Fun

This program will allow your child to celebrate the upcoming holidays with their Ready for School playmates. Children should be toilet trained and out of diapers in order to join this class. Children must be three years of age by December 31, 2026, in order to register for this program.

72126	3-5yrs	Brooklin CC&L	3 weeks
Mon,Wed	Dec 7-Dec 23	9:15am-11:15am	\$110.74
72127	3-5yrs	Whitby Civic Rec Complex	3 weeks
Mon,Wed	Dec 7-Dec 23	9:15am-11:15am	\$110.74

Preschool 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.

71608	3-5yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	10:15am-10:55am	\$96.88

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.

71609	3-5yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	11:45am-12:25pm	\$96.88
71610	2-3yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	11:00am-11:40am	\$96.88

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.

71611	2-4yrs	Fieldgate Sports Complex	14 weeks
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Sat	Sep 19-Dec 19	9:30am-10:10am	\$96.88
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Children's Programs

Children Fitness

Taekwondo 4-6 YRS

Do you want to discover the dynamic sport of Olympic Taekwondo with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Then join this class! Our family training environment supports the recreational and performance streams. This program is for children 4-6 years old. This program is by registration only.

70848	4-6yrs	Whitby Civic Rec Complex	9 weeks
Sun	Oct 18-Dec 13	10:00am-10:55am	\$83.60

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.

70842	4-6yrs	Whitby Civic Rec Complex	9 weeks
Fri	Oct 9-Dec 11	4:30pm-5:25pm	\$83.60
70845	4-6yrs	Whitby Civic Rec Complex	9 weeks
Sat	Oct 10-Dec 12	10:00am-10:55am	\$83.60

Taekwondo 7-11 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 7-11 years old. This program is by registration only.

70843	7-11yrs	Whitby Civic Rec Complex	9 weeks
Fri	Oct 9-Dec 11	5:30pm-6:25pm	\$83.60
70844	7-11yrs	Whitby Civic Rec Complex	9 weeks
Fri	Oct 9-Dec 11	6:30pm-7:25pm	\$83.60

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.

70846	7-11yrs	Whitby Civic Rec Complex	9 weeks
Sat	Oct 10-Dec 12	11:00am-11:55am	\$83.60
70849	7-11yrs	Whitby Civic Rec Complex	9 weeks
Sun	Oct 18-Dec 13	11:00am-11:55am	\$83.60

Children Computer & Technology

Engineering For Kids Jr PA Day – Space Pioneers (Coding) (#@)

Embark on fun journey to space with Scratch! Send an astronaut to the moon and defend your moon base from space rocks. Learn how to use Scratch to create and program sprites, backdrops and basic scripts. Create new programs and be inspired to explore the universe of programming as a Space Pioneer.

72023	4-7yrs	McKinney Centre	1 class
Fri	Nov 13-Nov 13	9:00am-4:00pm	\$80.00

Engineering For Kids – Junior – Engineering Electrified (#@)

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

72826	4-7yrs	Fieldgate Sports Complex	6 weeks
Sat	Sep 19-Oct 31	10:00am-11:00am	\$210.00

Engineering For Kids - Junior - Falling for Fun (#@)

Junior Inventors Workshop - Falling for Fun, Seasonal Adventures. You won't want to miss this unique opportunity to combine the joy of autumn with the excitement of engineering. Our exciting fall-themed engineering curriculum is designed to spark creativity, curiosity, and critical thinking in young minds. This program blends the beauty of the Fall season with hands-on, engaging activities that make learning an unforgettable adventure!

71655	4-7yrs	McKinney Centre	6 weeks
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Mon	Sep 14-Oct 26	5:30pm-6:30pm	\$210.00
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Engineering For Kids - Junior - Fun Foundations (#@)

Engineering For Kids - Junior - Fun Foundations. Get ready to raise the skyline as we learn all about the exciting field of civil engineering. This program will teach students the foundations of civil engineering as they explore concepts, such as tension and compression, structurally strong geometric shapes, and the importance of a strong foundation and core. Each day students will use the EFK Engineering Design Process to take on captivating challenges that lay the groundwork for understanding the essential principals of structural design and construction. This program is sure to tower above the rest and inspire the next generation of civil engineers.

71666	4-7yrs	McKinney Centre	7 week
Mon	Nov 2-Dec 14	5:30pm-6:30pm	\$245.00

Engineering For Kids - Junior - Marine Engineering (#@)

Engineering For Kids - Junior - Marine Engineering What causes something to sink or float? How can engineers help explore and protect the ocean below? These questions and more are explored in Junior Marine. In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible possible.

71668	4-7yrs	Brooklin CC&L	6 weeks
Thu	Nov 5-Dec 10	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.

72076	4-7yrs	Fieldgate Sports Complex	6 weeks
Sat	Nov 7-Dec 12	10:00am-11:00am	\$210.00

Engineering For Kids - Junior - Power and Energy (#@)

Engineering For Kids - Junior - Power and EnergyIn the Power and Energy classes, join us as we look at ways to get things moving... no batteries required. In this camp, students explore the foundational concepts of potential and kinetic energy by building

their very own toys. Additionally, students will explore natural power and energy sources such as falling water and the sun. Get ready for a shock in this energetic and engaging engineering experience!

71661	4-7yrs	Brooklin CC&L	7 weeks
Thu	Sep 17-Oct 29	5:30pm-6:30pm	\$245.00

Engineering For Kids - Senior - Contraption Creators (#@)

Engineering For Kids - Senior - Contraption Creators Step into the whimsical world of invention with Contraption Creators, a hands-on curriculum where students become industrial engineers at the Wacky Wonder Toy Factory. In this imaginative program, students tackle playful real-world inspired challenges like building conveyor belts, ramp systems, and chain reaction contraptions. Each lesson sparks curiosity, encourages creative problem-solving, and brings core engineering concepts to life through engaging story-driven activities.

71667	8-12yrs	McKinney Centre	7 weeks
Mon	Nov 2-Dec 14	7:00pm-8:00pm	\$266.00

Engineering For Kids - Senior – EcoForce (#@)

Engineering For Kids - Senior - EcoForce As our world faces growing environmental challenges, engineers play a critical role in developing innovative solutions to protect our planet. Environmental engineers tackle issues like air and water pollution, renewable energy, and sustainable design to create a healthier future for all living things. In this program, students will take on real-world engineering challenges, using their creativity and problem-solving skills to design systems that reduce waste, harness clean energy, and improve sustainability. Through hands-on experiments and collaborative projects, they'll think like engineers, testing and refining their ideas to make a lasting impact on the world around them.

71663	8-12yrs	Brooklin CC&L	7 weeks
Thu	Sep 17-Oct 29	7:00pm-8:00pm	\$266.00

Engineering For Kids - Senior - Into the Current (#@)

Engineering For Kids - Senior - Into the Current. Dive deeper into the world of marine innovation with Into the Current, an Apprentice/Master-level marine engineering curriculum that challenges students to solve real-world ocean engineering problems. Through engaging, hands-on lessons, students explore how engineers design artificial reefs, build data-collecting instruments, control buoyancy in submarines, harness the motion of waves, and create solar-powered solutions for cleaner oceans. Each challenge blends science, creativity, and engineering as students design, build, test, and refine their ideas using the EFK Engineering Design Process.

<u>71656</u>	8-12yrs	McKinney Centre	6 weeks
Mon	Sep 14-Oct 26	7:00pm-8:00pm	\$228.00

Engineering For Kids - Senior - Master Machines (#@)

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

<u>71672</u>	8-12yrs	Brooklin CC&L	6 weeks
Thu	Nov 5-Dec 10	7:00pm-8:00pm	\$228.00

Engineering For Kids – Senior – 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>72827</u>	8-12yrs	Fieldgate Sports Complex	6 weeks
Sat	Sep 19-Oct 31	11:30am-12:30am	\$228.00

Engineering For Kids – Senior – Strategic Structures (#@)

Put on your hard hat and get ready to raise the roof with the fun and excitement of civil engineering. In this session, students will learn how to engineer while being mindful of the forces acting upon a structure, such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Each day, students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This session is sure to take learners' curiosity and skills to new heights.

<u>72077</u>	8-12yrs	Fieldgate Sports Complex	6 weeks
Sat	Nov 7-Dec 10	11:30am-12:30pm	\$228.00

Engineering For Kids Senior PA Day – Turbine Frenzy (#@)

Making Waves Hydro Turbine (Marine Engineering): During this lesson students will construct a working hydro turbine. They will demonstrate Newton's Third Law of Motion, which states that for every action there is an equal and opposite reaction, by using

naturally flowing water to create rotary motion. Wind Turbine Design (Electrical): In this lesson, students will learn the difference between a windmill and a wind turbine. They will learn how a wind turbine uses mechanical energy within a generator and build their own working model. They will use the EFK Engineering Design Process to design, build and attach blades that generate the greatest electrical output possible. They will learn how to use a multimeter to measure the voltage being produced. The team that has the greatest electrical output wins.

72024	8-12yrs	McKinney Centre	1 class
Mon	Oct 26-Oct 26	9:00am-4:00pm	\$80.00

Kids Great Minds - Animation Adventures (#@)

Join our exciting program and dive into the world of computer animation! Kids will embark on a journey to create their very own animated cartoon movie. With step-by-step guidance, they'll unleash their creativity, master the 12 principles of animation, and bring their characters and stories to life. It's an adventure filled with fun learning, imaginative expression, and a showcase of awesome animated movies at the end of the program!

71730	6-11yrs	Brooklin CC&L	8 weeks
Wed	Sep 30-Nov 18	4:50pm-5:50pm	\$198.00

Kids Great Minds - Games and Animation (#@)

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.

71696	8-12yrs	Brooklin CC&L	8 weeks
Wed	Sep 30-Nov 18	5:55pm-7:25pm	\$298.00

Kids Great Minds - One Day Camp (#@)

Unleash your creativity and embark on an exciting adventure. Learn the magic of animation from designing characters to bringing them to life through animation techniques. The day will consist of fun activities, hands-on learning, and the opportunity to create your animated masterpiece! We will email their finished animations to share and enjoy

72075	6-11yrs	Fieldgate Sports Complex	1 class
Mon	Oct 26-Oct 26	9:00am-4:00pm	\$99.00

72820	6-11yrs	Whitby Civic Recreation Complex	1 class
Fri	Nov 13-Nov 13	9:00am-4:00pm	\$99.00

Kids Great Minds - Voxel Magic (#@)

Welcome to Voxel Magic! This enchanting course is perfect for kids who are excited to explore the world of 3D design and virtual reality using MagicaVoxel. Create, design, and bring your imaginative worlds to life in 3D and see them in virtual reality. We will build exciting characters like Pikachu, Mario, the Ender Dragon, and more!

71694	8-12yrs	Brooklin CC&L	8 weeks
Wed	Sep 30-Nov 18	7:30pm-9:00pm	\$298.00

Children General Interest

Beyond the Brush

Young artists will go beyond the brush and explore a variety of new techniques.

71982	9-11yrs	Fieldgate Sports Complex	10 weeks
Wed	Sep 16-Nov 18	6:45pm-7:45pm	\$92.28

Classic Holiday Masterpieces

Each week will feature a different Holiday movie, snack and movie themed craft.

72136	9-11yrs	Fieldgate Sports Complex	3 weeks
Wed	Dec 2-Dec 16	5:45pm-7:45pm	\$55.36

Masterpiece Makers

Masterpiece Makers is where imagination comes to life! In this hands on class, young artists will experiment with painting, drawing, crafts and mixed media, while learning new techniques each week.

71646	6-8yrs	Fieldgate Sports Complex	10 weeks
Wed	Sep 16-Nov 18	5:30pm-6:30pm	\$92.28

Children 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.

71592	7-9yrs	Fieldgate Sports Complex	14 weeks
Wed	Sep 16-Dec 16	5:45pm-6:10pm	\$64.59

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.

71593	10-12yrs	Fieldgate Sports Complex	14 weeks
Wed	Sep 16-Dec 16	6:15pm-7:10pm	\$125.43

Badminton - Kids Pick-up

Kids will rotate through fun games of badminton each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. Racquets are provided but you are welcome to bring your own.

72389	10-13yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	1:15pm-2:10pm	\$125.43

Ball Hockey - Kids Pick-up

Kids will be put into teams each week for a fun game of ball hockey. Staff are present to supervise but do not provide formal instruction. Some game experience recommended.

71606	9-11yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 14	7:00pm-7:55pm	\$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.

71596	6-8yrs	Brooklin CC&L	14 weeks
Tue	Sep 15-Dec 15	5:00pm-5:55pm	\$125.43

<u>71597</u>	6-8yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	3:00pm-3:55pm	\$125.43

Basketball – Kids

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

<u>71598</u>	9-11yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 17	5:00pm-5:55pm	\$116.47
<u>71599</u>	9-11yrs	Fieldgate Sports Complex	13 weeks
Sat	Sep 19-Dec 19	4:00pm-4:55pm	\$116.47

Basketball - Kids Pick-up

Kids will be put into teams each week for a fun game of basketball. Staff are present to supervise but do not provide formal instruction. Some game experience recommended.

<u>72481</u>	9-12yrs	Fieldgate Sports Complex	13 weeks
Mon	Sep 14-Dec 14	5:45pm-6:40pm	\$116.47

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>71969</u>	6-8yrs	Fieldgate Sports Complex	14 weeks
Thu	Sep 17-Dec 17	5:00pm-5:40pm	\$96.88
<u>71607</u>	6-8yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	2:00pm-2:55pm	\$125.43

Indoor Soccer - Kids Pick-up

Kids will be put into teams each week for a fun game of soccer. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. You are required to bring your own soccer shin guards.

<u>71970</u>	9-11yrs	Fieldgate Sports Complex	14 weeks
Thu	Sep 17-Dec 17	5:45pm-6:40pm	\$125.43

Pickleball - Kids Beginner

This program is designed for kids starting Pickleball. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play Pickleball. Kids will build up to playing full games. It is recommended you bring your own paddle, as paddles are limited.

71981	9-12yrs	Fieldgate Sports Complex	14 weeks
Fri	Sep 18-Dec 18	5:00pm-5:55pm	\$125.43

Pickleball - Kids Pick-up

Kids will rotate through fun games of Pickleball each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. It is recommended you bring your own paddle, as paddles are limited.

72442	9-12yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	5:45pm-6:40pm	\$125.43

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.

71618	3-5yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	9:45am-10:45am	\$255.00
71619	5-8yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	10:45am-11:45am	\$255.00
71620	3-5yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	11:45am-12:45pm	\$255.00
71701	3-5yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	9:45am-10:45am	\$255.00
71702	5-8yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	10:45am-11:45am	\$255.00
71704	3-5yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	11:45am-12:45pm	\$255.00
71616	3-5yrs	Fieldgate Sports Complex	12 weeks
Mon	Sep 21-Dec 14	5:30pm-6:30pm	\$255.00

71617	5-8yrs	Fieldgate Sports Complex	12 weeks
Mon	Sep 21-Dec 14	6:30pm-7:30pm	\$255.00
71621	3-5yrs	Heydenshore Pavilion	12 weeks
Wed	Sep 23-Dec 9	5:30pm-6:30pm	\$255.00
71622	5-8yrs	Heydenshore Pavilion	12 weeks
Wed	Sep 23-Dec 9	6:30pm-7:30pm	\$255.00
71707	3-5yrs	Fieldgate Sports Complex	12 weeks
Thu	Sep 24-Dec 10	10:30am-11:30am	\$255.00

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.

71624	2-3yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	9:00am-9:45am	\$255.00
71699	2-3yrs	Fieldgate Sports Complex	12 weeks
Sun	Sep 20-Dec 13	9:00am-9:45am	\$255.00
71623	2-3yrs	Fieldgate Sports Complex	12 weeks
Mon	Sep 21-Dec 14	4:45pm-5:30pm	\$255.00
71625	2-3yrs	Heydenshore Pavilion	12 weeks
Wed	Sep 23-Dec 9	4:45pm-5:30pm	\$255.00
71705	16mos-2yrs	Fieldgate Sports Complex	12 weeks
Thu	Sep 24-Dec 10	9:00am-9:45am	\$255.00
71706	2yrs-3.5yrs	Fieldgate Sports Complex	12 weeks
Thu	Sep 24-Dec 10	9:45am-10:30am	\$255.00

Youth Programs

Youth Arts and Crafts

Youth Art Lounge - Air Dry Clay Food

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72005	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Oct 1-Oct 1	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Air Dry Clay Ornaments

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72014	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Dec 3-Dec 3	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Beaded Suncatcher Plants

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72004	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Sep 24-Sep 24	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Colour and Cocoa with Alcohol Markers

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72010	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Nov 5-Nov 5	6:00pm-7:30pm	\$13.44

Youth Art Lounge - DIY Sugar Scrubs

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72012	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Nov 19-Nov 19	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Gingerbread Decoration

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72016	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Dec 17-Dec 17	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Glow in the Dark Painting

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72008	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Oct 22-Oct 22	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Mini Fairy Gardens

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72006	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Oct 8-Oct 8	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Mug Painting and Hot Cocoa

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72013	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Nov 26-Nov 26	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Pressed Leaf Lanterns

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72007	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Oct 15-Oct 15	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Pumpkin Painting and Pumpkin Spice

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72009	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Oct 29-Oct 29	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Slime Lab and Soda

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72011	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Nov 12-Nov 12	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Snow Globes

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

72015	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Dec 10-Dec 10	6:00pm-7:30pm	\$13.44

Youth Art Lounge - Tote Bag Painting

Join us for weekly seasonal and theme-based mixed media art! Activities may include tote bag painting, air dry clay, pumpkin painting, hot cocoa and colouring, slime, and more! Sign up for your favourite theme or sign up for them all!

71987	9-11yrs	Fieldgate Sports Complex	1 class
Thu	Sep 17-Sep 17	6:00pm-7:30pm	\$13.44

Youth Drawing & Painting

Youth Mixed Media Program

Join the youth room Mixed Media program every 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 air dry clay, tote bag painting, mosaics, and a variety of others for participants to create with.

72017	12-18yrs	Brooklin CC&L	6 weeks
Thu	Sep 24-Oct 29	4:30pm-5:30pm	Free

72018	12-18yrs	Brooklin CC&L	6 weeks
Thu	Nov 12-Dec 17	4:30pm-5:30pm	Free

Youth Mixed Media Program

Join the youth room Mixed Media program every Tuesday 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 air dry clay, tote bag painting, mosaics, and a variety of others for participants to create with.

72019	12-18yrs	McKinney Centre	6 weeks
Tue	Sep 22-Oct 27	4:30pm-5:30pm	Free
72020	12-18yrs	McKinney Centre	6 weeks
Tue	Nov 10-Dec 15	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.

71557	9-13yrs	Brooklin CC&L	1 class
Sat	Sep 26-Sep 26	9:00am-3:00pm	\$71.00
72022	9-13yrs	Whitby Civic Recreation Complex	1 class
Mon	Oct 26-Oct 26	9:00am-3:00pm	\$71.00
71560	9-13yrs	Brooklin CC&L	1 class
Fri	Nov 13-Nov 13	9:00am-3:00pm	\$71.00

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.

71558	11-16yrs	McKinney Centre	1 class
Sat	Oct 24-Oct 24	9:00am-5:00pm	\$76.00
71559	11-16yrs	Brooklin CC&L	1 class
Mon	Oct 26-Oct 26	9:00am-5:00pm	\$76.00
72021	11-16yrs	Fieldgate Sports Complex	1 class
Fri	Nov 13-Nov 13	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.

71594	11-15yrs	Fieldgate Sports Complex	14 weeks
Wed	Sep 16-Dec 16	7:15pm-8:10pm	\$125.43

Badminton - Youth Pick-up

Youth will rotate through fun games of badminton each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. Racquets are provided but you are welcome to bring your own.

72420	13-17yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	2:15pm-3:10pm	\$125.43

Basketball – Youth

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

71601	11-14yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 17	6:00pm-6:55pm	\$116.47

Basketball - Youth Pick-up

Youth will be put into teams each week for a fun game of basketball. Staff are present to supervise but do not provide formal instruction. Some game experience recommended.

<u>72483</u>	13-17yrs	Fieldgate Sports Complex	13 weeks
Mon	Sep 14-Dec 14	6:45pm-7:40pm	\$116.47

Basketball - Youth Girls

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

<u>71600</u>	11-14yrs	Fieldgate Sports Complex	13 weeks
Sat	Sep 19-Dec 19	5:00pm-5:55pm	\$116.47

Pickleball - Youth Beginner

This program is designed for youth who are ready to play. Topics will include safety aspects, rules of play, shot types, scoring, strategies, drills and how to play Pickleball. Rules and gameplay experience is recommended but not required. Players will rotate through games each class. It is recommended you bring your own paddle, as paddles are limited.

<u>71984</u>	13-17yrs	Fieldgate Sports Complex	14 weeks
Fri	Sep 18-Dec 18	6:00pm-6:55pm	\$125.43

Pickleball - Youth Pick-up

This program is designed for youth who are ready to play Pickleball. Minimal 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>72445</u>	13-17yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	5:45pm-6:40pm	\$125.43

Volleyball - Youth Boys Pick-up

Exclusively for boys, participants will be put into teams each week for a fun game of volleyball. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. All types of serves and hitting are allowed. Net height will be set at 2.35 metres.

<u>72222</u>	13-16yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	6:30pm-7:25pm	\$125.43

Volleyball - Youth Girls Pick-up

Exclusively for girls, participants will be put into teams each week for a fun game of volleyball. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. All types of serves and hitting are allowed. Net height will be set at 2.20 metres.

72221	13-16yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	6:30pm-7:25pm	\$125.43

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!

70804	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	10:15am-11:10am	\$92.89

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.

70832	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	1:30pm-2:25pm	\$92.89

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!

70851	14yrs+	Brooklin CC&L	9 weeks
Mon	Oct 5-Dec 7	7:00pm-7:55pm	\$83.60

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.

70830	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	10:15am-11:10am	\$92.89

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.

70823	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	5:30pm-6:25pm	\$92.89

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.

70837	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 9-Dec 11	9:00am-9:55am	\$92.89

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.

70805	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	11:15am-12:10pm	\$92.89
70806	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 9-Dec 11	12:30pm-1:25pm	\$92.89

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.

70802	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	6:15am-7:10am	\$92.89

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.

70828	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	9:00am-9:55am	\$92.89

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!

70833	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	2:30pm-3:25pm	\$92.89

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**

70838	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 9-Dec 11	11:15am-12:25pm	\$92.89

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****

70822	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	1:30pm-2:25pm	\$92.89

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****

70821	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	12:15pm-1:10pm	\$92.89

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.

70795	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 5-Dec 7	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!

70834	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	3:30pm-4:25pm	\$92.89

Menopause Strong

A strength-focused fitness program designed for women in perimenopause, menopause, and post-menopause. Improve strength, bone health, balance, mobility, and overall well-being through safe, effective exercises in a supportive and welcoming environment. Suitable for all fitness levels. **This is a registered Program Only

72809	40yrs+	Whitby Civic Rec Complex	8 weeks
Thu	Oct 8-Nov 26	11:15am-12:10pm	\$74.31

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.

70825	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	1:15pm-2:10pm	\$92.89

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.

70836	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	12:15pm-1:10pm	\$92.89

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.

70796	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 5-Dec 7	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.

70803	55 and up	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	9:00am-9:55am	\$92.89

Pilates for Seniors Level 2

70839	55 and up	Whitby Civic Rec Complex	9 weeks
Fri	Oct 9-Dec 11	2:30pm-3:25pm	\$83.60

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.

70835	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	7:35pm-8:30pm	\$92.89

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>70799</u>	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 5-Dec 7	5:30pm-6:25pm	\$83.60
<u>70800</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	10:15am-11:10am	\$92.89
<u>70801</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	12:15pm-1:10pm	\$92.89

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>70824</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	12:15pm-1:10pm	\$92.89

Sculpt and Flow

Build core strength, improve posture and increase your cardiovascular endurance! This workout will keep you moving with challenging exercises targeting the rectus abdominis, obliques, transverse abdominis, and lower back alternating with cardio intervals. This class is a mix of all your favorites, Cardio, Sculpting, and Yoga. All fitness levels and abilities are welcome.

<u>72777</u>	14yrs+	Brooklin CC&L	8 weeks
Sun	Oct 18-Dec 13	9:00am-9:55am	\$74.31

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>70826</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	6:15am-7:10am	\$92.89
<u>70827</u>	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	5:20pm-6:15pm	\$92.89

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.

72825	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 5-Dec 7	6:45pm-7:30pm	\$83.60
70811	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	5:20pm-6:15pm	\$92.89

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.

70812	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	6:30pm-7:25pm	\$92.89
70813	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	9:00am-9:55am	\$92.89
70814	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	6:30pm-7:25pm	\$92.89
70815	14yrs+	Whitby Civic Rec Complex	10 weeks
Fri	Oct 9-Dec 11	10:15am-11:10am	\$92.89
70816	14yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Oct 17-Dec 12	9:00am-9:55am	\$83.60

Strength & Core

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

70819	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	6:15am-7:10am	\$92.89

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.

70793	14yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Oct 5-Dec 7	9:00am-9:55am	\$83.60

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.

70807	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	12:15pm-1:10pm	\$92.89
70808	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	11:15am-12:10pm	\$92.89
70809	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	1:45pm-2:40pm	\$92.89

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 **

70810	14yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Oct 6-Dec 8	1:30pm-2:55pm	\$92.89

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.

72824	14yrs+	Brooklin CC&L	10 weeks
Wed	Oct 7-Dec 9	6:30pm-7:25pm	\$92.89

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!

70820	14yrs+	Whitby Civic Rec Complex	10 weeks
Wed	Oct 7-Dec 9	11:15am-12:10pm	\$92.89

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.

70831	14yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Oct 8-Dec 10	11:15am-12:10pm	\$92.89

Adult Leagues and Sporting Groups

Badminton - Adult Intermediate

Play badminton in fun and challenging games. Participants will rotate through games with other players. For experienced players. Racquets are provided but you are welcome to bring your own.

71591	15-54yrs	Fieldgate Sports Complex	14 weeks
Wed	Sep 16-Dec 16	8:15pm-9:10pm	\$128.41

Badminton - Adult Partners Pick-up

Partners will play other partners in fun games of badminton each week. Both partners must register and provide the name of their partner when registering. No individual registrations allowed. Any partner under the age of 18 must be accompanied by a partner 18+ years of age. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. Racquets are provided but you are welcome to bring your own.

72435	16-54yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	4:15pm-5:10pm	\$128.41

Badminton - Adult Pick-up

Participants will rotate through fun games of badminton each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. Racquets are provided but you are welcome to bring your own.

72431	17-54yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	3:15pm-4:10pm	\$128.41

Badminton - Adult Recreational

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.

71824	15-54yrs	Fieldgate Sports Complex	14 weeks
Wed	Sep 16-Dec 16	9:15pm-10:10pm	\$128.41

Ball Hockey - Adult Pick-up

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.

71595	18 and up	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 14	8:00pm-9:30pm	\$110.06

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.

71613	18-54yrs	Fieldgate Sports Complex	14 weeks
Fri	Sep 18-Dec 18	7:00pm-7:55pm	\$128.41
71614	18-54yrs	Fieldgate Sports Complex	14 weeks
Fri	Sep 18-Dec 18	9:00pm-9:55pm	\$128.41

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.

71615	18-54yrs	Fieldgate Sports Complex	14 weeks
Fri	Sep 18-Dec 18	8:00pm-8:55pm	\$128.41

<u>71978</u>	18-54yrs	Fieldgate Sports Complex	14 weeks
Fri	Sep 18-Dec 18	10:00pm-10:55pm	\$128.41

Pickleball - Adult Men's Pick-up

Exclusively for men, participants will rotate through fun games of Pickleball each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. It is recommended you bring your own paddle, as paddles are limited.

<u>72463</u>	17-54yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	8:45pm-9:40pm	\$128.41

Pickleball - Adult Partners Pick-up

This program is designed for partners who are ready to play Pickleball. Both partners must register and provide the name of their partner when registering. No individual registrations allowed. Any partner under the age of 18 must be accompanied by a partner 18+ years of age. Minimal instruction will be provided. Rules and gameplay experience is recommended. Partners will rotate through games each class. It is recommended you bring your own paddle, as paddles are limited.

<u>72451</u>	16-54yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	6:45pm-7:40pm	\$128.41

Pickleball - Adult Pick-up

Participants will rotate through fun games of Pickleball each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. It is recommended you bring your own paddle, as paddles are limited.

<u>72464</u>	17-54yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	9:45pm-10:40pm	\$128.41

Pickleball - Adult Women's Pick-up

Exclusively for women, participants will rotate through fun games of Pickleball each week. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. It is recommended you bring your own paddle, as paddles are limited.

<u>72459</u>	17-54yrs	Fieldgate Sports Complex	14 weeks
Sun	Sep 20-Dec 20	7:45pm-8:40pm	\$128.41

Volleyball - Adult Co-ed Pick-up

Participants will be put into teams each week for a fun game of volleyball. Games will strive to have a minimum of two women on the court for each team at a time. Staff are present to

supervise but do not provide formal instruction. Some game experience recommended. All types of serves and hitting are allowed. Net height will be set at 2.43 metres.

<u>72226</u>	17-54yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	8:30pm-9:25pm	\$128.41

Volleyball - Adult Men's Pick-up

Exclusively for men, participants will be put into teams each week for a fun game of volleyball. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. All types of serves and hitting are allowed. Net height will be set at 2.43 metres.

<u>72228</u>	17-54yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	9:30pm-10:25pm	\$128.41

Volleyball - Adult Women's Pick-up

Exclusively for women, participants will be put into teams each week for a fun game of volleyball. Staff are present to supervise but do not provide formal instruction. Some game experience recommended. All types of serves and hitting are allowed. Net height will be set at 2.24 metres.

<u>72223</u>	17-54yrs	Fieldgate Sports Complex	14 weeks
Sat	Sep 19-Dec 19	7:30pm-8:25pm	\$128.41

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>70847</u>	12yrs+	Whitby Civic Rec Complex	9 weeks
Sat	Oct 17-Dec 12	12:00pm-12:55pm	\$83.60
<u>70850</u>	12yrs+	Whitby Civic Rec Complex	9 weeks
Sun	Oct 18-Dec 13	12:00pm-12:55pm	\$83.60

Swimming Programs

Adult Swimming Programs

Aquafit

Aquafit- Shallow Water

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.

72805	13yrs+	Whitby Civic Rec Complex	11 classes
Mon	Sep 21-Dec 7	9:00am-9:45am	\$104.60
72861	13yrs+	Whitby Civic Rec Complex	11 classes
Mon	Sep 21-Dec 7	9:45am-10:30am	\$104.60
72862	13yrs+	Whitby Civic Rec Complex	12 classes
Tue	Sep 22-Dec 8	8:45am-9:30am	\$114.11
72863	13yrs+	Whitby Civic Rec Complex	12 classes
Tue	Sep 22-Dec 8	7:15pm-8:00pm	\$114.11
72864	13yrs+	Whitby Civic Rec Complex	12 classes
Thu	Sep 24-Dec 10	9:00am-9:45am	\$114.11
72865	13yrs+	Whitby Civic Rec Complex	12 classes
Thu	Sep 24-Dec 10	9:45am-10:30am	\$114.11
73062	13yrs+	Whitby Civic Rec Complex	12 classes
Thu	Sep 24-Dec 10	7:15pm-8:00pm	\$114.11
73070	13yrs+	Whitby Civic Rec Complex	12 classes
Fri	Sep 25-Dec 11	8:45am-9:30pm	\$114.11
73063	13yrs+	Whitby Civic Rec Complex	11 classes
Sat	Sep 19-Dec 5	1:15pm-2:00pm	\$104.60
73059	13yrs+	Fieldgate Sports Complex	12 classes
Tue	Sep 22-Dec 8	8:30am-9:15am	\$114.11
73073	13yrs+	Fieldgate Sports Complex	12 classes
Thu	Sep 24-Dec 10	8:30am-9:15am	\$114.11

Aquafit - Deep Water

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

72806	13yrs+	Anne Ottenbrite Pool	12 classes
Tue	Sep 22-Dec 8	9:00am-9:45am	\$114.11
73064	13yrs+	Anne Ottenbrite Pool	12 classes
Tue	Sep 22-Dec 8	9:45am-10:30am	\$114.11
73065	13yrs+	Anne Ottenbrite Pool	12 classes
Wed	Sep 23-Dec 9	9:00am-9:45am	\$114.11
73066	13yrs+	Anne Ottenbrite Pool	12 classes
Wed	Sep 23-Dec 9	9:45am-10:30am	\$114.11
73067	13yrs+	Anne Ottenbrite Pool	12 classes
Wed	Sep 23-Dec 9	8:00pm-8:45pm	\$114.11
73068	13yrs+	Anne Ottenbrite Pool	12 classes
Fri	Sep 25-Dec 11	9:00am-9:45am	\$114.11
73069	13yrs+	Anne Ottenbrite Pool	12 classes
Fri	Sep 25-Dec 11	9:45am-10:30am	\$114.11
73071	13yrs+	Fieldgate Sports Complex	12 classes
Tue	Sep 22-Dec 8	8:00pm-8:45pm	\$114.11
73072	13yrs+	Fieldgate Sports Complex	12 classes
Wed	Sep 23-Dec 9	9:15am-10:00am	\$114.11

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.

72807	13yrs+	Whitby Civic Rec Complex	12 classes
Wed	Sep 23-Dec 9	8:45am-9:30am	\$114.11

Aquafit- HIIT

HIIT Aquafit is a fast-paced, full-body aquatic workout designed to boost strength, endurance, and overall fitness. Using high-intensity interval training in the water, participants will enjoy challenging bursts of movement followed by short recovery periods for an effective and engaging workout. All equipment is provided, and participants must be 14 years of age or older.

73061	13yrs+	Fieldgate Sports Complex	12 classes
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Wed	Sep 23-Dec 9	9:45am-10:30am	\$114.11
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Family Aquafit

Enjoy a fun, energizing workout designed for families! Family Aquafit combines gentle cardio, strength, and water-based movement in a supportive group setting. All participants must be 6 years of age or older, and adults are required to stay actively involved throughout the class. A maximum ratio of two children per one adult must be maintained. All necessary equipment is provided. This program is perfect for families looking to stay active together while building confidence and comfort in the water.

73060	13yrs+	Fieldgate Sports Complex	12 classes
Sat	Sep 19-Dec 5	12:00pm-12:45pm	\$116.88

Group Swimming Lessons

Adult

Adult Swimmer 1 – Beginner Ages 14yrs+

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.

10 classes	Anne Ottenbrite Pool	\$126.26
70748	Sat Sep 19-Nov 28	7:30pm-8:15pm
72744	Sat Sep 19-Nov 28	8:30pm-9:15pm
72745	Sat Sep 19-Nov 28	8:30pm-9:15pm
72542	Fri Sep 25-Nov 27	7:15pm-8:00pm
72543	Fri Sep 25-Nov 27	8:00pm-8:45pm
10 classes	Whitby Civic Rec Complex	\$126.26
71384	Sat Sep 19-Nov 28	12:00pm-12:45pm
71385	Sat Sep 19-Nov 28	12:00pm-12:45pm
70749	Tue Sep 22-Nov 24	1:30pm-2:15pm
71113	Tue Sep 22-Nov 24	1:30pm-2:15pm
71114	Tue Sep 22-Nov 24	2:15pm-3:00pm
71174	Wed Sep 23-Nov 25	1:30pm-2:15pm

71175	Wed	Sep 23-Nov 25	2:15pm-3:00pm
71288	Fri	Sep 25-Dec 4	1:30pm-2:15pm
71289	Fri	Sep 25-Dec 4	2:15pm-3:00pm
71290	Fri	Sep 25-Dec 4	3:00pm-3:45pm
10 classes	Fieldgate Sports Complex		\$126.26
72582	Tue	Sep 22-Nov 24	1:00pm-1:45pm
72583	Tue	Sep 21-Nov 24	1:00pm-1:45pm
72584	Tue	Sep 21-Nov 24	1:45pm-2:30pm
71782	Wed	Sep 23-Nov 25	7:30pm-8:15pm
72072	Wed	Sep 23-Nov 25	7:30pm-8:15pm
72073	Wed	Sep 23-Nov 25	8:15pm-9:00pm
72591	Wed	Sep 23-Nov 25	1:00pm-1:45pm
72592	Wed	Sep 23-Nov 25	1:45pm-2:30pm

Adult Swimmer 2 – Intermediate Ages 14yrs+

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.

10 classes	Anne Ottenbrite Pool		\$126.26
70750	Sat	Sep 19-Nov 28	7:30pm-8:15pm
72742	Sat	Sep 19-Nov 28	8:15pm-9:00pm
72743	Sat	Sep 19-Nov 28	8:15pm-9:00pm
72544	Fri	Sep 25-Nov 27	8:45pm-9:30pm
72545	Fri	Sep 25-Nov 27	8:00pm-8:45pm
10 classes	Whitby Civic Rec Complex		\$126.26
71386	Sat	Sep 19-Nov 28	12:00pm-12:45pm
71387	Sat	Sep 19-Nov 28	12:00pm-12:45pm
70751	Tue	Sep 22-Nov 24	1:30pm-2:15pm
71115	Tue	Sep 22-Nov 24	2:15pm-3:00pm
71176	Wed	Sep 23-Nov 25	1:30pm-2:15pm
71177	Wed	Sep 23-Nov 25	2:15pm-3:00pm
71291	Fri	Sep 25-Nov 27	1:30pm-2:15pm

71292	Fri	Sep 25-Nov 27	2:15pm-3:00pm
71293	Fri	Sep 25-Nov 27	3:00pm-3:45pm
10 classes	Fieldgate Sports Complex		\$126.26
72585	Tue	Sep 21-Nov 24	1:00pm-1:45pm
72586	Tue	Sep 21-Nov 24	1:45pm-2:30pm
71783	Wed	Sep 23-Nov 25	7:30pm-8:15pm
72074	Wed	Sep 23-Nov 25	8:15pm-9:00pm
72593	Wed	Sep 23-Nov 25	1:00pm-1:45pm

Adult Swimmer 3 – Advanced Ages 14yrs+

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.

10 classes	Anne Ottenbrite Pool		\$126.26
70752	Sat	Sep 19-Nov 28	7:30pm-8:15pm
72746	Sat	Sep 19-Nov 28	8:15pm-9:00pm
72546	Fri	Sep 25-Nov 27	8:45pm-9:30pm
10 classes	Whitby Civic Rec Complex		\$126.26
71388	Sat	Sep 19-Nov 28	12:00pm-12:45pm
70753	Tue	Sep 22-Nov 24	2:15pm-3:00pm
71178	Wed	Sep 23-Nov 25	2:15pm-3:00pm
71294	Fri	Sep 25-Nov 27	3:00pm-3:45pm
10 classes	Fieldgate Sports Complex		\$126.26
72587	Tue	Sep 22-Nov 24	1:45pm-2:30pm
71784	Wed	Sep 23-Nov 25	8:15pm-9:00pm
72594	Wed	Sep 23-Nov 25	1:45pm-2:30pm

Private Adult Swimmer Ages 14yrs+

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.

10 classes	Whitby Civic Rec Complex		\$390.18
70757	Wed	Sep 23-Nov 25	1:30pm-2:00pm
71172	Wed	Sep 23-Nov 25	2:00pm-2:30pm

71173	Wed	Sep 23-Nov 25	2:30pm-3:00pm
71286	Fri	Sep 25-Nov 27	3:00pm-3:30pm
71287	Fri	Sep 25-Nov 27	3:00pm-3:30pm
10 classes	Anne Ottenbrite Pool		\$390.18
72547	Fri	Sep 25-Nov 27	9:00pm-9:30pm
72548	Fri	Sep 25-Nov 27	8:30pm-9:00pm
72549	Fri	Sep 25-Nov 27	8:00pm-8:30pm
10 classes	Fieldgate Sports Complex		\$390.18
72588	Tue	Sep 22-Nov 24	2:30pm-3:00pm
72589	Tue	Sep 22-Nov 24	2:30pm-3:00pm
72590	Tue	Sep 22-Nov 24	2:30pm-3:00pm
71887	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72070	Wed	Sep 23-Nov 25	8:00pm-8:30pm
72071	Wed	Sep 23-Nov 25	8:30pm-9:00pm
72595	Wed	Sep 23-Nov 25	2:30pm-3:00pm
72596	Wed	Sep 23-Nov 25	2:30pm-3:00pm

Fitness Swimmer Ages 15yrs+

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).

10 classes	Anne Ottenbrite Pool		\$126.26
70754	Wed	Sep 23-Nov 25	8:00am-9:00am
10 classes	Whitby Civic Rec Complex		\$126.26
70755	Sun	Sep 20-Nov 29	4:30pm-5:30pm

Group Swimming Lessons

Preschool Swimming

Parent and Tot 1 Ages 4 12 months

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

10 classes	Anne Ottenbrite Pool	\$116.88
72658	Sat Sep 19-Nov 28	9:00am-9:30am
72753	Sun Sep 20-Nov 29	9:00am-9:30am
70732	Mon Sep 21-Nov 30	5:30pm-6:00pm
72248	Tue Sep 22-Nov 24	6:00pm-6:30pm
72402	Wed Sep 23-Nov 25	5:30pm-6:00pm
10 classes	Whitby Civic Rec Complex	\$116.88
71336	Sat Sep 19-Nov 28	9:00am-9:30am
71337	Sat Sep 19-Nov 28	10:30am-11:00am
71389	Sun Sep 20-Nov 29	9:30am-10:00am
71390	Sun Sep 20-Nov 29	10:30am-11:00am
70733	Mon Sep 21-Nov 30	6:00pm-6:30pm
71094	Tue Sep 22-Nov 24	10:00am-10:30am
71096	Tue Sep 22-Nov 24	1:30pm-2:00pm
71116	Tue Sep 22-Nov 24	5:00pm-5:30pm
71156	Wed Sep 23-Nov 25	10:00am-10:30am
71157	Wed Sep 23-Nov 25	2:30pm-3:00pm
71179	Wed Sep 23-Nov 25	4:30pm-5:00pm
71227	Thu Sep 24-Nov 26	5:00pm-5:30pm
71267	Fri Sep 25-Nov 27	9:30am-10:00am
71268	Fri Sep 25-Nov 27	1:30pm-2:00pm
71295	Fri Sep 25-Nov 27	5:30pm-6:00pm
10 classes	Fieldgate Sports Complex	\$116.88
72214	Sat Sep 19-Dec 5	9:00am-9:30am
72215	Sat Sep 19-Dec 5	10:30am-11:00am
72335	Sun Sep 20-Dec 6	9:00am-9:30am
72336	Sun Sep 20-Dec 6	10:30am-11:00am
71769	Mon Sep 21-Nov 30	6:00pm-6:30pm
71830	Mon Sep 21-Nov 30	7:30pm-8:00pm
72558	Mon Sep 21-Nov 30	9:00am-9:30am
72579	Mon Sep 21-Nov 30	1:00pm-1:30pm
71898	Tue Sep 22-Nov 24	5:30pm-6:00pm
71899	Tue Sep 22-Nov 24	7:00pm-7:30pm

72025	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72604	Wed	Sep 23-Nov 25	9:00am-9:30am
72605	Wed	Sep 23-Nov 25	1:00pm-1:30pm
72100	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72623	Thu	Sep 24-Nov 26	1:00pm-1:30pm
72157	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72635	Fri	Sep 25-Dec 4	9:00am-9:30am
72636	Fri	Sep 25-Dec 4	1:00pm-1:30pm

Parent and Tot 2 Ages 12-24months

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.

10 classes	Anne Ottenbrite Pool		\$116.88
72659	Sat	Sep 19-Nov 28	9:30am-10:00am
72754	Sun	Sep 20-Nov 29	9:30am-10:00am
70734	Mon	Sep 21-Nov 30	6:00pm-6:30pm
72249	Tue	Sep 22-Nov 24	6:30pm-7:00pm
72412	Wed	Sep 23-Nov 25	6:00pm-6:30pm

10 classes	Whitby Civic Rec Complex		\$116.88
71338	Sat	Sep 19-Nov 28	9:30am-10:00am
71339	Sat	Sep 19-Nov 28	11:00am-11:30am
71391	Sun	Sep 20-Nov 29	10:00am-10:30am
71392	Sun	Sep 20-Nov 29	11:00am-11:30am
70735	Mon	Sep 21-Nov 30	5:00pm-5:30pm
71036	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71095	Tue	Sep 22-Nov 24	10:00am-10:30am
71097	Tue	Sep 22-Nov 24	2:00pm-2:30pm
71117	Tue	Sep 22-Nov 24	4:30pm-5:00pm
71118	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71158	Wed	Sep 23-Nov 25	10:00am-10:30am
71159	Wed	Sep 23-Nov 25	2:30pm-3:00pm
71180	Wed	Sep 23-Nov 25	5:00pm-5:30pm
71228	Thu	Sep 24-Nov 26	6:00pm-6:30pm

71269	Fri	Sep 25-Nov 27	10:30am-11:00am
71270	Fri	Sep 25-Nov 27	2:30pm-3:00pm
71296	Fri	Sep 25-Nov 27	5:30pm-6:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72216	Sat	Sep 19-Dec 5	9:30am-10:00am
72217	Sat	Sep 19-Dec 5	11:00am-11:30am
72337	Sun	Sep 20-Dec 6	9:30am-10:00am
72338	Sun	Sep 20-Dec 6	11:00am-11:30am
71770	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71831	Mon	Sep 21-Nov 30	7:30pm-8:00pm
72559	Mon	Sep 21-Nov 30	9:30am-10:00am
72580	Mon	Sep 21-Nov 30	1:30pm-2:00pm
71900	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71901	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72026	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72027	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72606	Wed	Sep 23-Nov 25	9:30am-10:00am
72607	Wed	Sep 23-Nov 25	1:30pm-2:00pm
72101	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72102	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72624	Thu	Sep 24-Nov 26	1:30pm-2:00pm
72159	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72637	Fri	Sep 25-Dec 4	9:30am-10:00am
72638	Fri	Sep 25-Dec 4	1:30pm-2:00pm

Parent and Tot 3 Ages 2-3yrs

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

10 classes	Anne Ottenbrite Pool		\$116.88
72660	Sat	Sep 19-Nov 28	10:00am-10:30am
72755	Sun	Sep 20-Nov 29	10:00am-10:30am
70736	Mon	Sep 21-Nov 30	6:30pm-7:00pm
72250	Tue	Sep 22-Nov 24	7:00pm-7:30pm

72421	Wed	Sep 23-Nov 25	6:30pm-7:00pm
10 classes	Whitby Civic Rec Complex		\$116.88
71340	Sat	Sep 19-Nov 28	10:00am-10:30am
71341	Sat	Sep 19-Nov 28	11:30am-12:00pm
71393	Sun	Sep 20-Nov 29	9:00am-9:30am
71394	Sun	Sep 20-Nov 29	11:30am-12:00pm
70737	Mon	Sep 21-Nov 30	5:30pm-6:00pm
71098	Tue	Sep 22-Nov 24	10:30am-11:00am
71099	Tue	Sep 22-Nov 24	2:00pm-2:30pm
71119	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71160	Wed	Sep 23-Nov 25	10:30am-11:00am
71161	Wed	Sep 23-Nov 25	2:00pm-2:30pm
71181	Wed	Sep 23-Nov 25	5:30pm-6:00pm
71229	Thu	Sep 24-Nov 26	5:30pm-6:00pm
71271	Fri	Sep 25-Nov 27	10:30am-11:00am
71272	Fri	Sep 25-Nov 27	2:30pm-3:00pm
71297	Fri	Sep 25-Nov 27	4:30pm-5:00pm
71298	Fri	Sep 25-Nov 27	6:30pm-7:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72224	Sat	Sep 19-Dec 5	10:00am-10:30am
72225	Sat	Sep 19-Dec 5	11:30am-12:00pm
72339	Sun	Sep 20-Dec 6	10:00am-10:30am
72340	Sun	Sep 20-Dec 6	11:30am-12:00pm
71771	Mon	Sep 21-Nov 30	7:00pm-7:30pm
72560	Mon	Sep 21-Nov 30	10:00am-10:30am
72581	Mon	Sep 21-Nov 30	2:00pm-2:30pm
71903	Tue	Sep 22-Nov 24	6:30pm-7:00pm
72028	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72029	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72608	Wed	Sep 23-Nov 25	10:00am-10:30am
72609	Wed	Sep 23-Nov 25	2:00pm-2:30pm
72103	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72104	Thu	Sep 24-Nov 26	7:00pm-7:30pm

72625	Thu	Sep 24-Nov 26	2:00pm-2:30pm
72160	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72639	Fri	Sep 25-Dec 4	10:00am-10:30am
72640	Fri	Sep 25-Dec 4	2:00pm-2:30pm

Parent and Tot Water Workout Ages 6 months-2yrs

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.

10 classes	Whitby Civic Rec Complex	\$116.88
71100	Tue Sep 22-Nov 24	11:00am-11:30am

Preschool 1 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool		\$116.88
70738	Sat	Sep 19-Nov 28	9:00am-9:30am
72661	Sat	Sep 19-Nov 28	10:00am-10:30am
72662	Sat	Sep 19-Nov 28	12:00pm-12:30pm
72756	Sun	Sep 20-Nov 29	9:00am-9:30am
72757	Sun	Sep 20-Nov 29	10:00am-10:30am
72758	Sun	Sep 20-Nov 29	10:30am-11:00am
72759	Sun	Sep 20-Nov 29	11:00am-11:30am
72760	Sun	Sep 20-Nov 29	12:00pm-12:30pm
72761	Sun	Sep 20-Nov 29	12:30pm-1:00pm
72085	Mon	Sep 21-Nov 30	5:30pm-6:00pm
72086	Mon	Sep 21-Nov 30	6:00pm-6:30pm
72251	Tue	Sep 22-Nov 24	7:30pm-8:00pm
72252	Tue	Sep 22-Nov 24	6:00pm-6:30pm
72253	Tue	Sep 22-Nov 24	6:30pm-7:00pm

72429	Wed	Sep 23-Nov 25	5:30pm-6:00pm
72430	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72495	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72496	Thu	Sep 24-Nov 26	6:30pm-7:00pm
10 classes	Whitby Civic Rec Complex		\$116.88
71342	Sat	Sep 19-Nov 28	9:00am-9:30am
71343	Sat	Sep 19-Nov 28	9:00am-9:30am
71344	Sat	Sep 19-Nov 28	9:30am-10:00am
71345	Sat	Sep 19-Nov 28	10:00am-10:30am
71346	Sat	Sep 19-Nov 28	10:00am-10:30am
71347	Sat	Sep 19-Nov 28	10:30am-11:00am
71348	Sat	Sep 19-Nov 28	11:00am-11:30am
71349	Sat	Sep 19-Nov 28	11:00am-11:30am
71350	Sat	Sep 19-Nov 28	11:30am-12:00pm
71395	Sun	Sep 20-Nov 29	9:00am-9:30am
71396	Sun	Sep 20-Nov 29	9:00am-9:30am
71397	Sun	Sep 20-Nov 29	9:30am-10:00am
71398	Sun	Sep 20-Nov 29	9:30am-10:00am
71399	Sun	Sep 20-Nov 29	10:00am-10:30am
71400	Sun	Sep 20-Nov 29	10:00am-10:30am
71401	Sun	Sep 20-Nov 29	10:30am-11:00am
71402	Sun	Sep 20-Nov 29	11:00am-11:30am
71403	Sun	Sep 20-Nov 29	11:00am-11:30am
71404	Sun	Sep 20-Nov 29	11:30am-12:00pm
71405	Sun	Sep 20-Nov 29	11:30am-12:00pm
70739	Mon	Sep 21-Nov 30	4:30pm-5:00pm
71037	Mon	Sep 21-Nov 30	5:00pm-5:30pm
71038	Mon	Sep 21-Nov 30	5:30pm-6:00pm
71039	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71040	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71107	Tue	Sep 22-Nov 24	9:30am-10:00am
71120	Tue	Sep 22-Nov 24	4:30pm-5:00pm
71121	Tue	Sep 22-Nov 24	4:30pm-5:00pm

71122	Tue	Sep 22-Nov 24	5:00pm-5:30pm
71123	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71124	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71125	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71162	Wed	Sep 23-Nov 25	10:00am-10:30am
71182	Wed	Sep 23-Nov 25	4:30pm-5:00pm
71183	Wed	Sep 23-Nov 25	5:00pm-5:30pm
71184	Wed	Sep 23-Nov 25	5:30pm-6:00pm
71185	Wed	Sep 23-Nov 25	6:00pm-6:30pm
71186	Wed	Sep 23-Nov 25	6:30pm-7:00pm
71187	Wed	Sep 23-Nov 25	7:00pm-7:30pm
71230	Thu	Sep 24-Nov 26	4:30pm-5:00pm
71231	Thu	Sep 24-Nov 26	5:00pm-5:30pm
71232	Thu	Sep 24-Nov 26	5:30pm-6:00pm
71233	Thu	Sep 24-Nov 26	6:00pm-6:30pm
71234	Thu	Sep 24-Nov 26	6:30pm-7:00pm
71281	Fri	Sep 25-Nov 27	10:00am-10:30am
71299	Fri	Sep 25-Nov 27	4:30pm-5:00pm
71300	Fri	Sep 25-Nov 27	5:00pm-5:30pm
71301	Fri	Sep 25-Nov 27	5:30pm-6:00pm
71302	Fri	Sep 25-Nov 27	6:00pm-6:30pm
71303	Fri	Sep 25-Nov 27	6:30pm-7:00pm

10 classes

Fieldgate Sports Complex

\$116.88

72227	Sat	Sep 19-Dec 5	9:00am-9:30am
72229	Sat	Sep 19-Dec 5	9:30am-10:00am
72230	Sat	Sep 19-Dec 5	10:00am-10:30am
72231	Sat	Sep 19-Dec 5	10:30am-11:00am
72232	Sat	Sep 19-Dec 5	11:00am-11:30am
72344	Sun	Sep 20-Dec 6	9:00am-9:30am
72345	Sun	Sep 20-Dec 6	9:30am-10:00am
72346	Sun	Sep 20-Dec 6	10:00am-10:30am
72347	Sun	Sep 20-Dec 6	10:30am-11:00am
72348	Sun	Sep 20-Dec 6	11:00am-11:30am

71777	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71832	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71833	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71834	Mon	Sep 21-Nov 30	7:30pm-8:00pm
72572	Mon	Sep 21-Nov 30	9:00am-9:30am
72573	Mon	Sep 21-Nov 30	10:00am-10:30am
72574	Mon	Sep 21-Nov 30	1:30pm-2:00pm
72575	Mon	Sep 21-Nov 30	2:00pm-2:30pm
71905	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71906	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71907	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71908	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72030	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72031	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72032	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72033	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72610	Wed	Sep 23-Nov 25	9:00am-9:30am
72611	Wed	Sep 23-Nov 25	10:00am-10:30am
72612	Wed	Sep 23-Nov 25	1:00pm-1:30pm
72105	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72106	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72107	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72108	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72630	Thu	Sep 24-Nov 26	1:00pm-1:30pm
72631	Thu	Sep 24-Nov 26	2:00pm-2:30pm
72170	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72171	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72172	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72645	Fri	Sep 25-Dec 4	9:00am-9:30am
72646	Fri	Sep 25-Dec 4	10:00am-10:30am
72654	Fri	Sep 25-Dec 4	1:00pm-1:30pm
72655	Fri	Sep 25-Dec 4	1:30pm-2:00pm
72656	Fri	Sep 25-Dec 4	2:30pm-3:00pm

Preschool 2 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool	\$116.88
72663	Sat Sep 19-Nov 28	9:00am-9:30am
72664	Sat Sep 19-Nov 28	9:30am-10:00am
72665	Sat Sep 19-Nov 28	10:30am-11:00am
70740	Sun Sep 20-Nov 29	9:30am-10:00am
72762	Sun Sep 20-Nov 29	10:30am-11:00am
72078	Mon Sep 21-Nov 30	7:30pm-8:00pm
72087	Mon Sep 21-Nov 30	6:30pm-7:00pm
72092	Mon Sep 21-Nov 30	5:30pm-6:00pm
72255	Tue Sep 22-Nov 24	7:00pm-7:30pm
72256	Tue Sep 22-Nov 24	6:30pm-7:00pm
72432	Wed Sep 23-Nov 25	6:30pm-7:00pm
72434	Wed Sep 23-Nov 25	5:30pm-6:00pm
72500	Thu Sep 24-Nov 26	6:30pm-7:00pm
10 classes	Whitby Civic Rec Complex	\$116.88
71351	Sat Sep 19-Nov 28	9:00am-9:30am
71352	Sat Sep 19-Nov 28	9:30am-10:00am
71353	Sat Sep 19-Nov 28	9:30am-10:00am
71354	Sat Sep 19-Nov 28	10:00am-10:30am
71355	Sat Sep 19-Nov 28	10:30am-11:00am
71356	Sat Sep 19-Nov 28	10:30am-11:00am
71357	Sat Sep 19-Nov 28	11:00am-11:30am
71358	Sat Sep 19-Nov 28	11:30am-12:00pm
71359	Sat Sep 19-Nov 28	11:30am-12:00pm
71406	Sun Sep 20-Nov 29	9:00am-9:30am
71407	Sun Sep 20-Nov 29	9:30am-10:00am
71408	Sun Sep 20-Nov 29	9:30am-10:00am
71409	Sun Sep 20-Nov 29	10:00am-10:30am

71410	Sun	Sep 20-Nov 29	10:30am-11:00am
71411	Sun	Sep 20-Nov 29	10:30am-11:00am
71412	Sun	Sep 20-Nov 29	11:00am-11:30am
71413	Sun	Sep 20-Nov 29	11:00am-11:30am
71414	Sun	Sep 20-Nov 29	11:30am-12:00pm
70741	Mon	Sep 21-Nov 30	4:30pm-5:00pm
71041	Mon	Sep 21-Nov 30	5:00pm-5:30pm
71042	Mon	Sep 21-Nov 30	5:30pm-6:00pm
71043	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71044	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71108	Tue	Sep 22-Nov 24	9:30am-10:00am
71126	Tue	Sep 22-Nov 24	4:30pm-5:00pm
71127	Tue	Sep 22-Nov 24	5:00pm-5:30pm
71128	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71129	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71130	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71131	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71163	Wed	Sep 23-Nov 25	10:00am-10:30am
71188	Wed	Sep 23-Nov 25	4:30pm-5:00pm
71189	Wed	Sep 23-Nov 25	5:00pm-5:30pm
71190	Wed	Sep 23-Nov 25	5:30pm-6:00pm
71191	Wed	Sep 23-Nov 25	6:00pm-6:30pm
71192	Wed	Sep 23-Nov 25	6:30pm-7:00pm
71236	Thu	Sep 24-Nov 26	4:30pm-5:00pm
71237	Thu	Sep 24-Nov 26	5:00pm-5:30pm
71238	Thu	Sep 24-Nov 26	5:30pm-6:00pm
71239	Thu	Sep 24-Nov 26	6:00pm-6:30pm
71240	Thu	Sep 24-Nov 26	6:30pm-7:00pm
71282	Fri	Sep 25-Nov 27	10:00am-10:30am
71304	Fri	Sep 25-Nov 27	4:30pm-5:00pm
71305	Fri	Sep 25-Nov 27	5:00pm-5:30pm
71306	Fri	Sep 25-Nov 27	5:30pm-6:00pm
71307	Fri	Sep 25-Nov 27	6:00pm-6:30pm

71308	Fri	Sep 25-Nov 27	6:30pm-7:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72270	Sat	Sep 19-Dec 5	9:00am-9:30am
72271	Sat	Sep 19-Dec 5	9:30am-10:00am
72273	Sat	Sep 19-Dec 5	10:00am-10:30am
72274	Sat	Sep 19-Dec 5	10:30am-11:00am
72275	Sat	Sep 19-Dec 5	11:00am-11:30am
72355	Sun	Sep 20-Dec 6	9:00am-9:30am
72356	Sun	Sep 20-Dec 6	9:30am-10:00am
72357	Sun	Sep 20-Dec 6	10:00am-10:30am
72358	Sun	Sep 20-Dec 6	10:30am-11:00am
72359	Sun	Sep 20-Dec 6	11:00am-11:30am
71778	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71835	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71836	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71837	Mon	Sep 21-Nov 30	7:30pm-8:00pm
72576	Mon	Sep 21-Nov 30	9:30am-10:00am
72577	Mon	Sep 21-Nov 30	10:30am-11:00am
72578	Mon	Sep 21-Nov 30	1:00pm-1:30pm
71911	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71912	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71913	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71914	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72034	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72035	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72036	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72037	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72613	Wed	Sep 23-Nov 25	9:30am-10:00am
72614	Wed	Sep 23-Nov 25	2:00pm-2:30pm
72109	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72110	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72111	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72112	Thu	Sep 24-Nov 26	7:00pm-7:30pm

72632	Thu	Sep 24-Nov 26	1:30pm-2:00pm
72173	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72174	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72175	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72176	Fri	Sep 25-Dec 4	7:30pm-8:00pm
72633	Fri	Sep 25-Dec 4	9:30am-10:00am
72634	Fri	Sep 25-Dec 4	2:00pm-2:30pm
10 classes	Fieldgate Sports Complex		\$116.88
72657	Fri	Sep 25-Dec 4	2:30pm-3:00pm

Preschool 3 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool		\$116.88
72666	Sat	Sep 19-Nov 28	9:30am-10:00am
72667	Sat	Sep 19-Nov 28	10:30am-11:00am
72668	Sat	Sep 19-Nov 28	11:30am-12:00pm
72763	Sun	Sep 20-Nov 29	9:30am-10:00am
70742	Mon	Sep 21-Nov 30	7:00pm-7:30pm
72257	Tue	Sep 22-Nov 24	7:30pm-8:00pm
72258	Tue	Sep 22-Nov 24	6:00pm-6:30pm
72423	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72424	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72498	Thu	Sep 24-Nov 26	7:30pm-8:00pm
72499	Thu	Sep 24-Nov 26	6:00pm-6:30pm
10 classes	Whitby Civic Rec Complex		\$116.88
71360	Sat	Sep 19-Nov 28	9:00am-9:30am
71361	Sat	Sep 19-Nov 28	9:30am-10:00am
71362	Sat	Sep 19-Nov 28	10:00am-10:30am
71363	Sat	Sep 19-Nov 28	10:30am-11:00am
71364	Sat	Sep 19-Nov 28	11:30am-12:00pm
71415	Sun	Sep 20-Nov 29	9:00am-9:30am

71416	Sun	Sep 20-Nov 29	9:30am-10:00am
71417	Sun	Sep 20-Nov 29	10:00am-10:30am
71418	Sun	Sep 20-Nov 29	10:30am-11:00am
71419	Sun	Sep 20-Nov 29	11:00am-11:30am
71420	Sun	Sep 20-Nov 29	11:30am-12:00pm
70743	Mon	Sep 21-Nov 30	5:00pm-5:30pm
71045	Mon	Sep 21-Nov 30	5:30pm-6:00pm
71046	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71047	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71132	Tue	Sep 22-Nov 24	5:00pm-5:30pm
71133	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71134	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71135	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71195	Wed	Sep 23-Nov 25	5:00pm-5:30pm
71196	Wed	Sep 23-Nov 25	6:00pm-6:30pm
71197	Wed	Sep 23-Nov 25	6:30pm-7:00pm
71242	Thu	Sep 24-Nov 26	4:30pm-5:00pm
71243	Thu	Sep 24-Nov 26	5:00pm-5:30pm
71244	Thu	Sep 24-Nov 26	6:00pm-6:30pm
71309	Fri	Sep 25-Dec 4	4:30pm-5:00pm
71310	Fri	Sep 25-Dec 4	5:00pm-5:30pm
71311	Fri	Sep 25-Dec 4	5:30pm-6:00pm
71312	Fri	Sep 25-Dec 4	6:30pm-7:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72280	Sat	Sep 19-Dec 5	9:00am-9:30am
72283	Sat	Sep 19-Dec 5	9:30am-10:00am
72284	Sat	Sep 19-Dec 5	10:00am-10:30am
72286	Sat	Sep 19-Dec 5	10:30am-11:00am
72287	Sat	Sep 19-Dec 5	11:00am-11:30am
72360	Sun	Sep 20-Dec 6	9:00am-9:30am
72361	Sun	Sep 20-Dec 6	9:30am-10:00am
72362	Sun	Sep 20-Dec 6	10:00am-10:30am
72363	Sun	Sep 20-Dec 6	10:30am-11:00am

72364	Sun	Sep 20-Dec 6	11:00am-11:30am
71779	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71838	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71839	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71840	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71918	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71919	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71920	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71921	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72038	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72039	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72040	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72041	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72113	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72114	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72115	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72116	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72177	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72178	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72179	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72180	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Preschool 4 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool		\$116.88
70744	Sat	Sep 19-Nov 28	11:00am-11:30am
72764	Sun	Sep 20-Nov 29	10:00am-10:30am
72765	Sun	Sep 20-Nov 29	11:30am-12:00pm
72094	Mon	Sep 21-Nov 30	6:30pm-7:00pm
72425	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72497	Thu	Sep 24-Nov 26	7:00pm-7:30pm
10 classes	Whitby Civic Rec Complex		\$116.88

71365	Sat	Sep 19-Nov 28	10:00am-10:30am
71366	Sat	Sep 19-Nov 28	11:00am-11:30am
71421	Sun	Sep 20-Nov 29	9:00am-9:30am
71422	Sun	Sep 20-Nov 29	10:00am-10:30am
70745	Mon	Sep 21-Nov 30	4:30pm-5:00pm
71074	Mon	Sep 21-Nov 30	5:00pm-5:30pm
71075	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71136	Tue	Sep 22-Nov 24	5:00pm-5:30pm
71137	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71198	Wed	Sep 23-Nov 25	4:30pm-5:00pm
71199	Wed	Sep 23-Nov 25	5:00pm-5:30pm
71200	Wed	Sep 23-Nov 25	6:00pm-6:30pm
71201	Wed	Sep 23-Nov 25	7:00pm-7:30pm
71245	Thu	Sep 24-Nov 26	5:00pm-5:30pm
71246	Thu	Sep 24-Nov 26	6:30pm-7:00pm
71313	Fri	Sep 25-Nov 27	5:00pm-5:30pm

10 classes

Fieldgate Sports Complex

\$116.88

72292	Sat	Sep 19-Dec 5	9:00am-9:30am
72294	Sat	Sep 19-Dec 5	9:30am-10:00am
72295	Sat	Sep 19-Dec 5	10:00am-10:30am
72296	Sat	Sep 19-Dec 5	10:30am-11:00am
72297	Sat	Sep 19-Dec 5	11:00am-11:30am
72365	Sun	Sep 20-Dec 6	9:00am-9:30am
72366	Sun	Sep 20-Dec 6	9:30am-10:00am
72367	Sun	Sep 20-Dec 6	10:00am-10:30am
72368	Sun	Sep 20-Dec 6	10:30am-11:00am
72369	Sun	Sep 20-Dec 6	11:00am-11:30am
71780	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71841	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71842	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71844	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71924	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71925	Tue	Sep 22-Nov 24	6:00pm-6:30pm

71926	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71927	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72042	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72043	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72044	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72045	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72117	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72118	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72119	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72120	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72181	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72182	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72183	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72184	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Preschool 5 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool	\$116.88	
70746	Sat	Sep 19-Nov 28	12:00pm-12:30pm
72766	Sun	Sep 20-Nov 29	11:30am-12:00pm
72088	Mon	Sep 21-Nov 30	7:00pm-7:30pm
72254	Tue	Sep 22-Nov 24	8:00pm-8:30pm
72440	Wed	Sep 23-Nov 25	7:30pm-8:00pm
10 classes	Whitby Civic Rec Complex	\$116.88	
71367	Sat	Sep 19-Nov 28	9:30am-10:00am
71368	Sat	Sep 19-Nov 28	11:00am-11:30am
71423	Sun	Sep 20-Nov 29	10:30am-11:00am
70747	Mon	Sep 21-Nov 30	5:30pm-6:00pm
71138	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71202	Wed	Sep 23-Nov 25	5:30pm-6:00pm
71203	Wed	Sep 23-Nov 25	7:00pm-7:30pm

71247	Thu	Sep 24-Nov 26	5:30pm-6:00pm
71314	Fri	Sep 25-Nov 27	5:30pm-6:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72298	Sat	Sep 19-Dec 5	9:00am-9:30am
72299	Sat	Sep 19-Dec 5	9:30am-10:00am
72300	Sat	Sep 19-Dec 5	10:00am-10:30am
72301	Sat	Sep 19-Dec 5	10:30am-11:00am
72302	Sat	Sep 19-Dec 5	11:00am-11:30am
72370	Sun	Sep 20-Dec 6	9:00am-9:30am
72371	Sun	Sep 20-Dec 6	9:30am-10:00am
72372	Sun	Sep 20-Dec 6	10:00am-10:30am
72373	Sun	Sep 20-Dec 6	10:30am-11:00am
72374	Sun	Sep 20-Dec 6	11:00am-11:30am
71781	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71850	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71851	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71853	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71928	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71929	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71930	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71931	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72046	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72047	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72048	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72049	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72121	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72122	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72123	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72124	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72186	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72187	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72188	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72189	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Terrific TwosAges 2-3yrs

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.

10 classes	Whitby Civic Rec Complex	\$116.88
71101	Tue Sep 22-Nov 24	9:30am-10:00am
71102	Tue Sep 22-Nov 24	10:00am-10:30am
71103	Tue Sep 22-Nov 24	10:30am-11:00am
71104	Tue Sep 22-Nov 24	11:00am-11:30am
71105	Tue Sep 22-Nov 24	2:00pm-2:30pm
71106	Tue Sep 22-Nov 24	2:30pm-3:00pm
71164	Wed Sep 23-Nov 25	9:30am-10:00am
71165	Wed Sep 23-Nov 25	9:30am-10:00am
71166	Wed Sep 23-Nov 25	10:00am-10:30am
71167	Wed Sep 23-Nov 25	11:00am-11:30am
71168	Wed Sep 23-Nov 25	1:30pm-2:00pm
71273	Fri Sep 25-Nov 27	9:30am-10:00am
71274	Fri Sep 25-Nov 27	9:30am-10:00am
71275	Fri Sep 25-Nov 27	10:00am-10:30am
71276	Fri Sep 25-Nov 27	10:30am-11:00am
71277	Fri Sep 25-Nov 27	11:00am-11:30am
71278	Fri Sep 25-Nov 27	1:30pm-2:00pm
71279	Fri Sep 25-Nov 27	2:00pm-2:30pm
71280	Fri Sep 25-Nov 27	2:00pm-2:30pm
10 classes	Fieldgate Sports Complex	\$116.88
72550	Mon Sep 21-Nov 30	9:00am-9:30am
72551	Mon Sep 21-Nov 30	9:30am-10:00am
72552	Mon Sep 21-Nov 30	10:00am-10:30am
72553	Mon Sep 21-Nov 30	10:30am-11:00am
72554	Mon Sep 21-Nov 30	1:00pm-1:30pm

72555	Mon	Sep 21-Nov 30	1:30pm-2:00pm
72556	Mon	Sep 21-Nov 30	2:00pm-2:30pm
72557	Mon	Sep 21-Nov 30	2:30pm-3:00pm
72597	Wed	Sep 23-Nov 25	9:00am-9:30am
72598	Wed	Sep 23-Nov 25	9:30am-10:00am
72599	Wed	Sep 23-Nov 25	10:00am-10:30am
72600	Wed	Sep 23-Nov 25	10:30am-11:00am
72601	Wed	Sep 23-Nov 25	1:30pm-2:00pm
72602	Wed	Sep 23-Nov 25	2:30pm-3:00pm
72603	Wed	Sep 23-Nov 25	2:30pm-3:00pm
72626	Thu	Sep 24-Nov 26	1:00pm-1:30pm
72627	Thu	Sep 24-Nov 26	1:30pm-2:00pm
72628	Thu	Sep 24-Nov 26	2:00pm-2:30pm
72629	Thu	Sep 24-Nov 26	2:30pm-3:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72641	Fri	Sep 25-Dec 4	9:00am-9:30am
72642	Fri	Sep 25-Dec 4	9:30am-10:00am
72643	Fri	Sep 25-Dec 4	10:00am-10:30am
72644	Fri	Sep 25-Dec 4	10:30am-11:00am
72650	Fri	Sep 25-Dec 4	1:00pm-1:30pm
72651	Fri	Sep 25-Dec 4	1:30pm-2:00pm
72652	Fri	Sep 25-Dec 4	2:00pm-2:30pm
72653	Fri	Sep 25-Dec 4	2:30pm-3:00pm

Children Swimming

Swimmer 1 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool		\$116.88
70766	Sat	Sep 19-Nov 28	10:00am-10:30am
72669	Sat	Sep 19-Nov 28	11:00am-11:30am

72670	Sat	Sep 19-Nov 28	12:00pm-12:30pm
72769	Sun	Sep 20-Nov 29	9:00am-9:30am
72770	Sun	Sep 20-Nov 29	10:00am-10:30am
72771	Sun	Sep 20-Nov 29	11:00am-11:30am
72772	Sun	Sep 20-Nov 29	12:00pm-12:30pm
72773	Sun	Sep 20-Nov 29	12:30pm-1:00pm
72082	Mon	Sep 21-Nov 30	8:00pm-8:30pm
72089	Mon	Sep 21-Nov 30	7:30pm-8:00pm
72093	Mon	Sep 21-Nov 30	6:00pm-6:30pm
72098	Mon	Sep 21-Nov 30	5:30pm-6:00pm
72259	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72260	Tue	Sep 22-Nov 24	8:00pm-8:30pm
72261	Tue	Sep 22-Nov 24	6:00pm-6:30pm
72441	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72443	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72446	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72449	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72513	Thu	Sep 24-Nov 26	8:00pm-8:30pm
72515	Thu	Sep 24-Nov 26	8:00pm-8:30pm
72516	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72517	Thu	Sep 24-Nov 26	7:00pm-7:30pm
10 classes	Whitby Civic Rec Complex		\$116.88
71369	Sat	Sep 19-Nov 28	9:00am-9:30am
71370	Sat	Sep 19-Nov 28	9:00am-9:30am
71371	Sat	Sep 19-Nov 28	9:30am-10:00am
71372	Sat	Sep 19-Nov 28	10:00am-10:30am
71373	Sat	Sep 19-Nov 28	10:30am-11:00am
71374	Sat	Sep 19-Nov 28	11:00am-11:30am
71375	Sat	Sep 19-Nov 28	11:30am-12:00pm
71376	Sat	Sep 19-Nov 28	11:30am-12:00pm
71424	Sun	Sep 20-Nov 29	9:00am-9:30am
71425	Sun	Sep 20-Nov 29	9:30am-10:00am
71426	Sun	Sep 20-Nov 29	10:00am-10:30am

<u>71427</u>	Sun	Sep 20-Nov 29	10:30am-11:00am
<u>71428</u>	Sun	Sep 20-Nov 29	11:00am-11:30am
<u>71429</u>	Sun	Sep 20-Nov 29	11:30am-12:00pm
<u>71430</u>	Sun	Sep 20-Nov 29	11:30am-12:00pm
<u>70767</u>	Mon	Sep 21-Nov 30	4:30pm-5:00pm
<u>71076</u>	Mon	Sep 21-Nov 30	5:00pm-5:30pm
<u>71077</u>	Mon	Sep 21-Nov 30	5:30pm-6:00pm
<u>71078</u>	Mon	Sep 21-Nov 30	6:00pm-6:30pm
<u>71079</u>	Mon	Sep 21-Nov 30	6:30pm-7:00pm
<u>71139</u>	Tue	Sep 22-Nov 24	4:30pm-5:00pm
<u>71140</u>	Tue	Sep 22-Nov 24	4:30pm-5:00pm
<u>71141</u>	Tue	Sep 22-Nov 24	5:00pm-5:30pm
<u>71142</u>	Tue	Sep 22-Nov 24	5:30pm-6:00pm
<u>71143</u>	Tue	Sep 22-Nov 24	6:00pm-6:30pm
<u>71144</u>	Tue	Sep 22-Nov 24	6:30pm-7:00pm
<u>71145</u>	Tue	Sep 22-Nov 24	6:30pm-7:00pm
<u>71204</u>	Wed	Sep 23-Nov 25	4:30pm-5:00pm
<u>71205</u>	Wed	Sep 23-Nov 25	5:00pm-5:30pm
<u>71206</u>	Wed	Sep 23-Nov 25	5:30pm-6:00pm
<u>71207</u>	Wed	Sep 23-Nov 25	6:00pm-6:30pm
<u>71208</u>	Wed	Sep 23-Nov 25	6:30pm-7:00pm
<u>71209</u>	Wed	Sep 23-Nov 25	7:00pm-7:30pm
<u>71248</u>	Thu	Sep 24-Nov 26	4:30pm-5:00pm
<u>71249</u>	Thu	Sep 24-Nov 26	4:30pm-5:00pm
<u>71250</u>	Thu	Sep 24-Nov 26	5:00pm-5:30pm
<u>71251</u>	Thu	Sep 24-Nov 26	5:30pm-6:00pm
<u>71252</u>	Thu	Sep 24-Nov 26	6:00pm-6:30pm
<u>71253</u>	Thu	Sep 24-Nov 26	6:30pm-7:00pm
<u>71315</u>	Fri	Sep 25-Nov 27	4:30pm-5:00pm
<u>71316</u>	Fri	Sep 25-Nov 27	5:00pm-5:30pm
<u>71317</u>	Fri	Sep 25-Nov 27	5:30pm-6:00pm
<u>71318</u>	Fri	Sep 25-Nov 27	6:00pm-6:30pm
<u>71319</u>	Fri	Sep 25-Nov 27	6:30pm-7:00pm

71320	Fri	Sep 25-Nov 27	6:30pm-7:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72309	Sat	Sep 19-Dec 5	9:00am-9:30am
72310	Sat	Sep 19-Dec 5	9:30am-10:00am
72311	Sat	Sep 19-Dec 5	10:00am-10:30am
72312	Sat	Sep 19-Dec 5	10:30am-11:00am
72313	Sat	Sep 19-Dec 5	11:00am-11:30am
72375	Sun	Sep 20-Dec 6	9:00am-9:30am
72376	Sun	Sep 20-Dec 6	9:30am-10:00am
72377	Sun	Sep 20-Dec 6	10:00am-10:30am
72378	Sun	Sep 20-Dec 6	10:30am-11:00am
72379	Sun	Sep 20-Dec 6	11:00am-11:30am
71785	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71866	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71867	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71869	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71932	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71933	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71934	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71935	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72050	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72051	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72052	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72053	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72131	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72132	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72133	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72134	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72190	Fri	Sep 25-Dec 4	6:00pm-6:30pm
72191	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72192	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72193	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Swimmer 2 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool	\$116.88
72671	Sat Sep 19-Nov 28	9:00am-9:30am
72672	Sat Sep 19-Nov 28	10:30am-11:00am
72673	Sat Sep 19-Nov 28	11:30am-12:00pm
70768	Sun Sep 20-Nov 29	10:30am-11:00am
72775	Sun Sep 20-Nov 29	11:00am-11:30am
72776	Sun Sep 20-Nov 29	11:30am-12:00pm
72778	Sun Sep 20-Nov 29	12:30pm-1:00pm
72090	Mon Sep 21-Nov 30	8:00pm-8:30pm
72095	Mon Sep 21-Nov 30	7:00pm-7:30pm
72096	Mon Sep 21-Nov 30	7:30pm-8:00pm
72097	Mon Sep 21-Nov 30	8:00pm-8:30pm
72167	Mon Sep 21-Nov 30	6:30pm-7:00pm
72262	Tue Sep 22-Nov 24	6:30pm-7:00pm
72265	Tue Sep 22-Nov 24	7:00pm-7:30pm
72266	Tue Sep 22-Nov 24	7:30pm-8:00pm
72267	Tue Sep 22-Nov 24	8:00pm-8:30pm
10 classes	Anne Ottenbrite Pool	\$116.88
72452	Wed Sep 23-Nov 25	7:00pm-7:30pm
72469	Wed Sep 23-Nov 25	5:30pm-6:00pm
72477	Wed Sep 23-Nov 25	6:00pm-6:30pm
72478	Wed Sep 23-Nov 25	7:00pm-7:30pm
72479	Wed Sep 23-Nov 25	7:30pm-8:00pm
72519	Thu Sep 24-Nov 26	7:30pm-8:00pm
72520	Thu Sep 24-Nov 26	6:30pm-7:00pm
72521	Thu Sep 24-Nov 26	7:00pm-7:30pm
72522	Thu Sep 24-Nov 26	8:00pm-8:30pm
10 classes	Whitby Civic Rec Complex	\$116.88
71377	Sat Sep 19-Nov 28	9:00am-9:30am

<u>71378</u>	Sat	Sep 19-Nov 28	9:30am-10:00am
<u>71379</u>	Sat	Sep 19-Nov 28	10:00am-10:30am
<u>71380</u>	Sat	Sep 19-Nov 28	10:30am-11:00am
<u>71381</u>	Sat	Sep 19-Nov 28	10:30am-11:00am
<u>71382</u>	Sat	Sep 19-Nov 28	11:00am-11:30am
<u>71383</u>	Sat	Sep 19-Nov 28	11:30am-12:00pm
<u>71431</u>	Sun	Sep 20-Nov 29	9:00am-9:30am
<u>71432</u>	Sun	Sep 20-Nov 29	9:30am-10:00am
<u>71433</u>	Sun	Sep 20-Nov 29	10:00am-10:30am
<u>71434</u>	Sun	Sep 20-Nov 29	10:30am-11:00am
<u>71435</u>	Sun	Sep 20-Nov 29	11:00am-11:30am
<u>71436</u>	Sun	Sep 20-Nov 29	11:30am-12:00pm
<u>70769</u>	Mon	Sep 21-Nov 30	4:30pm-5:00pm
<u>71081</u>	Mon	Sep 21-Nov 30	5:00pm-5:30pm
<u>71082</u>	Mon	Sep 21-Nov 30	5:30pm-6:00pm
<u>71083</u>	Mon	Sep 21-Nov 30	6:00pm-6:30pm
<u>71084</u>	Mon	Sep 21-Nov 30	6:30pm-7:00pm
<u>71146</u>	Tue	Sep 22-Nov 24	4:30pm-5:00pm
<u>71147</u>	Tue	Sep 22-Nov 24	5:00pm-5:30pm
<u>71148</u>	Tue	Sep 22-Nov 24	5:30pm-6:00pm
<u>71149</u>	Tue	Sep 22-Nov 24	6:00pm-6:30pm
<u>71150</u>	Tue	Sep 22-Nov 24	6:30pm-7:00pm
<u>71213</u>	Wed	Sep 23-Nov 25	4:30pm-5:00pm
<u>71214</u>	Wed	Sep 23-Nov 25	5:00pm-5:30pm
<u>71215</u>	Wed	Sep 23-Nov 25	5:30pm-6:00pm
<u>71216</u>	Wed	Sep 23-Nov 25	6:00pm-6:30pm
<u>71217</u>	Wed	Sep 23-Nov 25	6:30pm-7:00pm
<u>71218</u>	Wed	Sep 23-Nov 25	7:00pm-7:30pm
<u>71255</u>	Thu	Sep 24-Nov 26	4:30pm-5:00pm
<u>71256</u>	Thu	Sep 24-Nov 26	5:00pm-5:30pm
<u>71257</u>	Thu	Sep 24-Nov 26	5:30pm-6:00pm
<u>71258</u>	Thu	Sep 24-Nov 26	6:00pm-6:30pm
<u>71259</u>	Thu	Sep 24-Nov 26	6:30pm-7:00pm

71322	Fri	Sep 25-Nov 27	4:30pm-5:00pm
71323	Fri	Sep 25-Nov 27	5:00pm-5:30pm
71324	Fri	Sep 25-Nov 27	5:30pm-6:00pm
71325	Fri	Sep 25-Nov 27	6:00pm-6:30pm
71326	Fri	Sep 25-Nov 27	6:30pm-7:00pm
10 classes	Fieldgate Sports Complex		\$116.88
72314	Sat	Sep 19-Dec 5	9:00am-9:30am
72315	Sat	Sep 19-Dec 5	9:30am-10:00am
72316	Sat	Sep 19-Dec 5	10:00am-10:30am
72317	Sat	Sep 19-Dec 5	10:30am-11:00am
72318	Sat	Sep 19-Dec 5	11:00am-11:30am
72380	Sun	Sep 20-Dec 6	9:00am-9:30am
72381	Sun	Sep 20-Dec 6	9:30am-10:00am
72382	Sun	Sep 20-Dec 6	10:00am-10:30am
72383	Sun	Sep 20-Dec 6	10:30am-11:00am
72384	Sun	Sep 20-Dec 6	11:00am-11:30am
71786	Mon	Sep 21-Nov 30	6:00pm-6:30pm
71872	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71873	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71874	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71936	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71937	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71938	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71939	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72054	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72055	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72056	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72057	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72135	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72137	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72138	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72139	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72194	Fri	Sep 25-Dec 4	6:00pm-6:30pm

72195	Fri	Sep 25-Dec 4	6:30pm-7:00pm
72196	Fri	Sep 25-Dec 4	7:00pm-7:30pm
72197	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Swimmer 3 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool	\$120.29	
72679	Sat	Sep 19-Nov 28	9:00am-9:45am
72680	Sat	Sep 19-Nov 28	9:45am-10:30am
72681	Sat	Sep 19-Nov 28	10:30am-11:15am
72682	Sat	Sep 19-Nov 28	11:15am-12:00pm
72790	Sun	Sep 20-Nov 29	9:00am-9:45am
72791	Sun	Sep 20-Nov 29	10:30am-11:15am
72792	Sun	Sep 20-Nov 29	11:15am-12:00pm
72793	Sun	Sep 20-Nov 29	12:00pm-12:45pm
72233	Mon	Sep 21-Nov 30	5:30pm-6:15pm
72234	Mon	Sep 21-Nov 30	6:15pm-7:00pm
72235	Mon	Sep 21-Nov 30	7:00pm-7:45pm
72272	Tue	Sep 22-Nov 24	6:00pm-6:45pm
72276	Tue	Sep 22-Nov 24	6:45pm-7:30pm
72277	Tue	Sep 22-Nov 24	7:30pm-8:15pm
72480	Wed	Sep 23-Nov 25	5:30pm-6:15pm
72482	Wed	Sep 23-Nov 25	6:15pm-7:00pm
72484	Wed	Sep 23-Nov 25	7:00pm-7:45pm
72527	Thu	Sep 24-Nov 26	6:00pm-6:45pm
72528	Thu	Sep 24-Nov 26	6:45pm-7:30pm
72529	Thu	Sep 24-Nov 26	7:30pm-8:15pm
10 classes	Fieldgate Sports Complex	\$120.29	
72319	Sat	Sep 19-Dec 5	9:00am-9:45am
72320	Sat	Sep 19-Dec 5	9:45am-10:30am
72321	Sat	Sep 19-Dec 5	10:30am-11:15am

72322	Sat	Sep 19-Dec 5	11:15am-12:00pm
72395	Sun	Sep 20-Dec 6	9:00am-9:45am
72396	Sun	Sep 20-Dec 6	9:45am-10:30am
72397	Sun	Sep 20-Dec 6	10:30am-11:15am
72398	Sun	Sep 20-Dec 6	11:15am-12:00pm
71787	Mon	Sep 21-Nov 30	6:00pm-6:45pm
71875	Mon	Sep 21-Nov 30	6:45pm-7:30pm
71958	Tue	Sep 22-Nov 24	5:30pm-6:15pm
71959	Tue	Sep 22-Nov 24	6:15pm-7:00pm
72058	Wed	Sep 23-Nov 25	6:00pm-6:45pm
72059	Wed	Sep 23-Nov 25	6:45pm-7:30pm
72140	Thu	Sep 24-Nov 26	5:30pm-6:15pm
72141	Thu	Sep 24-Nov 26	6:15pm-7:00pm
72205	Fri	Sep 25-Dec 4	6:00pm-6:45pm
72206	Fri	Sep 25-Dec 4	6:45pm-7:30pm

Swimmer 4 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool		\$120.29
72683	Sat	Sep 19-Nov 28	9:00am-9:45am
72684	Sat	Sep 19-Nov 28	10:30am-11:15am
72685	Sat	Sep 19-Nov 28	11:15am-12:00pm
72686	Sat	Sep 19-Nov 28	12:00pm-12:45pm
72794	Sun	Sep 20-Nov 29	9:00am-9:45am
72795	Sun	Sep 20-Nov 29	9:45am-10:30am
72796	Sun	Sep 20-Nov 29	10:30am-11:15am
72797	Sun	Sep 20-Nov 29	11:15am-12:00pm
72236	Mon	Sep 21-Nov 30	7:45pm-8:30pm
72237	Mon	Sep 21-Nov 30	5:30pm-6:15pm
72238	Mon	Sep 21-Nov 30	6:15pm-7:00pm
72239	Mon	Sep 21-Nov 30	7:00pm-7:45pm

72279	Tue	Sep 22-Nov 24	6:00pm-6:45pm
72281	Tue	Sep 22-Nov 24	6:45pm-7:30pm
72282	Tue	Sep 22-Nov 24	7:30pm-8:15pm
72485	Wed	Sep 23-Nov 25	5:30pm-6:15pm
72486	Wed	Sep 23-Nov 25	6:15pm-7:00pm
72487	Wed	Sep 23-Nov 25	7:00pm-7:45pm
72532	Thu	Sep 24-Nov 26	6:00pm-6:45pm
72533	Thu	Sep 24-Nov 26	6:45pm-7:30pm
72534	Thu	Sep 24-Nov 26	7:30pm-8:15pm
72535	Thu	Sep 24-Nov 26	7:30pm-8:15pm
10 classes	Fieldgate Sports Complex		\$120.29
72323	Sat	Sep 19-Dec 5	9:00am-9:45am
72324	Sat	Sep 19-Dec 5	9:45am-10:30am
72325	Sat	Sep 19-Dec 5	10:30am-11:15am
72326	Sat	Sep 19-Dec 5	11:15am-12:00pm
72399	Sun	Sep 20-Dec 6	9:00am-9:45am
72400	Sun	Sep 20-Dec 6	9:45am-10:30am
72401	Sun	Sep 20-Dec 6	10:30am-11:15am
72403	Sun	Sep 20-Dec 6	11:15am-12:00pm
71788	Mon	Sep 21-Nov 30	6:00pm-6:45pm
71876	Mon	Sep 21-Nov 30	6:45pm-7:30pm
71960	Tue	Sep 22-Nov 24	5:30pm-6:15pm
71961	Tue	Sep 22-Nov 24	6:15pm-7:00pm
72060	Wed	Sep 23-Nov 25	6:00pm-6:45pm
72061	Wed	Sep 23-Nov 25	6:45pm-7:30pm
72142	Thu	Sep 24-Nov 26	5:30pm-6:15pm
72143	Thu	Sep 24-Nov 26	6:15pm-7:00pm
72207	Fri	Sep 25-Dec 4	6:00pm-6:45pm
72208	Fri	Sep 25-Dec 4	6:45pm-7:30pm

Swimmer 5 Ages 6-13yrs

These swimmers will refine their front crawl, back crawl, and breaststroke techniques. They will pick up the pace with increased interval training from 25 to 50 metre sprints.

They will master shallow dives, stationary eggbeater, and in-water back somersaults.
For more information visit our website.

10 classes	Anne Ottenbrite Pool	\$120.29
72687	Sat Sep 19-Nov 28	9:00am-9:45am
72688	Sat Sep 19-Nov 28	9:45am-10:30am
72689	Sat Sep 19-Nov 28	10:30am-11:15am
72690	Sat Sep 19-Nov 28	12:00pm-12:45pm
72798	Sun Sep 20-Nov 29	9:00am-9:45am
72799	Sun Sep 20-Nov 29	9:45am-10:30am
72800	Sun Sep 20-Nov 29	11:15am-12:00pm
72801	Sun Sep 20-Nov 29	12:00pm-12:45pm
72240	Mon Sep 21-Nov 30	7:45pm-8:30pm
72241	Mon Sep 21-Nov 30	5:30pm-6:15pm
72242	Mon Sep 21-Nov 30	7:00pm-7:45pm
72285	Tue Sep 22-Nov 24	6:00pm-6:45pm
72288	Tue Sep 22-Nov 24	6:45pm-7:30pm
72289	Tue Sep 22-Nov 24	7:30pm-8:15pm
72489	Wed Sep 23-Nov 25	5:30pm-6:15pm
72490	Wed Sep 23-Nov 25	6:15pm-7:00pm
72491	Wed Sep 23-Nov 25	7:00pm-7:45pm
72536	Thu Sep 24-Nov 26	6:00pm-6:45pm
72537	Thu Sep 24-Nov 26	6:45pm-7:30pm
72538	Thu Sep 24-Nov 26	7:30pm-8:15pm
10 classes	Fieldgate Sports Complex	\$120.29
72327	Sat Sep 19-Dec 5	9:00am-9:45am
72328	Sat Sep 19-Dec 5	9:45am-10:30am
72329	Sat Sep 19-Dec 5	10:30am-11:15am
72330	Sat Sep 19-Dec 5	11:15am-12:00pm
72405	Sun Sep 20-Dec 6	9:00am-9:45am
72406	Sun Sep 20-Dec 6	9:45am-10:30am
72407	Sun Sep 20-Dec 6	10:30am-11:15am
72408	Sun Sep 20-Dec 6	11:15am-12:00pm
71789	Mon Sep 21-Nov 30	6:00pm-6:45pm
71877	Mon Sep 21-Nov 30	6:45pm-7:30pm

71962	Tue	Sep 22-Nov 24	5:30pm-6:15pm
71963	Tue	Sep 22-Nov 24	6:15pm-7:00pm
72062	Wed	Sep 23-Nov 25	6:00pm-6:45pm
72063	Wed	Sep 23-Nov 25	6:45pm-7:30pm
72144	Thu	Sep 24-Nov 26	5:30pm-6:15pm
72145	Thu	Sep 24-Nov 26	6:15pm-7:00pm
72209	Fri	Sep 25-Dec 4	6:00pm-6:45pm
72210	Fri	Sep 25-Dec 4	6:45pm-7:30pm

Swimmer 6 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool		\$120.29
72691	Sat	Sep 19-Nov 28	9:45am-10:30am
72692	Sat	Sep 19-Nov 28	11:15am-12:00pm
72693	Sat	Sep 19-Nov 28	12:00pm-12:45pm
72802	Sun	Sep 20-Nov 29	9:45am-10:30am
72803	Sun	Sep 20-Nov 29	10:30am-11:15am
72804	Sun	Sep 20-Nov 29	12:00pm-12:45pm
72243	Mon	Sep 21-Nov 30	6:15pm-7:00pm
72244	Mon	Sep 21-Nov 30	7:45pm-8:30pm
72290	Tue	Sep 22-Nov 24	6:00pm-6:45pm
72291	Tue	Sep 22-Nov 24	6:45pm-7:30pm
72293	Tue	Sep 22-Nov 24	7:30pm-8:15pm
72492	Wed	Sep 23-Nov 25	5:30pm-6:15pm
72493	Wed	Sep 23-Nov 25	6:15pm-7:00pm
72494	Wed	Sep 23-Nov 25	7:00pm-7:45pm
72539	Thu	Sep 24-Nov 26	6:00pm-6:45pm
72540	Thu	Sep 24-Nov 26	6:45pm-7:30pm
72541	Thu	Sep 24-Nov 26	7:30pm-8:15pm
10 classes	Fieldgate Sports Complex		\$120.29

72331	Sat	Sep 19-Dec 5	9:00am-9:45am
72332	Sat	Sep 19-Dec 5	9:45am-10:30am
72333	Sat	Sep 19-Dec 5	10:30am-11:15am
72334	Sat	Sep 19-Dec 5	11:15am-12:00pm
72409	Sun	Sep 20-Dec 6	9:00am-9:45am
72410	Sun	Sep 20-Dec 6	9:45am-10:30am
72411	Sun	Sep 20-Dec 6	10:30am-11:15am
72413	Sun	Sep 20-Dec 6	11:15am-12:00pm
71790	Mon	Sep 21-Nov 30	6:00pm-6:45pm
71880	Mon	Sep 21-Nov 30	6:45pm-7:30pm
71964	Tue	Sep 22-Nov 24	5:30pm-6:15pm
71965	Tue	Sep 22-Nov 24	6:15pm-7:00pm
72064	Wed	Sep 23-Nov 25	6:00pm-6:45pm
72065	Wed	Sep 23-Nov 25	6:45pm-7:30pm
72146	Thu	Sep 24-Nov 26	5:30pm-6:15pm
72147	Thu	Sep 24-Nov 26	6:15pm-7:00pm
72211	Fri	Sep 25-Dec 4	6:00pm-6:45pm
72212	Fri	Sep 25-Dec 4	6:45pm-7:30pm

Youth Swimming

Teen Swimmer 1- Beginner Ages 14-18yrs

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

10 classes	Whitby Civic Rec Complex	\$126.26
70774	Sat Sep 19-Nov 28	12:00pm-1:00pm
71454	Sun Sep 20-Nov 29	12:00pm-1:00pm
10 classes	Anne Ottenbrite Pool	\$126.26
72747	Sat Sep 19-Nov 28	7:30pm-8:30pm
72245	Mon Sep 21-Nov 30	8:30pm-9:30pm
10 classes	Fieldgate Sports Complex	\$126.26

72436	Sun	Sep 20-Dec 6	6:30pm-7:30pm
72437	Sun	Sep 20-Dec 6	6:30pm-7:30pm
72438	Sun	Sep 20-Dec 6	7:30pm-8:30pm
72439	Sun	Sep 20-Dec 6	7:30pm-8:30pm

Teen Swimmer 2- Intermediate Ages 14-18yrs

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

10 classes	Whitby Civic Rec Complex		\$126.26
70776	Sat	Sep 19-Nov 28	12:00pm-1:00pm
71455	Sun	Sep 20-Nov 29	12:00pm-1:00pm
71456	Sun	Sep 20-Nov 29	1:00pm-2:00pm
10 classes	Anne Ottenbrite Pool		\$126.26
70777	Sat	Sep 19-Nov 28	7:30pm-8:30pm
72748	Sat	Sep 19-Nov 28	8:30pm-9:30pm
72246	Mon	Sep 21-Nov 30	8:30pm-9:30pm
10 classes	Fieldgate Sports Complex		\$126.26
72444	Sun	Sep 20-Dec 6	6:30pm-7:30pm
72447	Sun	Sep 20-Dec 6	6:30pm-7:30pm
72448	Sun	Sep 20-Dec 6	7:30pm-8:30pm
72450	Sun	Sep 20-Dec 6	7:30pm-8:30pm

Teen Swimmer 3- Advanced Ages 14-18yrs

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

10 classes	Whitby Civic Rec Complex		\$126.26
70778	Sat	Sep 19-Nov 28	12:00pm-1:00pm
71457	Sun	Sep 20-Nov 29	1:00pm-2:00pm
10 classes	Anne Ottenbrite Pool		\$126.26

70779	Sat	Sep 19-Nov 28	7:30pm-8:30pm
72749	Sat	Sep 19-Nov 28	8:30pm-9:30pm
72247	Mon	Sep 21-Nov 30	8:30pm-9:30pm
10 classes	Fieldgate Sports Complex		\$126.26
72458	Sun	Sep 20-Dec 6	6:30pm-7:30pm
72460	Sun	Sep 20-Dec 6	6:30pm-7:30pm
72461	Sun	Sep 20-Dec 6	7:30pm-8:30pm
72462	Sun	Sep 20-Dec 6	7:30pm-8:30pm

Leadership

Bronze Cross

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

72831	14yrs+	Anne Ottenbrite Pool	10 classes
Sun	Sep 20-Nov 29	11:30am-2:30pm	233.72
72829	14yrs+	Anne Ottenbrite Pool	10 classes
Thu	Sep 24-Nov 26	7:00pm-10:00pm	233.72

Bronze Medallion & Basic First Aid

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

72830	13yrs+	Anne Ottenbrite Pool	10 classes
Sun	Sep 20-Nov 29	12:30pm-3:30pm	\$224.49
72828	13yrs+	Anne Ottenbrite Pool	10 classes
Fri	Sep 25-Nov 27	7:00pm-10:00pm	\$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.

72832	10-13yrs	Anne Ottenbrite Pool	10 classes
Sun	Sep 20-Nov 29	2:30pm-3:30pm	\$125.85
72752	10-13yrs	Anne Ottenbrite Pool	10 classes
Fri	Sep 25-Nov 27	7:00pm-8:00pm	\$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.

72456	8-12yrs	Anne Ottenbrite Pool	10 classes
Mon	Sep 21-Nov 30	7:30pm-8:30pm	\$125.85

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.

72454	8-12yrs	Anne Ottenbrite Pool	10 classes
Tue	Sep 22-Nov 24	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.

72455	8-12yrs	Anne Ottenbrite Pool	10 classes
Sun	Sep 20-Nov29	12:00pm-1:00pm	\$125.85

Swim & Lifesaving 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.

72833	15yrs+	Anne Ottenbrite Pool	10 classes
Mon	Sep 21-Nov 30	6:00pm-10:00pm	\$461.50

National Lifeguard and Intermediate First Aid

This is a Lifesaving Society certification course and a nationally recognized lifeguarding award. Candidates must be 15 years old by the date of the exam. Bronze Cross and Basic First Aid is a prerequisite for this course. Please provide proof of prerequisite both when registering and on the first day of lessons. 100% attendance is mandatory.

73075	15yrs+	Anne Ottenbrite Pool	11 classes
Tue	Sep 22-Dec 1	6:00pm-10:30pm	\$384.85

Private Swimming Lessons

Children

Private Swimming Lessons Ages 3-14yrs

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

10 classes	Anne Ottenbrite Pool	\$390.18	
70789	Sat	Sep 19-Nov 28	9:30am-10:00am
72674	Sat	Sep 19-Nov 28	10:00am-10:30am

<u>72675</u>	Sat	Sep 19-Nov 28	10:30am-11:00am
<u>72676</u>	Sat	Sep 19-Nov 28	11:00am-11:30am
<u>72677</u>	Sat	Sep 19-Nov 28	11:30am-12:00pm
<u>72678</u>	Sat	Sep 19-Nov 28	12:00pm-12:30pm
<u>72694</u>	Sat	Sep 19-Nov 28	4:30pm-5:00pm
<u>72695</u>	Sat	Sep 19-Nov 28	4:30pm-5:00pm
<u>72696</u>	Sat	Sep 19-Nov 28	4:30pm-5:00pm
<u>72697</u>	Sat	Sep 19-Nov 28	4:30pm-5:00pm
<u>72698</u>	Sat	Sep 19-Nov 28	5:00pm-5:30pm
<u>72699</u>	Sat	Sep 19-Nov 28	5:00pm-5:30pm
<u>72700</u>	Sat	Sep 19-Nov 28	5:00pm-5:30pm
<u>72701</u>	Sat	Sep 19-Nov 28	5:00pm-5:30pm
<u>72702</u>	Sat	Sep 19-Nov 28	5:30pm-6:00pm
<u>72703</u>	Sat	Sep 19-Nov 28	5:30pm-6:00pm
<u>72704</u>	Sat	Sep 19-Nov 28	5:30pm-6:00pm
<u>72705</u>	Sat	Sep 19-Nov 28	5:30pm-6:00pm
<u>72706</u>	Sat	Sep 19-Nov 28	6:00pm-6:30pm
<u>72707</u>	Sat	Sep 19-Nov 28	6:00pm-6:30pm
<u>72708</u>	Sat	Sep 19-Nov 28	6:00pm-6:30pm
<u>72709</u>	Sat	Sep 19-Nov 28	6:30pm-7:00pm
<u>72710</u>	Sat	Sep 19-Nov 28	6:30pm-7:00pm
<u>72711</u>	Sat	Sep 19-Nov 28	6:30pm-7:00pm
<u>72712</u>	Sat	Sep 19-Nov 28	6:30pm-7:00pm
<u>72713</u>	Sat	Sep 19-Nov 28	6:30pm-7:00pm
<u>72714</u>	Sat	Sep 19-Nov 28	7:00pm-7:30pm
<u>72715</u>	Sat	Sep 19-Nov 28	7:00pm-7:30pm
<u>72716</u>	Sat	Sep 19-Nov 28	7:00pm-7:30pm
<u>72717</u>	Sat	Sep 19-Nov 28	7:00pm-7:30pm
<u>72718</u>	Sat	Sep 19-Nov 28	7:00pm-7:30pm
<u>72719</u>	Sat	Sep 19-Nov 28	7:00pm-7:30pm
<u>72781</u>	Sun	Sep 20-Nov 29	9:00am-9:30am
<u>72782</u>	Sun	Sep 20-Nov 29	11:00am-11:30am
<u>72783</u>	Sun	Sep 20-Nov 29	11:30am-12:00pm

72784	Sun	Sep 20-Nov 29	12:00pm-12:30pm
72785	Sun	Sep 20-Nov 29	12:30pm-1:00pm
72218	Mon	Sep 21-Nov 30	6:00pm-6:30pm
72220	Mon	Sep 21-Nov 30	7:00pm-7:30pm
72523	Thu	Sep 24-Nov 26	7:30pm-8:00pm
72524	Thu	Sep 24-Nov 26	6:00pm-6:30pm
72525	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72526	Thu	Sep 24-Nov 26	7:00pm-7:30pm
10 classes	Fieldgate Sports Complex		\$390.18
72264	Sat	Sep 19-Dec 5	11:30am-12:00pm
72268	Sat	Sep 19-Dec 5	11:30am-12:00pm
72269	Sat	Sep 19-Dec 5	11:30am-12:00pm
72341	Sun	Sep 20-Dec 6	11:30am-12:00pm
72342	Sun	Sep 20-Dec 6	11:30am-12:00pm
72343	Sun	Sep 20-Dec 6	11:30am-12:00pm
72385	Sun	Sep 20-Dec 6	9:00am-9:30am
72386	Sun	Sep 20-Dec 6	10:00am-10:30am
71883	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71884	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71885	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71886	Mon	Sep 21-Nov 30	7:30pm-8:00pm
72561	Mon	Sep 21-Nov 30	9:00am-9:30am
72562	Mon	Sep 21-Nov 30	9:30am-10:00am
72563	Mon	Sep 21-Nov 30	10:00am-10:30am
72564	Mon	Sep 21-Nov 30	10:30am-11:00am
72565	Mon	Sep 21-Nov 30	10:30am-11:00am
72566	Mon	Sep 21-Nov 30	1:00pm-1:30pm
72567	Mon	Sep 21-Nov 30	1:30pm-2:00pm
72568	Mon	Sep 21-Nov 30	2:00pm-2:30pm
72569	Mon	Sep 21-Nov 30	2:30pm-3:00pm
72570	Mon	Sep 21-Nov 30	2:30pm-3:00pm
72571	Mon	Sep 21-Nov 30	2:30pm-3:00pm
71952	Tue	Sep 22-Nov 24	5:30pm-6:00pm

71953	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71954	Tue	Sep 22-Nov 24	7:00pm-7:30pm
71955	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72066	Wed	Sep 23-Nov 25	6:00pm-6:30pm
72067	Wed	Sep 23-Nov 25	6:30pm-7:00pm
72068	Wed	Sep 23-Nov 25	7:00pm-7:30pm
72069	Wed	Sep 23-Nov 25	7:30pm-8:00pm
72615	Wed	Sep 23-Nov 25	10:30am-11:00am
72616	Wed	Sep 23-Nov 25	10:30am-11:00am
72148	Thu	Sep 24-Nov 26	5:30pm-6:00pm
72149	Thu	Sep 24-Nov 26	6:30pm-7:00pm
72150	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72151	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72617	Thu	Sep 24-Nov 26	1:00pm-1:30pm
72618	Thu	Sep 24-Nov 26	1:30pm-2:00pm
72619	Thu	Sep 24-Nov 26	2:00pm-2:30pm
72620	Thu	Sep 24-Nov 26	2:30pm-3:00pm
72621	Thu	Sep 24-Nov 26	2:30pm-3:00pm
72622	Thu	Sep 24-Nov 26	2:30pm-3:00pm
72647	Fri	Sep 25-Dec 4	10:30am-11:00am
72648	Fri	Sep 25-Dec 4	10:30am-11:00am
10 classes	Whitby Civic Rec Complex		\$390.18
71437	Sun	Sep 20-Nov 29	12:00pm-12:30pm
71438	Sun	Sep 20-Nov 29	12:00pm-12:30pm
71439	Sun	Sep 20-Nov 29	12:30pm-1:00pm
71440	Sun	Sep 20-Nov 29	12:30pm-1:00pm
71441	Sun	Sep 20-Nov 29	1:00pm-1:30pm
71442	Sun	Sep 20-Nov 29	1:00pm-1:30pm
71443	Sun	Sep 20-Nov 29	1:30pm-2:00pm
71444	Sun	Sep 20-Nov 29	1:30pm-2:00pm
70790	Mon	Sep 21-Nov 30	4:30pm-5:00pm
71086	Mon	Sep 21-Nov 30	4:30pm-5:00pm
71087	Mon	Sep 21-Nov 30	6:30pm-7:00pm

71088	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71089	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71090	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71091	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71092	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71093	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71109	Tue	Sep 22-Nov 24	9:30am-10:00am
71110	Tue	Sep 22-Nov 24	10:00am-10:30am
71111	Tue	Sep 22-Nov 24	1:30pm-2:00pm
71112	Tue	Sep 22-Nov 24	2:30pm-3:00pm
71151	Tue	Sep 22-Nov 24	4:30pm-5:00pm
71152	Tue	Sep 22-Nov 24	5:00pm-5:30pm
71153	Tue	Sep 22-Nov 24	5:30pm-6:00pm
71154	Tue	Sep 22-Nov 24	6:00pm-6:30pm
71155	Tue	Sep 22-Nov 24	6:30pm-7:00pm
71169	Wed	Sep 23-Nov 25	9:30am-10:00am
71170	Wed	Sep 23-Nov 25	10:30am-11:00am
71171	Wed	Sep 23-Nov 25	11:00am-11:30am
71220	Wed	Sep 23-Nov 25	4:30pm-5:00pm
71221	Wed	Sep 23-Nov 25	5:30pm-6:00pm
71222	Wed	Sep 23-Nov 25	5:30pm-6:00pm
71223	Wed	Sep 23-Nov 25	6:00pm-6:30pm
71224	Wed	Sep 23-Nov 25	6:30pm-7:00pm
71225	Wed	Sep 23-Nov 25	7:00pm-7:30pm
71226	Wed	Sep 23-Nov 25	7:00pm-7:30pm
71261	Thu	Sep 24-Nov 26	4:30pm-5:00pm
71262	Thu	Sep 24-Nov 26	5:00pm-5:30pm
71263	Thu	Sep 24-Nov 26	5:30pm-6:00pm
71264	Thu	Sep 24-Nov 26	6:00pm-6:30pm
71265	Thu	Sep 24-Nov 26	6:30pm-7:00pm
71266	Thu	Sep 24-Nov 26	6:30pm-7:00pm
71283	Fri	Sep 25-Nov 27	10:00am-10:30am
71284	Fri	Sep 25-Nov 27	11:00am-11:30am

71285	Fri	Sep 25-Nov 27	2:30pm-3:00pm
71329	Fri	Sep 25-Nov 27	4:30pm-5:00pm
71330	Fri	Sep 25-Nov 27	4:30pm-5:00pm
71331	Fri	Sep 25-Nov 27	5:00pm-5:30pm
71332	Fri	Sep 25-Nov 27	5:30pm-6:00pm
71333	Fri	Sep 25-Nov 27	6:00pm-6:30pm
71334	Fri	Sep 25-Nov 27	6:00pm-6:30pm
71335	Fri	Sep 25-Nov 27	6:30pm-7:00pm

Youth

Private Teen Swimmer Ages 14-18yrs

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

10 classes	Whitby Civic Rec Complex	\$390.18	
71458	Sun	Sep 20-Nov 29	12:00pm-12:30pm
71459	Sun	Sep 20-Nov 29	12:30pm-1:00pm
71460	Sun	Sep 20-Nov 29	12:30pm-1:00pm
71461	Sun	Sep 20-Nov 29	1:00pm-1:30pm
71462	Sun	Sep 20-Nov 29	1:30pm-2:00pm
10 classes	Fieldgate Sports Complex	\$390.18	
72465	Sun	Sep 20-Dec 6	6:30pm-7:00pm
72466	Sun	Sep 20-Dec 6	7:00pm-7:30pm
72467	Sun	Sep 20-Dec 6	7:30pm-8:00pm
72468	Sun	Sep 20-Dec 6	8:00pm-8:30pm

Semi-Private Swimming Lessons

Children

Semi-Private Swimmer 1 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35
70758	Sat Sep 19-Nov 28	9:00am-9:30am
72728	Sat Sep 19-Nov 28	4:30pm-5:00pm
72729	Sat Sep 19-Nov 28	5:00pm-5:30pm
72730	Sat Sep 19-Nov 28	6:00pm-6:30pm
72767	Sun Sep 20-Nov 29	9:00am-9:30am
72213	Mon Sep 21-Nov 30	5:30pm-6:00pm
10 classes	Whitby Civic Rec Complex	\$238.35
71450	Sun Sep 20-Nov 29	12:00pm-12:30pm
71451	Sun Sep 20-Nov 29	1:00pm-1:30pm
70759	Mon Sep 21-Nov 30	6:00pm-6:30pm
71080	Mon Sep 21-Nov 30	7:00pm-7:30pm
71210	Wed Sep 23-Nov 25	6:00pm-6:30pm
71211	Wed Sep 23-Nov 25	6:30pm-7:00pm
71212	Wed Sep 23-Nov 25	7:00pm-7:30pm
71254	Thu Sep 24-Nov 26	6:00pm-6:30pm
71321	Fri Sep 25-Nov 27	6:00pm-6:30pm
10 classes	Fieldgate Sports Complex	\$238.35
72303	Sat Sep 19-Dec 5	11:30am-12:00pm
72388	Sun Sep 20-Dec 6	11:00am-11:30am
71889	Mon Sep 21-Nov 30	6:00pm-6:30pm
71956	Tue Sep 22-Nov 24	6:00pm-6:30pm
72152	Thu Sep 24-Nov 26	6:00pm-6:30pm
72198	Fri Sep 25-Dec 4	7:30pm-8:00pm

Semi-Private Swimmer 2 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35
70760	Sat Sep 19-Nov 28	9:30am-10:00am
72731	Sat Sep 19-Nov 28	4:30pm-5:00pm
72732	Sat Sep 19-Nov 28	5:00pm-5:30pm

72733	Sat	Sep 19-Nov 28	6:00pm-6:30pm
72774	Sun	Sep 20-Nov 29	9:30am-10:00am
72099	Mon	Sep 21-Nov 30	6:00pm-6:30pm
10 classes	Whitby Civic Rec Complex		\$238.35
71452	Sun	Sep 20-Nov 29	12:30pm-1:00pm
71453	Sun	Sep 20-Nov 29	1:30pm-2:00pm
70761	Mon	Sep 21-Nov 30	6:30pm-7:00pm
71085	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71219	Wed	Sep 23-Nov 25	6:30pm-7:00pm
71260	Thu	Sep 24-Nov 26	6:30pm-7:00pm
71327	Fri	Sep 25-Nov 27	6:00pm-6:30pm
10 classes	Fieldgate Sports Complex		\$238.35
72304	Sat	Sep 19-Dec 5	11:30am-12:00pm
72390	Sun	Sep 20-Dec 6	11:30am-12:00pm
71890	Mon	Sep 21-Nov 30	7:00pm-7:30pm
71891	Mon	Sep 21-Nov 30	7:30pm-8:00pm
71957	Tue	Sep 22-Nov 24	7:00pm-7:30pm
72153	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72200	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Semi-Private Swimmer 3 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool		\$238.35
70762	Sat	Sep 19-Nov 28	10:00am-10:30am
72734	Sat	Sep 19-Nov 28	5:00pm-5:30pm
72735	Sat	Sep 19-Nov 28	5:30pm-6:00pm
72736	Sat	Sep 19-Nov 28	7:00pm-7:30pm
72786	Sun	Sep 20-Nov 29	10:00am-10:30am
72219	Mon	Sep 21-Nov 30	6:30pm-7:00pm
10 classes	Fieldgate Sports Complex		\$238.35
72305	Sat	Sep 19-Dec 5	11:30am-12:00pm

72391	Sun	Sep 20-Dec 6	11:30am-12:00pm
71893	Mon	Sep 21-Nov 30	7:30pm-8:00pm
72201	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Semi-Private Swimmer 4 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35	
70763	Sat	Sep 19-Nov 28	10:30am-11:00am
72737	Sat	Sep 19-Nov 28	5:30pm-6:00pm
72738	Sat	Sep 19-Nov 28	6:00pm-6:30pm
72787	Sun	Sep 20-Nov 29	10:30am-11:00am
72169	Mon	Sep 21-Nov 30	7:00pm-7:30pm
10 classes	Fieldgate Sports Complex	\$238.35	
72306	Sat	Sep 19-Dec 5	11:30am-12:00pm
72392	Sun	Sep 20-Dec 6	11:30am-12:00pm
71895	Tue	Sep 22-Nov 24	7:00pm-8:00pm
72202	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Semi-Private Swimmer 5 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool		\$238.35
70764	Sat	Sep 19-Nov 28	11:00am-11:30am
72739	Sat	Sep 19-Nov 28	6:30pm-7:00pm
72740	Sat	Sep 19-Nov 28	7:00pm-7:30pm
72788	Sun	Sep 20-Nov 29	11:00am-11:30am
72185	Mon	Sep 21-Nov 30	7:30pm-8:00pm
10 classes	Fieldgate Sports Complex		\$238.35
72307	Sat	Sep 19-Dec 5	11:30am-12:00pm
72393	Sun	Sep 20-Dec 6	11:30am-12:00pm

71897	Tue	Sep 22-Nov 24	7:00pm-8:00pm
72154	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72203	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Semi-Private Swimmer 6 Ages 6-13yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35	
70765	Sat	Sep 19-Nov 28	11:30am-12:00pm
72741	Sat	Sep 19-Nov 28	6:30pm-7:00pm
72789	Sun	Sep 20-Nov 29	11:30am-12:00pm
72199	Mon	Sep 21-Nov 30	8:00pm-8:30pm
10 classes	Fieldgate Sports Complex	\$238.35	
72308	Sat	Sep 19-Dec 5	11:30am-12:00pm
72394	Sun	Sep 20-Dec 6	11:30am-12:00pm
72155	Thu	Sep 24-Nov 26	7:00pm-7:30pm
72204	Fri	Sep 25-Dec 4	7:30pm-8:00pm

Preschool

Semi-Private Preschool 1 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool		\$238.35
70780	Sat	Sep 19-Nov 28	11:00am-11:30am
72720	Sat	Sep 19-Nov 28	4:30pm-5:00pm
72721	Sat	Sep 19-Nov 28	5:30pm-6:00pm
72722	Sat	Sep 19-Nov 28	6:00pm-6:30pm
72723	Sat	Sep 19-Nov 28	6:30pm-7:00pm
72779	Sun	Sep 20-Nov 29	9:30am-10:00am

10 classes	Whitby Civic Rec Complex	\$238.35
71445	Sun Sep 20-Nov 29	12:00pm-12:30pm
71446	Sun Sep 20-Nov 29	1:30pm-2:00pm
70781	Mon Sep 21-Nov 30	4:30pm-5:00pm
71194	Wed Sep 23-Nov 25	4:30pm-5:00pm
71235	Thu Sep 24-Nov 26	4:30pm-5:00pm
10 classes	Fieldgate Sports Complex	\$238.35
71888	Sat Sep 19-Dec 5	9:00am-9:30am
72387	Sun Sep 20-Dec 6	9:30am-10:00am

Semi-Private Preschool 2 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35
70782	Sat Sep 19-Nov 28	11:30am-12:00pm
72724	Sat Sep 19-Nov 28	4:30pm-5:00pm
72725	Sat Sep 19-Nov 28	5:00pm-5:30pm
72726	Sat Sep 19-Nov 28	6:00pm-6:30pm
72780	Sun Sep 20-Nov 29	10:30am-11:00am
10 classes	Whitby Civic Rec Complex	\$238.35
71447	Sun Sep 20-Nov 29	1:00pm-1:30pm
70783	Mon Sep 21-Nov 30	5:00pm-5:30pm
71193	Wed Sep 23-Nov 25	5:00pm-5:30pm
71241	Thu Sep 24-Nov 26	5:30pm-6:00pm
71328	Fri Sep 25-Nov 27	5:00pm-5:30pm
10 classes	Fieldgate Sports Complex	\$238.35
72422	Sat Sep 19-Dec 5	9:30am-10:00am
72433	Sun Sep 20-Dec 6	10:30am-11:00am

Semi-Private Preschool 3 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35
70784	Sat Sep 19-Nov 28	12:00pm-12:30pm
72727	Sat Sep 19-Nov 28	5:30pm-6:00pm
10 classes	Whitby Civic Rec Complex	\$238.35
71448	Sun Sep 20-Nov 29	12:30pm-1:00pm
71449	Sun Sep 20-Nov 29	1:00pm-1:30pm
70785	Mon Sep 21-Nov 30	5:30pm-6:00pm
10 classes	Fieldgate Sports Complex	\$238.35
72426	Sat Sep 19-Dec 5	10:00am-10:30am

Semi-Private Preschool 4 Ages 3-5yrs

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

10 classes	Anne Ottenbrite Pool	\$238.35
70786	Sun Sep 20-Nov 29	12:00pm-12:30pm
10 classes	Whitby Civic Rec Complex	\$238.35
70787	Sun Sep 20-Nov 29	12:00pm-12:30pm
10 classes	Fieldgate Sports Complex	\$238.35
72427	Sat Sep 19-Dec 5	10:30am-11:00am

Semi-Private Preschool 5 Ages 3-5yrs

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

10 classes	Whitby Civic Rec Complex	\$238.35
70788	Sun Sep 20-Nov 29	1:30pm-2:00pm
10 classes	Fieldgate Sports Complex	\$238.35
72428	Sat Sep 19-Dec 5	11:00am-11:30am

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+.

55+ New Members Orientation

New members are invited to join a New Members' Orientation for information about 55+ Recreation Services. Learn about 55+ programs, enjoy a coffee/tea at Mingles, and meet new people. Free to attend but pre-registration is required.

70878	55+yrs	Whitby 55+ Rec Centre	1 class
Wed	Sep 23-Sep 23	10:00am-11:00am	Free
70879	55+yrs	Whitby 55+ Rec Centre	1 class
Wed	Nov 25-Nov 25	10:00am-11:00am	Free

55+ Computer & Technology

55+ Technology Help

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. To book, select a half hour "Tech Wednesday" or "Tech Friday" timeslot at Whitby.ca/55plus or call the Whitby 55+ Recreation Centre at 905-668-1424.

3D Printing at the Whitby Library

Are you interested in 3D Printing and want to be certified? Select an item from the Library's Pick-A-Print collection, and using the Whitby Public Library's 3D Printer Service, you can unleash your inner 3D maker and use their Creality CR 10S Pro printer yourself! Training is provided. Held at the Whitby Public Library - Central Branch at 405 Dundas St W. Meeting Room 1 A (right side of the hallway that leads to the Café attached to the library). Participants must have a valid library card.

71491	55+yrs	Whitby Public Library	1 class
Thu	Sep 24-Sep 24	11:00am-1:00pm	Free
71492	55+yrs	Whitby Public Library	1 class
Thu	Oct 22-Oct 22	11:00am-1:00pm	Free
71493	55+yrs	Whitby Public Library	1 class
Thu	Nov 26-Nov 26	11:00am-1:00pm	Free

How to Avoid Being Scammed Online and by Phone

Presented by Bill Rios, this 4-week series helps participants recognize and respond safely to scam emails, phone calls, texts, and online fraud. Bill, a retired Senior Security Consultant with over 40 years of IT experience, will share practical tips to protect personal information and stay safe from online and telephone scams.

70890	55+yrs	Whitby 55+ Rec Centre	4 weeks
Thu	Oct 15-Nov 5	10:00am-11:00am	Free

55+ 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.

71710	55+yrs	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 9-Nov 25	10:00am-12:00pm	\$73.51

Christmas Knitting with Tara

With Christmas right around the corner, we will be making a super cute Light Bulb Garland for hanging on the wall, in a doorway, on your tree or around your neck for some quirky Christmas fashion. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

71948	55+yrs	Brooklin CC&L	3 weeks
Tue	Nov 17-Dec 1	10:00am-12:00pm	\$61.26

Creative Art Workshop - Farmer's Market Fare with Chrissie

Capture the vibrant colours and textures of fresh farmer's market fare using pen and ink with watercolour. In this workshop you will learn a variety of inking techniques and gain an understanding of how line weight can create interest and depth. You will finish off your piece by adding a splash of colour to make your artwork pop! All materials are provided by the instructor.

70869	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Sep 29-Sep 29	9:30am-11:30am	\$32.37

Creative Art Workshop - Waterfall in Fall with Chrissie

Using black and white drawing media on toned paper you will capture the beauty of water cascading down a rocky outcrop in the middle of a fall forest. With the addition of rich autumn colours, this piece is sure to shine. All materials are provided by the instructor.

70870	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Oct 27-Oct 27	9:30am-11:30am	\$32.37

Creative Art Workshop - Cute Kitty with Chrissie

Learn how to create the soft texture of kitten fur using graphite pencils and powder. Add a pop of fun colour and some holiday spirit to this piece for some extra pizzazz. All materials are provided by the instructor.

70871	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Nov 24-Nov 24	9:30am-11:30am	\$32.37

Creative Art Workshop - Painting on Fabric with Marni

Are you interested in learning how to paint on jeans, a jean jacket, T-shirt and more? This workshop will provide you with demonstrations in application and adhesion techniques, and the necessary steps in preserving a painted image on fabric for wash and wear. Bring in a pre-washed garment with at least 50% cotton, an image you wish to paint, acrylic paints, palette, and sturdy brushes. Additional materials will be supplied by the instructor.

71711	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Sep 22-Sep 22	1:00pm-3:00pm	\$35.00

Creative Art Workshop - Gelli Printmaking with Marni

Learn to make beautiful, autumn inspired prints by hand rolling layers of acrylic paint onto a gelliplate and applying dried flowers, leaves and stencils for design. No carving involved and perfect for beginners or those wishing to advance their skills working in this artform. Most materials will be supplied. Please see material list details listed on the receipt.

71712	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Oct 20-Oct 20	1:00pm-3:00pm	\$45.00

Creative Art Workshop - Holiday Card Printmaking with Marni

Nothing is better than receiving a handmade card. Learn to carve an image into a block of soft-cut lino to print onto greeting card paper. Smaller lino blocks can be used to decorate envelopes, or bookmarks. Students will receive demonstrations and instructions in tool safety, carving techniques and ink application, and the final process of pulling a print. This workshop is suitable for all levels comfortable with a carving tool. All materials supplied.

71713	55+yrs	Whitby 55+ Rec Centre	1 class
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Tue	Nov 24-Nov 24	1:00pm-3:00pm	\$45.00
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Digital Photography Made Easy

New to digital photography? This hands-on introductory course is designed for beginners and will teach you how to get the most out of your digital camera. Learn about camera settings, exposure, lighting, composition, lenses, flash, and practical techniques to capture better photos. Please bring your digital camera with fully charged batteries to each class.

73012	55+yrs	Whitby 55+ Rec Centre	8 weeks
Thurs	Oct 22- Dec 10	10:00am-12:00pm	\$49.01

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.

71650	55+yrs	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 14-Nov 23	1:00pm-3:00pm	\$61.26
72851	55+yrs	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 14-Nov 23	3:15pm-5:15pm	\$61.26

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.

70865	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Sep 22-Sep 22	9:30am-11:30am	\$32.37
70866	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Oct 13-Oct 13	9:30am-11:30am	\$32.37
70867	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Nov 10-Nov 10	9:30am-11:30am	\$32.37
70868	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Dec 1-Dec 1	9:30am-11:30am	\$32.37

Knitting Simple Mittens with Tara

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

71947	55+yrs	Brooklin CC&L	5 weeks
Tue	Oct 13-Nov 10	10:00am-12:00pm	\$51.06

Knitting a Cardigan with Tara

In this class we will be learning how to measure, pick up stitches, make buttonholes and finish off a piece of clothing. The pattern we are using is a Free Download from Lion Brand – Kondo Cardigan. For supplies and details about what is needed, visit: <https://www.lionbrand.com/products/kondo-cardigan>. You can choose any chunky or bulky weight yarn that meets the stitches per inch required in the pattern. Gauge is important in this case. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

71946	55+yrs	Brooklin CC&L	8 weeks
Thu	Oct 15-Dec 3	10:00am-12:00pm	\$81.68

Needle Felted Fall Decorations with Tara

It's like painting with fiber: fluid, freeform and forgiving. This easy to learn craft will cover the basics for needle felting simple 3D shapes. On the first day we will be working on the Jack O Lantern, a Witches hat and one more as time allows. We will work on a Ghost in a hoop for wall decoration. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

71949	55+yrs	Brooklin CC&L	3 weeks
Thu	Oct 15-Oct 29	12:30pm-2:30pm	\$18.38

Needle Felted Winter Decorations 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 sequins embellishments. We will be working on ornaments: balls, snowmen and other Christmas themed items. A supply list will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

71950	55+yrs	Brooklin CC&L	3 weeks
Thu	Nov 5-Nov 19	12:30pm-2:30pm	\$18.38

Open Felting with Tara

In this class we will be working on your projects, bring along what you are working on, and I will help you with what you need. Are you feeling stuck on a piece, or maybe you just can't find the time to get it done. Dig out that project and let's get it finished.

71951	55+yrs	Brooklin CC&L	4 weeks
Thu	Nov 26-Dec 17	12:30pm-2:30pm	\$40.84

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 complete a 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.

71940	55+yrs	Brooklin CC&L	1 class
Wed	Sep 23-Sep 23	2:00pm-4:00pm	\$43.16
71941	55+yrs	Brooklin CC&L	1 class
Wed	Sep 23-Sep 23	6:00pm-8:00pm	\$43.16

Watercolour Painting - Christmas Workshop with Jane

Learn the basics of watercolour in a beginner friendly 2-hour workshop. Complete up to 6 small projects, such as Christmas greeting cards or small holiday-themed frameable art. During the workshop you will learn the basics of watercolour, all the steps to complete a 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.

71942	55+yrs	Brooklin CC&L	1 class
Tue	Dec 1-Dec 1	2:00pm-4:00pm	\$43.16
71943	55+yrs	Brooklin CC&L	1 class
Tue	Dec 1-Dec 1	6:00pm-8:00pm	\$43.16

Watercolour Painting - Intermediate with Jane

Do you have some watercolour experience, or have you taken Jane's 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.

71944	55+yrs	Brooklin CC&L	4 weeks
Tue	Oct 20-Nov 10	2:00pm-4:00pm	\$80.84

Watercolour Painting - Thanksgiving Workshop with Jane

Learn the basics of watercolour in a beginner friendly 2-hour workshop. Complete up to 6 small projects, such as holiday themed greeting cards or small frameable art. During the workshop you will learn the basics of watercolour, all the steps to complete a 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.

71945	55+yrs	Brooklin CC&L	1 class
Tue	Oct 6-Oct 6	2:00pm-4:00pm	\$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.

71855	55+yrs	Brooklin CC&L	13 weeks
Fri	Sep 18-Dec 11	1:30pm-3:30pm	\$20.00

55+ 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.

71680	55+yrs	Centennial Building	13 weeks
Fri	Sep 18-Dec 11	11:45am-12:45pm	\$57.08

Ballet Intermediate with Tracy

Looking to continue your ballet journey in a welcoming and supportive environment? This intermediate class is perfect for those who have some previous experience and are ready to build on their skills at a comfortable pace. Revisit familiar movements, while gradually introducing more variety and flow. Soft, flexible shoes are suggested.

71681	55+yrs	Centennial Building	13 weeks
Fri	Sep 18-Dec 11	1:00pm-2:00pm	\$57.08

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.

70874	55+yrs	Whitby 55+ Rec Centre	13 weeks
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Wed	Sep 16-Dec 9	2:15pm-3:15pm	\$57.08
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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. Previous Clogging experience or completion of Clogging – Beginner is a prerequisite to participate in this class.

71765	55+yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 10	10:00am-11:00am	\$57.08

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.

70875	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	1:45pm-2:45pm	\$57.08

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.

71743	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	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.

71720	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	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.

71721	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	9:00am-10:00am	\$52.69

71685	55+yrs	Centennial Building	13 weeks
Thu	Sep 17-Dec 10	1:00pm-2:00pm	\$57.08

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.

71736	55+yrs	Whitby 55+ Rec Centre	10 weeks
Wed	Sep 30-Dec 2	10:30am-11:30am	\$43.91

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.

71722	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	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.

71870	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	1:30pm-2:30pm	\$57.08

55+ 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.

71747	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	9:15am-10:15am	\$52.69

71664	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 14	1:45pm-2:45pm	\$52.69

71665	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	12:30pm-1:30pm	\$57.08

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.

71688	55+yrs	Centennial Building	13 weeks
Tue	Sep 15-Dec 15	9:00am-10:00am	\$57.08
71658	55+yrs	Whitby 55+ Rec Centre	11 weeks
Thu	Sep 17-Dec 3	9:00am-10:00am	\$48.30

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.

71804	55+yrs	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 16-Dec 9	10:30am-11:30am	\$57.08
71742	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	1:00pm-2:00pm	\$52.69
71739	55+yrs	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 18-Dec 11	9:00am-10:00am	\$57.08

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.

71758	55+yrs	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	12:15pm-1:15pm	\$57.08

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.

71690	55+yrs	Centennial Building	12 weeks
Mon	Sep 14-Dec 14	9:00am-10:00am	\$52.69

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.

71829	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	12:45pm-1:45pm	\$52.69
71826	55+yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 10	12:15pm-1:15pm	\$57.08

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.

71759	55+yrs	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	1:30pm-2:30pm	\$57.08

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.

71691	55+yrs	Centennial Building	12 weeks
Mon	Sep 14-Dec 14	10:15am-11:15am	\$52.69

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.

71809	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 7	1:30pm-2:30pm	\$52.69

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.

71726	55+yrs	Whitby 55+ Rec Centre	8 weeks
Wed	Sep 23-Dec 2	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 exercising or participants who prefer sitting during the routine.

71854	55+yrs	Brooklin CC&L	8 weeks
Tue	Sep 22-Dec 1	12:15pm-1:15pm	\$35.13
71749	55+yrs	Brooklin CC&L	8 weeks
Thu	Sep 24-Dec 3	12:15pm-1:15pm	\$35.13

Chair Yoga with Deborah

A gentle chair-based yoga class designed for those with limited mobility, offering improved flexibility, better sleep, and reduced stress—no experience needed.

71865	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	9:45am-10:45am	\$57.08

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.

71714	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thurs	Sep 17-Dec 3	3:30pm-4:30pm	\$52.69

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.

71659	55+yrs	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 18-Dec 11	9:00am-10:00am	\$52.69

Gentle Yoga Stretches Using Props with Donna

Release stress and tension through gentle yoga techniques such as breathing, movement, relaxation and meditation. This class is suited for all participant levels and will utilize props such as blocks, flex bands and light weights.

71894	55+yrs	Brooklin CC&L	12 weeks
Wed	Sep 16-Dec 9	10:00am-11:00am	\$52.69

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.

71761	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	10:15am-11:15am	\$52.69
71763	55+yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 10	9:45am-10:45am	\$57.08

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.

71881	55+yrs	Brooklin CC&L	12 weeks
Wed	Sep 16-Dec 9	10:15am-11:15am	\$52.69

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.

71806	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	9:15am-10:15am	\$57.08

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.

71731	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	8:45am-9:45am	\$57.08

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.

71715	55+yrs	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 16-Dec 9	11:45am-12:45pm	\$57.08

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.

71768	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	9:00am-10:00am	\$57.08

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.

71750	55+yrs	Brooklin CC&L	8 weeks
Thu	Sep 24-Dec 3	1:30pm-2:30pm	\$35.13

Strength, Stability & Pilates with Kim

This Strength, Stability & Pilates workout is designed to build strength, improve flexibility, and enhance core stability while promoting better balance and posture. Whether you enjoy lower- or higher-intensity workouts, this class is for everyone, offering variations to suit all fitness levels. These strength-training exercises help improve muscle tone, endurance, and overall functional fitness, while Pilates movements focus on core strength, balance, posture, and stability. Your body will thank you for the many health benefits this well-rounded workout provides.

71689	55+yrs	Centennial Building	13 weeks
Tue	Sep 15-Dec 15	10:15am-11:15am	\$57.08

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.

71737	55+yrs	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 29-Dec 1	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.

71660	55+yrs	Whitby 55+ Rec Centre	11 weeks
Thu	Sep 17-Dec 3	10:15am-11:15am	\$48.30

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!

71823	55+yrs	Brooklin CC&L	13 weeks
Fri	Sep 18-Dec 11	9:45am-10:45am	\$57.08

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.

71718	55+yrs	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 16-Dec 9	1:00pm-2:00pm	\$57.08

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.

71878	55+yrs	Brooklin CC&L	12 weeks
Wed	Sep 16-Dec 9	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.

71762	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	9:00am-10:00am	\$52.69
71810	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 7	12:15pm-1:15pm	\$52.69
71807	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	10:30am-11:30am	\$57.08
71808	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	11:45am-12:45pm	\$57.08
71764	55+yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 10	8:35am-9:35am	\$57.08

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.

71733	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 7	5:00pm-6:00pm	\$52.69
71732	55+yrs	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 16-Dec 9	5:00pm-6:00pm	\$57.08

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.

71828	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	11:30am-12:30pm	\$52.69
71825	55+yrs	Brooklin CC&L	13 weeks
Thu	Sep 17-Dec 10	11:15am-12:15pm	\$57.08

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.

71760	55+yrs	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	2:45pm-3:45pm	\$57.08
71683	55+yrs	Centennial Building	13 weeks
Fri	Sep 18-Dec 11	2:15pm-3:15pm	\$57.08
71740	55+yrs	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 18-Dec 11	10:15am-11:15am	\$57.08

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.

71727	55+yrs	Whitby 55+ Rec Centre	7 weeks
Mon	Sep 21-Nov 30	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.

71766	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	1:45pm-2:45pm	\$57.08

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.

71805	55+yrs	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 16-Dec 9	9:15am-10:15am	\$57.08
71744	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	2:15pm-3:15pm	\$52.69

Yin Yoga with Deborah

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.

71922	55+yrs	Centennial Building	13 weeks
Wed	Sep 16-Dec 9	10:15pm-11:15pm	\$57.08
73057V	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	11:00am-12:00PM	\$57.08

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.

71686	55+yrs	Centennial Building	13 weeks
Thu	Sep 17-Dec 10	10:30am-11:30am	\$57.08

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.

71504	55+yrs	Whitby 55+ Rec Centre	5 weeks
Wed	Oct 28-Nov 25	7:00pm-8:00pm	\$21.96

Yoga - Beginner/Intermediate 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 Yoga Beginner and Chair Yoga class.

71507	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	2:00pm-3:00pm	\$57.08

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 wellbeing. No experience is required.

71687	55+yrs	Centennial Building	13 weeks
Thu	Sep 17-Dec 10	11:45am-12:45pm	\$57.08

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.

71654	55+yrs	Whitby 55+ Rec Centre	11 weeks
Thu	Sep 17-Dec 3	3:30pm-4:30pm	\$48.30

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.

71508	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 7	3:30pm-4:30pm	\$52.69

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.

71679	55+yrs	Centennial Building	13 weeks
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Fri	Sep 18-Dec 11	10:15am-11:15am	\$57.08
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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.

71505	55+yrs	Whitby 55+ Rec Centre	5 weeks
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Fri	Oct 30-Nov 27	11:00am-12:00pm	\$21.96
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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.

71923	55+yrs	Centennial Building	13 weeks
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Wed	Sep 16-Dec 9	9:00am-10:00am	\$57.08
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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.

71734	55+yrs	Whitby 55+ Rec Centre	13 weeks
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Wed	Sep 16-Dec 9	10:15am-11:15am	\$57.08
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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.

71821	55+yrs	Brooklin CC&L	13 weeks
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Tue	Sep 15-Dec 8	10:15am-11:15am	\$57.08
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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.

71827	55+yrs	Brooklin CC&L	13 weeks
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Thu	Sep 17-Dec 10	1:30pm-2:30pm	\$57.08
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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.

71863	55+yrs	Brooklin CC&L	13 weeks
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Tue	Sep 15-Dec 8	8:30am-9:30am	\$57.08
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Yoga - Rise and Shine with Mag

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

71735	55+yrs	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 16-Dec 9	9:00am-10:00am	\$57.08

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. Please bring a yoga mat to class.

71684	55+yrs	Centennial Building	13 weeks
Thu	Sep 17-Dec 10	2:15pm-3:15pm	\$57.08

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.

71506	55+yrs	Whitby 55+ Rec Centre	6 weeks
Mon	Oct 26-Nov 30	10:45am-11:45am	\$26.35

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.

70872	55+yrs	Whitby 55+ Rec Centre	11 weeks
Mon	Sep 14-Dec 7	9:00am-10:00am	\$48.30
70873	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	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.

71031	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	11:15am-12:15pm	\$57.08

Yoga with David

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

71697	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	5:15pm-6:15pm	\$57.08

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.

71678	55+yrs	Centennial Building	13 weeks
Fri	Sep 18-Dec 11	9:00am-10:00am	\$57.08

Yoga- Rise and Shine with Dennis

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

71822	55+yrs	Brooklin CC&L	13 weeks
Fri	Sep 18-Dec 11	8:30am-9:30am	\$57.08

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.

71868	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	12:00pm-1:00pm	\$57.08
71728	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	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.

71738	55+yrs	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 29-Dec 1	3:15pm-4:15pm	\$43.91

55+ 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.

71748	55+yrs	Brooklin CC&L	10 weeks
Mon	Sep 14-Nov 23	12:30pm-2:30pm	\$61.26

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.

71725	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	3:30pm-4:30pm	\$52.69

History

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

71677	55+yrs	Centennial Building	7 weeks
Wed	Sep 23-Nov 4	2:00pm-3:30pm	\$40.57

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.

71698	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	6:30pm-7:30pm	\$57.08

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.

71524	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	3:30pm-5:00pm	\$75.34

71523	55+yrs	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 18-Dec 11	9:30am-11:00am	\$75.34

Rise and Shine 55+ Walking Group

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

71023	55+yrs	Town of Whitby	16 weeks
Tue,Thu	Sep 1-Dec 17	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.

71525	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 7	9:00am-10:00am	\$52.69
71526	55+yrs	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 14-Dec 7	10:15am-11:15am	\$52.69

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.

71520	40yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	5:00pm-6:00pm	\$57.08
71751	40yrs+	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	5:00pm-6:00pm	\$57.08

Tai Chi - Level 1 with Rick

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

71752	40yrs+	Brooklin CC&L	13 weeks
Sat	Sep 19-Dec 12	9:00am-10:00am	\$35.13

Tai Chi - Level 2 with Mary Grace and Rick

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

71521	40yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	6:00pm-7:00pm	\$57.08
71754	40yrs+	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	6:00pm-7:00pm	\$57.08

Tai Chi - Level 2 with Rick

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

71755	40yrs+	Brooklin CC&L	12 weeks
Sat	Sep 19-Dec 12	10:00am-11:00am	\$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.

71522	40yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	7:00pm-8:30pm	\$75.34
71756	40yrs+	Brooklin CC&L	14 weeks
Wed	Sep 16-Dec 16	7:00pm-8:30pm	\$75.34

55+ 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.

71651	55+yrs	Whitby 55+ Rec Centre	10 weeks
Thu	Sep 17-Nov 19	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.

71652	55+yrs	Whitby 55+ Rec Centre	10 weeks
Thu	Sep 17-Nov 19	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.

71708	55+yrs	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 14-Nov 23	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.

71709	55+yrs	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 15-Nov 17	9:00am-10:30am	\$60.95

55+ Leagues and Sporting Groups

Badminton League

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

71820	55+yrs	Fieldgate Sports Complex	13 weeks
Mon	Sep 14-Dec 14	9:00am-11:15am	\$34.64
71902	55+yrs	Fieldgate Sports Complex	13 weeks
Mon	Sep 14-Dec 14	9:00am-11:15am	\$34.64
70995	55+yrs	Brooklin CC&L	13 weeks

Wed	Sep 16-Dec 9	9:00am-11:00am	\$34.64
71910	55+yrs	Fieldgate Sports Complex	13 weeks
Fri	Sep 18-Dec 11	9:00am-11:15am	\$34.64

Ball Hockey

Stay active, build skills, and have fun in the 55+ Instructional Ball Hockey program! Designed for older adults of all experience levels, this program focuses on the fundamentals of ball hockey in a supportive and social environment.

71745	55+yrs	Brooklin CC&L	10 weeks
Wed	Sep 16-Nov 18	11:00am- 12:30pm	\$61.26

Indoor Golf Lessons

Improve your golf game with our 55+ Indoor Golf Lessons! Practice your putting, swing, and fundamental techniques in a fun, supportive environment. Whether you're new to golf or looking to refine your skills, these sessions are a great way to stay active and build confidence year-round.

71985	55+yrs	Fieldgate Sports Complex	6 weeks
Fri	Sep 18-Oct 23	2:30pm-4:00pm	\$60.00
71986	55+yrs	Fieldgate Sports Complex	6 weeks
Fri	Oct 30-Dec 4	2:30pm-4:00pm	\$60.00

Indoor Golf Social

Join us for some fun at 701 indoor golf & Bar Simulator! (formerly known as Mulligans Golf) Enjoy light refreshments while golfing various courses of your choice. Please note that participants are responsible for their own transportation to 701 Indoor Golf & Bar. Valid 55+ Membership required.

71513	55+yrs	Town of Whitby	1 class
Thu	Sep 17-Sep 17	11:00am-1:00pm	\$20.00
71514	55+yrs	Town of Whitby	1 class
Thu	Oct 15-Oct 15	11:00am-1:00pm	\$20.00
71515	55+yrs	Town of Whitby	1 class
Thu	Nov 19-Nov 19	11:00am-1:00pm	\$20.00

Indoor Soccer

Stay active, have fun, and enjoy the game with our 55+ Indoor Soccer program! This recreational program is designed for older adults who want to improve their fitness, sharpen their skills, and enjoy friendly, non-contact play in a welcoming environment. All skill levels are welcome.

71871	55yrs+	Fieldgate Sports Complex	13 weeks
Tue	Sep 15-Dec 8	2:00pm-4:00pm	\$34.64

Multisport

Stay active, socialize, and have fun in this instructed 55+ Multi-Sport program! Enjoy a variety of recreational sports and activities in a welcoming, non-competitive environment. This program promotes fitness, coordination, and friendly play while offering the opportunity to try different sports each week. All skill levels are welcome.

71896	55yrs+	Fieldgate Sports Complex	10 weeks
Tue	Sep 15-Nov 17	9:00am-11:00am	\$61.26

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.

71843	55+yrs	Fieldgate Sports Complex	6 weeks
Mon	Sep 14-Oct 26	11:45am-1:45pm	\$36.76
71845	55+yrs	Fieldgate Sports Complex	6 weeks
Mon	Sep 14-Oct 26	11:45am-1:45pm	\$36.76
71990	55+yrs	Heydenshore Pavilion	6 weeks
Thu	Sep 10-Oct 15	9:00am-11:00am	\$36.76
71979	55+yrs	Fieldgate Sports Complex	6 weeks
Fri	Sep 18-Oct 23	11:45am-1:45pm	\$36.76
71980	55+yrs	Fieldgate Sports Complex	6 weeks
Fri	Oct 30-Dec 4	11:45am-1:45pm	\$36.76
71846	55+yrs	Fieldgate Sports Complex	6 weeks
Mon	Nov 2-Dec 7	11:45am-1:45pm	\$36.76
71847	55+yrs	Fieldgate Sports Complex	6 weeks
Mon	Nov 2-Dec 7	11:45am-1:45pm	\$36.76

Pickleball Drills Beginner

Learn the fundamentals of pickleball in this one-hour beginner skills program. Build confidence while developing basic strokes, serving, scoring, court positioning, and game strategy through fun, instructor-led drills. Participants must bring their own paddle.

71864	55+yrs	Fieldgate Sports Complex	13 weeks
Wed	Sep 16-Dec 9	10:30am-11:30am	\$57.08
71882	55+yrs	Fieldgate Sports Complex	13 weeks
Wed	Sep 16-Dec 9	10:30am-11:30am	\$57.08

Pickleball Drills

Improve your game with one-hour, fast-paced pickleball drill sessions focused on skill development and repetition. Participants must bring their own paddle and have at least six months of playing experience. Come ready to drill!

71813	55+yrs	Brooklin CC&L	13 weeks
Tue	Sep 15-Dec 8	11:15am-12:15pm	\$57.08
71862	55+yrs	Fieldgate Sports Complex	13 weeks
Tue	Sep 15-Dec 8	12:45pm-1:45pm	\$57.08
71968	55+yrs	Fieldgate Sports Complex	13 weeks
Tue	Sep 15-Dec 8	12:45pm-1:45pm	\$57.08

Pickleball – Beginner

This beginner-level is ideal for players who have learned the fundamentals of pickleball and are ready for casual game play. Participants must have a basic knowledge of the game and scoring. No formal instruction will be given. Price includes ball fee.

71812	55+yrs	Brooklin CC&L	14 weeks
Tue	Sep 15-Dec 15	9:00am-11:00am	\$36.92

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.

71988	55+yrs	Heydenshore Pavilion	13 weeks
Wed	Sep 16-Dec 9	9:00am-11:00am	\$34.64
70996	55+yrs	Brooklin CC&L	12 weeks
Thu	Sep 17-Dec 10	9:00am-11:00am	\$32.36
71989	55+yrs	Heydenshore Pavilion	8 weeks
Thu	Oct 22-Dec 10	9:00am-11:00am	\$23.24

Pickleball - Level 1

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.

71972	55+yrs	Fieldgate Sports Complex	13 weeks
Thu	Sep 17-Dec 10	12:30pm-2:30pm	\$18.12

Pickleball - Level 1 and 2

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

71992	55+yrs	Heydenshore Pavilion	12 weeks
Mon	Sep 14-Dec 7	2:00pm-4:00pm	\$32.36
71994	55+yrs	Heydenshore Pavilion	13 weeks
Tue	Sep 15-Dec 8	11:30am-1:30pm	\$34.64
71995	55+yrs	Heydenshore Pavilion	13 weeks
Wed	Sep 16-Dec 9	11:30am-1:30pm	\$34.64
71996	55+yrs	Heydenshore Pavilion	13 weeks
Wed	Sep 16-Dec 9	2:00pm-4:00pm	\$34.64
71993	55+yrs	Heydenshore Pavilion	13 weeks
Thu	Sep 17-Dec 10	6:00pm-8:00pm	\$34.64

Pickleball - Level 2

This program is for those at the intermediate level of play. 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. Price includes ball fee.

71997	55+yrs	Heydenshore Pavilion	12 weeks
Mon	Sep 14-Dec 7	11:30am-1:30pm	\$32.36
71999	55+yrs	Heydenshore Pavilion	12 weeks
Mon	Sep 14-Dec 7	6:00pm-8:00pm	\$32.36
72001	55+yrs	Heydenshore Pavilion	12 weeks
Mon	Sep 14-Dec 7	9:00am-11:00am	\$32.36
71998	55+yrs	Heydenshore Pavilion	13 weeks
Tue	Sep 15-Dec 8	6:00pm-8:00pm	\$34.64
72000	55+yrs	Heydenshore Pavilion	13 weeks
Tue	Sep 15-Dec 8	2:00pm-4:00pm	\$34.64
70998	55+yrs	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	1:45pm-3:45pm	\$35.64
71971	55+yrs	Fieldgate Sports Complex	13 weeks
Thu	Sep 17-Dec 10	12:30pm-2:30pm	\$34.64

Pickleball - Level 2 and Level 3

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

72002	55+yrs	Heydenshore Pavilion	13 weeks
Tue	Sep 15-Dec 8	9:00am-11:00am	\$34.64
70999	55+yrs	Brooklin CC&L	14 weeks
Tue	Sep 15-Dec 15	12:30pm-2:30pm	\$34.64
71000	55+yrs	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	2:30pm-4:30pm	\$32.63
71653	55+yrs	Fieldgate Sports Complex	13 weeks
Wed	Sep 16-Dec 9	2:30pm-4:30pm	\$32.63
72003	55+yrs	Heydenshore Pavilion	13 weeks
Fri	Sep 18-Dec 11	9:30am-11:30am	\$34.64

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.

71001	55+yrs	Brooklin CC&L	13 weeks
Wed	Sep 16-Dec 9	11:30am-1:30pm	\$34.64
71991	55+yrs	Heydenshore Pavilion	13 weeks
Fri	Sep 18-Dec 11	12:00pm-2:00pm	\$34.64

55+ General Interest and 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.

71909	55+yrs	Brooklin CC&L	3 weeks
Mon	Sep 14-Dec 14	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!

71915	55+yrs	Brooklin CC&L	1 class
Mon	Sep 21-Sep 21	1:00pm-3:00pm	\$1.00

71916	55+yrs	Brooklin CC&L	1 class
Mon	Oct 19-Oct 19	1:00pm-3:00pm	\$1.00
71917	55+yrs	Brooklin CC&L	1 class
Mon	Nov 16-Nov 16	1:00pm-3:00pm	\$1.00

55+ 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.

71723	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	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.

71724	55+yrs	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 17-Dec 3	2:15pm-3:15pm	\$52.69

Ukulele - Level 1 with Arlene

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

71858	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	12:30pm-1:30pm	\$52.69

Ukulele - Level 2 with Arlene

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

71859	55+yrs	Brooklin CC&L	12 weeks
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Mon	Sep 14-Dec 7	2:00pm-3:00pm	\$52.69
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Ukulele - Level 3 with Arlene

This advanced class will build on the skills and knowledge from Ukulele - Level 2. The goal is to increase your song repertoire, chord library, and enhance your playing skills, including strumming techniques, embellishments and some fingerpicking and melody-playing. Sound quality, song arrangements, chord progressions, rhythm, tempo and basic fundamentals of music will be explored in order to further develop your "ukulele musicality". Price includes music booklet.

71861	55+yrs	Brooklin CC&L	12 weeks
Mon	Sep 14-Dec 7	3:30pm-4:30pm	\$52.69

55+ Sciences

Biology - Science and Morocco with Amanda

Join this 5-week class and travel through Morocco and see the influence of Science in this fascinating country.

71631	55+yrs	Whitby 55+ Rec Centre	5 weeks
Fri	Oct 2-Oct 30	1:30pm-2:30pm	\$21.96

55+ Wellness and Lifestyle

Brain Health Workshop

Join the Alzheimer Society of Durham Region Services and Programs to learn about Brain Health. Review the latest research to support Brain Health. Recognize how lifestyle plays a role in the dementia and cognitive journey; Commit to take action to support brain health.

72165	55+yrs	Whitby 55+ Rec Centre	1 day
Tue	Sep 29-Sep 29	10:00am-11:30am	Free

Communication Skills and Positive Thinking Workshop

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

72163	55+yrs	Whitby 55+ Rec Centre	1 class
Fri	Nov 6-Nov 6	9:30am-11:00am	Free

Driving and Dementia Workshop

Join the Alzheimer Society of Durham Region Services and Programs to learn about Driving and Dementia. We will review the sensitive topics of Driving with Dementia; The decision to retire from Driving and supporting someone who has decided to retire.

72166	55+yrs	Whitby 55+ Rec Centre	1 class
Tue	Oct 20-Oct 20	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 actually 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!

72501	55+yrs	Whitby 55+ Rec Centre	1 class
Mon	Sep 28-Sep 28	12:15pm-1:15pm	\$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 and pen.

71904	55+yrs	Brooklin CC&L	6 weeks
Mon	Sep 14-Oct 26	6:00pm-7:00pm	\$26.35

How to Manage Natural Health Products Workshop

This workshop will review your role and responsibilities are different between prescription medication over-the-counter medication and natural health products. We'll look at managing prescription and nonprescription drugs, managing natural health products, storing medication tips, travelling with medications, managing financial challenges, cautions for online purchases of medication and aging and medication risks.

72164	55+yrs	Whitby 55+ Rec Centre	1 class
Fri	Nov 27-Nov 27	9:30am-11:00am	Free

Inflammation with Sylvia

If you would like to learn about inflammation and how to lead an anti-inflammatory lifestyle, join Nutritionist Sylvia Emmorey. For 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!

72518	55+yrs	Whitby 55+ Rec Centre	1 class
Mon	Nov 16-Nov 16	12:15pm-1:15pm	\$10.79

Java Social - Fun Coffee Chat

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

72156	55+yrs	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 15-Dec 8	11:00am-12:00pm	Free

Living a Healthy Life with Chronic Pain Workshop

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

72158	55+yrs	Whitby 55+ Rec Centre	6 weeks
Wed	Nov 11-Dec 16	1:00pm-2:30pm	Free

Living a Healthy Life with Diabetes Workshop

Participants learn skills and tools to manage their diabetes pre-diabetes. Some topics covered included 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.

72161	55+yrs	Whitby 55+ Rec Centre	6 weeks
Wed	Sep 30-Nov 4	1:00pm-2:30pm	Free

Stress and Sleep Workshop

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

72162	55+yrs	Whitby 55+ Rec Centre	1 class
Fri	Oct 16-Oct 16	9:30am-11:00am	Free

Unhealthy vs Healthy Fats with Sylvia

What's the big deal about fats? If you'd like to learn about healthy vs. unhealthy fats then this workshop is for you! Nutritionist Sylvia Emmorey will go over the many types and which ones are beneficial for health and as a bonus, will be demonstrating how to incorporate fat into a delicious healthy treat!

72514	55+yrs	Whitby 55+ Rec Centre	1 class
Mon	Oct 19-Oct 19	12:15pm-1:15pm	\$10.79

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.

72404	55+yrs	Whitby 55+ Rec Centre	8 weeks
Mon	Sep 21-Nov 16	11:00am-12:00pm	\$60.00

55+ Special Events

Whitby 55+ Recreation Active Living Fair

Discover, connect, and get inspired at Whitby 55+ Recreation's Active Living Fair! Visit with local community organizations and service providers, explore fitness and wellness opportunities, and learn how to stay connected in the community. Open to all ages. Location: Whitby 55+ Recreation Centre, 801 Brock Street South, Whitby.

Thu	Sep 10	10:00am-2:00pm	Free
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Coming Together: A Conversation On Building Inclusive Communities

This course invites participants to explore the history, language, and lived experiences of 2SLGBTQIA+ communities. Together, we will trace key moments in queer history, build a shared understanding of common terminology, and discuss how to be a supportive presence for 2SLGBTQIA+ people in our lives and community. This workshop is presented by [Durham Alliance Outreach](#).

72860	55+yrs	Whitby 55+ Rec Centre	1 class
Thu	Oct 15-Oct 15	11:00am-1:00pm	Free

Halloween Social

Join your friends for a spooktacular afternoon of dancing with DJ Shawn Walsh! Dress up in your favourite Halloween costume for a chance to win a prize. Light snacks and refreshments will be provided.

71016	55+yrs	Whitby 55+ Rec Centre	1 class
Fri	Oct 30-Oct 30	2:00pm-4:00pm	\$15.00

Documentary - Robin Williams- Robin's Wish

Join us for an afternoon for a documentary an intimate portrait of Robin Williams and his invulnerable spirit, Robin's Wish is the story of what really happened to one of the greatest entertainers of all time - and what his mind was fighting.

71517	55+yrs	Whitby 55+ Rec Centre	1 class
Thu	Oct 22-Oct 22	1:30pm-3:30pm	\$5.00

Remembering Veterans Gathering

Join Town of Whitby 55+ Recreation Services for our annual Remembrance Day Gathering, with light refreshments. This gathering offers older adults an opportunity to come together in remembrance, reflection, and gratitude as we honour the brave women and men who have served and sacrificed for Canada. We hope you will join us as we reflect on the significance of this important day. Participants are welcome to bring memorabilia from their family's history if they would like to display. If you are interested in doing so, please reach out to 55plus@whitby.ca to confirm.

72874	55+yrs	Brooklin CC&L	1 day
Wed	Nov 11-Nov 11	12:00pm-1:30pm	FREE

Documentary - Michael Jackson

Join us for an afternoon for a documentary about the story of pop superstar Michael Jackson - from his extraordinary early days in the Jackson 5 to the visionary artist whose creative ambition fuels a relentless pursuit to become the biggest entertainer in the world.

71518	55+yrs	Whitby 55+ Rec Centre	1 class
Thu	Nov 19-Nov 19	1:30am-3:30am	\$5.00

Holiday Movie: Miracle on 34th Street

Join us for an afternoon for a holiday movie Miracle on 34th Street this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.

71519	55+yrs	Whitby 55+ Rec Centre	1 day
Thu	Dec 3-Dec 3	1:30am-3:30am	\$5.00

Murder Mystery Dinner- The Eternal Cruise

Captain Scott Emery vanished late last night while inspecting the cruise ship. A search uncovered only his cap on the upper deck, along with overturned chairs and signs of a struggle. The captain has disappeared without a trace - it appears foul play is involved. Can you solve the mystery?

71021	55+yrs	Whitby 55+ Rec Centre	1 day
Fri	Oct 2-Oct 2	6:00pm-8:00pm	\$25.00

Rotary Bingo

Join us for a night of Bingo! This event is sponsored by the Rotary Club of Whitby.

71475	55+yrs	Whitby 55+ Rec Centre	1 day
Thu	Oct 22-Oct 22	6:30pm-9:00pm	\$2.00

National Day for Truth and Reconciliation

The National Day for Truth and Reconciliation, also known as Orange Shirt Day, honours residential school Survivors and recognizes the lasting impacts on Indigenous Peoples, families, and communities. In this two-hour introductory workshop, Dr. Peter Menzies will explore key issues facing Indigenous Peoples in Canada, including colonialism, self-determination, public policy, residential schools, child welfare, intergenerational trauma, healing, and partnership-building. With more than 25 years of experience working with First Nation communities, Dr. Menzies will create a respectful, interactive space for participants to ask questions, share perspectives, and deepen their understanding.

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

Community Connection Programs

Adult Programs

Leagues and Sporting Groups

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

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

73085	18yrs+	Ormiston P.S.	10 weeks
Tue	Sep 15-Nov 17	6:00pm-7:15pm	\$80.00
73086	18yrs+	Ormiston P.S.	10 weeks
Tue	Sep 15-Nov 17	7:15pm-8:30pm	\$80.00
73087	18yrs+	Pringle Creek P.S.	10 weeks
Thu	Sep 17-Nov 26	7:15pm-8:30pm	\$80.00
73088	18yrs+	Pringle Creek P.S.	10 weeks
Thu	Sep 17-Nov 26	6:00pm-7:15pm	\$80.00

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

Enjoy a friendly pick-up game of basketball.

72263	30 and up	Sinclair S.S.	9 weeks
Wed	Sep 16-Nov 11	7:45pm-9:45pm	\$57.00

Pickleball-Pick-up (#@)

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

71791	18yrs+	Donald A. Wilson S.S.	10 weeks
Wed	Sep 16-Nov 25	6:30pm-7:30pm	\$70.00
71792	18yrs+	Donald A. Wilson S.S.	10 weeks
Wed	Sep 16-Nov 25	7:30pm-8:30pm	\$70.00

Volleyball Adult Co-Ed Recreational (#@)

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

72475	18yrs+	Ormiston P.S.	10 weeks
Wed	Sep 16-Nov 18	7:15pm-9:15pm	\$120.00

Children Programs

Dance

Ballet /Jazz (@#)

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

72810	4-6yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	6:30pm-7:00pm	\$45.00

Ballet 1 (#@)

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

72470	3-4yrs	Ormiston P.S.	10 weeks
Wed	Sep 16-Nov 18	6:00pm-6:30pm	\$50.00
72471	4-5yrs	Ormiston P.S.	10 weeks
Wed	Sep 16-Nov 18	6:30pm-7:00pm	\$50.00

Dance Medley (#@)

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

72474	At least 6 but less than 10 10 weeks	Ormiston P.S.	
Wed	Sep 16-Nov 18	7:00pm-7:45pm	\$77.00

Dance Medley (@#)

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

72814	3-4yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	6:00pm-6:30pm	\$45.00

Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles.

72815	7-11yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	7:00pm-7:45pm	\$68.00

General Interest

Lego Club (#@)

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

72508	6-11yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	6:45pm-7:30pm	\$45.00
72509	6-11yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	6:00pm-6:45pm	\$45.00

Leagues and Sporting Groups

Basketball with Community Connection (@#)

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

72530	5-6yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	6:00pm-6:45pm	\$68.00
72531	7-8yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	6:45pm-7:30pm	\$68.00
72811	7-8yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	6:00pm-6:45pm	\$68.00
72812	5-6yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	6:45pm-7:30pm	\$68.00
72813	9-12yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	7:30pm-8:15pm	\$68.00

Soccer for Kids with Community Connection (@#)

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

72510	7-8yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	6:00pm-6:45pm	\$68.00
72511	5-6yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	6:45pm-7:30pm	\$68.00
72512	9-12yrs	John Dryden P.S.	9 weeks
Tue	Sep 15-Nov 10	7:30pm-8:15pm	\$68.00
72816	5-6yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	6:00pm-6:45pm	\$68.00
72817	7-8yrs	John Dryden P.S.	9 weeks
Wed	Sep 16-Nov 25	6:45pm-7:30pm	\$68.00

Volleyball Co-ed (#@)

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

72476	At least 11 but less than 14 10 weeks		Ormiston P.S.
Wed	Sep 16-Nov 18	6:00pm-7:00pm	\$100.00

Children Music and Drama

Guitar for Kids (#@)

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

72472	At least 10 but less than 16 10 weeks		Ormiston P.S.
Wed	Sep 16-Nov 18	7:00pm-8:00pm	\$100.00

Guitar For Kids- Level 1 (#@)

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

72473	7-10yrs	Ormiston P.S.	10 weeks
Wed	Sep 16-Nov 18	6:00pm-7:00pm	\$100.00

Station Gallery Programs

Refund Policy:

Full refunds are available up to 7 days prior to the class start time. Account credits are available 3-7 days prior, and subject to a \$20 administrative fee. There are no credits or refunds provided with less than 48 hours' notice, or for classes missed by the participant.

Adult

Art Workshops

AAW - Bookbinding with Ivana (#@)

Discover the art of handmade books in this creative and tactile 2-part workshop! Learn traditional and contemporary bookbinding techniques such as stitching, folding, and assembling while exploring cover design and paper selection. You will create a one-of-a-kind book with guidance from your instructor. This workshop is perfect for artists, writers, and anyone who loves hands-on creativity! Suitable for all levels of expertise.

Please download the Student Supply List at stationgallery.ca/workshops to view the materials required for this workshop.

72875	16yrs+	Station Gallery	2 weeks
Sun	Sep 20-Sep 27	10:30am-12:30pm	\$80/\$85

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

Join us for a fun and relaxing painting experience at Station Gallery! Whether you're sipping and painting with friends, or enjoying a creative afternoon with family, our instructors will guide you step-by-step to create your own unique masterpiece! All materials provided – including one beverage and light refreshments.

71669	19yrs+	Station Gallery	1 class
Fri	Sep 25-Sep 25	7:00pm-9:00pm	\$50/\$55
71670	19yrs+	Station Gallery	1 class
Fri	Oct 23-Oct 23	7:00pm-9:00pm	\$50/\$55
71671	19yrs+	Station Gallery	1 class
Thu	Dec 3-Dec 3	7:00pm-9:00pm	\$50/\$55

AAW - Fused Glass Ornaments with Wendy (#@)

Create a stunning collection of fused glass ornaments in this fun, hands-on workshop! Learn the basics of cutting, layering, and arranging colourful glass to create some stand-out holiday pieces. Your finished creations will be kiln-fired after class, allowing the glass to melt and blend, resulting in a beautiful addition to your holiday décor or a meaningful handmade gift! Suitable for all levels of expertise. All materials provided.

71811	16yrs+	Station Gallery	1 class
Sat	Nov 28-Nov 28	1:00pm-2:30pm	\$75/\$80

AAW - Gold Leaf Techniques with Leila (#@)

Discover the luminous beauty of gold leaf in this hands-on workshop led by artist and calligrapher Leila Farsi. Participants will learn how to apply gold leaf to a variety of surfaces, exploring techniques used in painting, decorative arts, and contemporary craft. While the adhesive sets, participants will have the opportunity to explore both Persian and English calligraphy, offering a gentle introduction to the elegance and cultural history of the written form. Suitable for all levels of expertise. All materials provided.

73013	16yrs+	Station Gallery	1 class
Sat	Nov 14-Nov 14	1:30pm-3:30pm	\$60/\$65

AAW - Mandala Drawing with Chelsea (#@)

Discover the meditative art of mandala drawing. Explore their sacred history, symbolism, and geometric structure, then create your own through guided, intuitive exercises. This workshop blends mindfulness with artmaking, offering a relaxing space for creativity, focus, and self-expression. Suitable for all levels of expertise. All materials provided.

73011	16yrs+	Station Gallery	1 class
Sat	Nov 7-Nov 7	1:30pm-3:30pm	
\$50/\$55			

AAW - Pottery Mini-Session: Cozy Character Mugs (#@)

Create a one-of-a-kind mug on the pottery wheel in this fun 3-week mini session! Learn the basics of throwing, trimming, and glazing as you bring a whimsical character to life. Turn your mug into a cozy winter character like a polar bear, moose, or gnome, to create the perfect holiday gift or keepsake. Suitable for all levels of expertise. All materials provided. Artworks will be kiln-fired and ready for pickup 2 weeks after the final class – participants will be notified via email.

71700	16yrs+	Station Gallery	3 weeks
Sat	Nov 28-Dec 12	10:30am-12:30pm	\$130/\$140

AAW - Pottery Mini-Session: Gingerbread Houses (#@)

Create your own ceramic gingerbread house in this fun hand-building series! Learn the basics of slab building, shaping, and decorating as you build and personalize your own festive house. Complete your creation by painting with vibrant underglazes to create a unique handmade holiday decoration. Suitable for all levels of expertise. All materials provided. Artworks will be kiln-fired and ready for pickup 2 weeks after the final class – participants will be notified via email.

71703	16yrs+	Station Gallery	3 weeks
Sat	Nov 28-Dec 12	1:30pm-3:30pm	\$130/\$140

AAW - Punch Needle Coasters with Agnes (#@)

Enjoy a creative afternoon learning the art of punch needling! During this hands-on workshop, you'll create a 5" punch needle coaster using colourful yarn and beginner-friendly techniques. Bring your own design idea or choose from a selection of fun patterns provided by the instructor. Participants are encouraged to arrive with a saved image or concept in mind so we can jump right into selecting colours and bringing your design to life! Suitable for all levels of expertise. All materials provided.

72945	16yrs+	Station Gallery	1 class
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Sat	Dec 5-Dec 5	1:00pm-3:30pm	\$65/\$70
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AAW - Soapstone Carving with Peter (#@)

Create a beautiful loon sculpture while discovering the timeless art of soapstone carving. Using hand rasps, files, and sandpaper, you'll transform a block of natural soapstone into a finished sculpture by shaping, refining, and polishing the stone. As you work, you'll reveal the stone's natural colours and veining that will make every piece unique. Leave with a finished sculpture and the foundational skills to continue exploring this rewarding art form! Suitable for all levels of expertise. All materials provided.

72876	16yrs+	Station Gallery	2 weeks
Sat	Sep 19-Sep 26	12:30pm-3:30pm	\$130/\$140

Visual Arts

AAC - Acrylic Marker Illustration with Jean (#@)

Discover the creative possibilities of acrylic markers in this fun and flexible course! Combining the precision of drawing with the vibrant coverage of paint, acrylic markers are perfect for creating bold illustrations, colourful designs, and expressive works of art on a variety of surfaces. Through demonstrations and guided projects, you'll learn essential techniques such as colour blending, layering, shading, and highlighting, to create beautiful stylistic artworks. Suitable for beginners and experienced artists alike. All materials provided.

71757	12yrs+	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	4:00pm-6:00pm	\$190/\$200

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. All materials provided. Suitable for all levels of expertise.

71578	12yrs+	Station Gallery	6 weeks
Sun	Oct 18-Nov 29	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. By the end of the course, you'll feel more confident tackling patterns

independently and creating at home. Please download the Student Supply List at stationgallery.ca to review the materials required for this course. No class November 1st.

71579	12yrs+	Station Gallery	6 weeks
Sun	Oct 18-Nov 29	2:00pm-4:00pm	\$190/\$200

AAC - Portfolio Development with Randy (#@)

Learn to plan, organize, and catalogue a strong portfolio! This course is designed for all artists, whether applying for post-secondary schools, or aiming to exhibit in a gallery setting. Each session blends portfolio-building instruction with open studio time, while receiving instructor guidance to create a dynamic, professional, stand-out portfolio. Please bring your own art supplies, notebook, and technology if needed.

71630	16yrs+	Station Gallery	6 weeks
Thu	Oct 8-Nov 12	7:00pm-9:00pm	\$200/\$215

AAC - 3D Printing with Mike (#@)

Discover the possibilities of 3D printing in this hands-on introductory course. In addition to learning about real-world applications of 3D printing technology, students will develop their own skills in TinkerCAD, a user-friendly online software. Participants will create their own digital models and see them transformed into physical objects, including keychains, figurines, or small decorative items to proudly take home. All materials provided. Designs will be printed and ready for pickup 2-3 weeks after the course has ended.

71879	16yrs+	Station Gallery	4 weeks
Sun	Oct 25-Nov 15	2:00pm-4:00pm	\$170/\$180

AAC - Abstract Painting with Randy (#@)

Break free from realism and reimagine the world through shape, colour, and texture! Through creative exercises, demonstration, and discussion, you'll build foundational skills in abstraction while embracing creativity, risk-taking, and your unique artistic voice. You'll experiment with layering, mark-making, and bold visual choices to create a dynamic work of art by the end of the course. Perfect for artists looking to loosen their style and expand their creative toolkit. Beginner/intermediate painting experience required.

71576	16yrs+	Station Gallery	6 weeks
Fri	Sep 18-Oct 23	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. Both absolute beginners and experienced painters will develop technical skills, artistic confidence, and a deeper understanding of composition and colour. Suitable for all levels of expertise. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71490	16yrs+	Station Gallery	6 weeks
Tue	Sep 22-Oct 27	7:00pm-9:00pm	\$190/\$200

AAC - Art as Therapy with Kayleigh (#@)

The Art as Therapy program at Station Gallery introduces the principles of mindfulness, demonstrating how these can be incorporated into the visual arts. Using simple, relaxing, and meditative art activities, participants will be encouraged to focus on the present moment, helping to reduce stress and increase a sense of calm. Each session of this class is guided by flexible prompts, allowing participants to explore their own ideas, experiment with materials, and follow their creativity at their own pace in a calm, supportive environment. All materials provided. Suitable for all levels of expertise. Art as Therapy is generously sponsored by Ontario Power Generation.

71541	16yrs+	Station Gallery	6 weeks
Tue	Sep 22-Oct 27	7:00pm-9:00pm	\$100/\$110
71542	16yrs+	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	7:00pm-9:00pm	\$100/\$110

AAC - Beginner Watercolour Painting with Sakshi (#@)

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. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71544	16yrs+	Station Gallery	6 weeks
Fri	Sep 18-Oct 23	4:15pm-6:15pm	\$190/\$200

AAC - Comic Art & Storytelling with Brad (#@)

Are you ready to explore the exciting world of cartooning and illustrating? In this class, you'll learn how to create dynamic characters, design engaging panels, and craft visual narratives that captivate readers. Explore techniques in storyboarding, composition, pacing, dialogue, and expressive illustration to make your comics come alive. Whether

you're developing an original superhero, slice-of-life comic, or fantasy adventure, you'll receive personalized feedback to help refine your art style and storytelling voice. Please come to class with a personal sketchbook. Suitable for all levels of expertise.

71577	16yrs+	Station Gallery	6 weeks
Thu	Oct 1-Nov 5	7:00pm-9:00pm	\$190/\$200

AAC - Drawing Explorations with Ivana (#@)

If you've tried our Intro to Drawing course and are ready for the next step, Drawing Explorations is for you! 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 those ready to move beyond the basics, as well as artists looking to refresh their drawing practice in a supportive studio environment. Beginner drawing experience recommended. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class. Instruction available in English and Spanish.

71580	16yrs+	Station Gallery	6 weeks
Thu	Nov 12-Dec 17	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. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class. No class October 11.

71536	18 and up	Station Gallery	6 weeks
Sun	Sep 20-Nov 1	1:30pm-3:30pm	\$190/\$200

AAC - Hand Building Pottery: Level 1 with Paulette (#@)

In this class, we provide students with fundamental instruction in hand-building pottery. You'll explore methods like pinching, coiling, and slabbing, as well as decorating techniques such as appliqué, cut-outs, and sgraffito. Each session combines guided instruction with independent practice, allowing participants to develop technical skills while experimenting with 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. All materials provided. Last session is 3 hours long to include glazing.

71484	16yrs+	Station Gallery	6 weeks
Thu	Oct 15-Nov 19	1:30pm-3:30pm	\$260/\$275
71485	16yrs+	Station Gallery	6 weeks
Thu	Oct 15-Nov 19	6:30pm-8:30pm	\$260/\$275

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 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. All materials provided. 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.

71488	16yrs+	Station Gallery	6 weeks
Tue	Sep 22-Oct 27	7:00pm-9:00pm	\$260/\$275
71486	16yrs+	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	7:00pm-9:00pm	\$260/\$275

AAC - Introduction to Drawing with Ivana (#@)

Discover the joy of drawing in this introductory class for adults. Through guided exercises and hands-on practice, you'll build confidence in line, shading, and composition in graphite and charcoal. Whether you're an absolute beginner or looking to reconnect with art, this class offers a relaxed and supportive environment to develop your skills. Suitable for all levels of expertise. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class. Instruction available in English and Spanish.

71590	16yrs+	Station Gallery	6 weeks
Thu	Sep 24-Nov 5	7:00pm-9:00pm	\$190/\$200

AAC - Knitting Circle with Nesrin (#@)

Take your knitting skills to the next level at Station Gallery's knitting circle! Designed for those who have figured out the basics, this class focuses on building confidence

through fun projects and new techniques. Participants will be introduced to a selection of beginner-friendly guided projects while also receiving support to work on personal knitting projects at their own pace. Whether you're looking to expand your skills, troubleshoot patterns, or enjoy the company of fellow knitters, this relaxed and encouraging class is the perfect place to stitch, learn, and create. Suitable for those with basic knitting knowledge and experience. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71554	16yrs+	Station Gallery	6 weeks
Tue	Oct 13-Nov 17	1:30pm-3:30pm	\$190/\$200

AAC - Oil Painting with Chelsea Frattura (#@)

Looking to try a new painting medium? Explore the luminous and smooth style of oil painting! This class introduces the essentials of oil painting, covering safety, tools, composition, and process in a supportive studio setting. Designed for beginners or those looking to expand their painting practice, sessions include a balance of demonstrations and independent work time, leading to the creation of a personal painting. Suitable for all levels of expertise. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71494	16yrs+	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	7:00pm-9:00pm	\$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 runs every Monday from September through May, excluding holidays. For SG Patrons only; patron cards can be purchased at the gallery. Bring your own materials. No pre-registration required – please sign in at the front desk.

71482	16yrs+	Station Gallery	31 weeks
Mon	Sep 21-May 31	10:00am-3:00pm	Free

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

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

personal exploration. Suitable for all levels of expertise. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71575	16yrs+	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	7:00pm-9:00pm	\$190/\$200

AAC - Pottery Open Studio with Paulette (#@)

This course is designed for experienced pottery students who are ready to explore personal projects with freedom and support. Students will have access to the studio's tools, equipment, and a provided sleeve of clay, to pursue hand-building or wheel-throwing. Each session is geared toward independent work, while an instructor is present to answer questions and provide guidance as needed. Whether you're refining techniques, experimenting with new approaches, or working toward larger projects, this course offers the space to develop your artistic voice. All materials provided – includes 10kg of clay. Suitable for students who have completed at least 2 sessions of Hand-Building Pottery or Pottery Wheel. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email.

71489	16yrs+	Station Gallery	6 weeks
Tue	Sep 22-Oct 27	4:00pm-6:00pm	\$285/\$300
71483	16yrs+	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	4:00pm-6:00pm	\$285/\$300

AAC - Pottery Wheel Level 1 (#@)

In this class, students will learn the fundamentals of working with clay on the pottery wheel. You'll learn to wedge, center, open, and throw clay to develop functional pieces like mugs, vases, and dishes. Glazing techniques will be explored in the final class, and pieces will be kiln-fired for you to take home and enjoy! All materials provided – includes 5kg of clay. Suitable for all levels of expertise. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email.

71511	16yrs+	Station Gallery	6 weeks
Fri	Sep 18-Oct 23	1:00pm-3:00pm	\$285/\$300
71512	16yrs+	Station Gallery	6 weeks
Fri	Sep 18-Oct 23	7:00pm-9:00pm	\$285/\$300
71500	16yrs+	Station Gallery	6 weeks
Sat	Oct 17-Nov 21	10:30am-12:30pm	\$285/\$300
71501	16yrs+	Station Gallery	6 weeks
Sat	Oct 17-Nov 21	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. All materials provided – includes 10kg of clay. 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.

71502	16yrs+	Station Gallery	6 weeks
Sun	Oct 18-Nov 22	10:30am-12:30pm	\$300/\$320

AAC - Still-Life Painting with Catherine (#@)

Join us for a captivating six-week course where we'll dive deep into the timeless art of still-life painting. Guided step-by-step, you'll translate a still-life photograph into a painting; so if drawing is not your forte, that's not a problem! Each class focuses on refining skills such as underpainting, colour mixing, applying mediums, and optimizing brush technique to help you bring ordinary objects to life. This class offers a supportive environment where artists of all levels can grow, refine their techniques, and leave with a stunning finished piece. Suitable for all levels of expertise. Participants bring their own materials, oil or acrylic.

71662	16yrs+	Station Gallery	6 weeks
Thu	Nov 12-Dec 17	7:00pm-9:00pm	\$190/\$200

AAC - Uninstructed Figure Drawing (#@)

Designed for artists who have previously taken figure drawing classes, this uninstructed course provides dedicated studio time to strengthen skills, maintain consistency, and explore personal techniques while working from both short and long poses. Models may be clothed or unclothed, offering varied study opportunities and a comprehensive understanding of the human form. Suitable for students who have completed at least 2 sessions of Figure Drawing. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71673	18yrs+	Station Gallery	6 weeks
Sun	Nov 8-Dec 13	1:30pm-3:30pm	\$140/\$150

AAC - Watercolour Explorations with Hi-Sook (#@)

In these 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 September/October session will focus on florals, and the November/December session will focus on capturing winter scenery. Suitable for all levels of expertise. Please download the Student Supply List at stationgallery.ca/adult to review the materials required for this class.

71478	16yrs+	Station Gallery	3 weeks
Sat	Sep 19-Oct 3	1:30pm-3:30pm	\$130/\$140
71479	16yrs+	Station Gallery	3 weeks
Sat	Nov 28-Dec 12	1:30pm-3:30pm	\$130/\$140

Children

Kids Art Classes

KAC - Artscapes (#@)

Artscapes is a hands-on multimedia program designed to help our students discover what artforms excite them most! Each week, students will experiment with a new medium, ranging from painting and drawing to collage and sculpture. 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. All materials provided. New projects each session. No class Oct. 11.

71528	8-12yrs	Station Gallery	6 weeks
Fri	Sep 18-Oct 23	4:15pm-6:15pm	\$165/\$175
71497	8-12yrs	Station Gallery	6 weeks
Sun	Sep 20-Nov 1	1:30pm-3:30pm	\$165/\$175
71498	8-12yrs	Station Gallery	6 weeks
Sun	Nov 8-Dec 13	1:30pm-3:30pm	\$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 art! All materials provided. New projects each session. No classes October 10th or 11th.

<u>71480</u>	4-7yrs	Station Gallery	6 weeks
Sat	Sep 19-Oct 31	10:30am-11:30am	\$130/\$140
<u>71481</u>	4-7yrs	Station Gallery	6 weeks
Sat	Nov 7-Dec 12	10:30am-11:30am	\$130/\$140
<u>71674</u>	4-7yrs	Station Gallery	6 weeks
Sun	Sep 20-Nov 1	10:30am-11:30am	\$130/\$140
<u>71529</u>	4-7yrs	Station Gallery	6 weeks
Sun	Nov 8-Dec 13	10:30am-11:30am	\$130/\$140
<u>71495</u>	4-7yrs	Station Gallery	6 weeks
Tue	Sep 22-Oct 27	4:15pm-5:15pm	\$130/\$140
<u>71496</u>	4-7yrs	Station Gallery	6 weeks
Tue	Nov 3-Dec 8	4:15pm-5:15pm	\$130/\$140
<u>71675</u>	4-7yrs	Station Gallery	6 weeks
Thu	Oct 1-Nov 5	4:15pm-5:15pm	\$130/\$140
<u>71676</u>	4-7yrs	Station Gallery	6 weeks
Thu	Nov 12-Dec 17	4:15pm-5:15pm	\$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. All materials provided. New projects each session.

<u>71487</u>	8-12yrs	Station Gallery	6 weeks
Sat	Oct 17-Nov 21	1:30pm-3:30pm	\$165/\$175

KAC - Fun with Clay with Kat (#@)

In this beginner-friendly class, young artists will develop a collection of hand-built pottery projects. Participants will learn to use tools and hand-building techniques to shape 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! All materials provided. New projects each session.

71527	8-12yrs	Station Gallery	6 weeks
Thu	Nov 12-Dec 17	4:15pm-6:15pm	\$165/\$175

KAC - Kids 3D Printing: Advanced, with Mike (#@)

Take your 3D printing skills to the next level! In this class, students will delve deeper into the world of 3D printing and design using TinkerCAD. With a smaller class size, students will have the opportunity to refine their design skills under the guidance of their instructor, allowing them to create new, complex models such as articulated creatures to bring home and enjoy. All materials provided. Suitable for students who have completed at least 2 sessions of Kids 3D Printing: Beginner. Designs will be printed and ready for pickup 2-3 weeks after the course has ended.

71852	10-14yrs	Station Gallery	4 weeks
Sun	Nov 22-Dec 13	2:00pm-4:00pm	\$155/\$165

KAC - Kids 3D Printing: Beginner, with Mike (#@)

Embark on an exciting journey into the world of 3D printing! Participants will use the online software, TinkerCAD, to create 3D printed keepsakes such as keychains and figurines that they can take home and proudly display. Along the way, participants build computer literacy and spatial awareness skills as they transform digital designs into tangible objects, watching their designs come to life! All materials provided. Knowledge of how to use a computer keyboard, mouse, and web browser required. Designs will be printed and ready for pickup 2-3 weeks after the course has ended.

71848	8-12yrs	Station Gallery	4 weeks
Sun	Oct 25-Nov 15	11:00am-1:00pm	\$150/\$160
71849	8-12yrs	Station Gallery	4 weeks
Sun	Nov 22-Dec 13	11:00am-1:00pm	\$150/\$160

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

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. New projects each session• Suitable for all levels of expertise If this class is full, please join the waitlist. We may open another section!

71543	8-12yrs	Station Gallery	6 weeks
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Tue	Sep 22-Oct 27	4:15pm-6:15pm	\$165/\$175
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Parent & Tot

PT - Mini-Makers with Elaine (#@)

Mini-Makers is a playful art program for toddlers and their caregivers to explore creativity together. Each session introduces colours, textures, and a variety of age-appropriate materials, encouraging hands-on experimentation and sensory play. Participants can create art, share memorable experiences, and embrace a little mess along the way. Come ready to play, create, and connect – and don't forget to wear your art-friendly clothes! All materials provided. Limit of one caregiver per child. New projects each session. No class October 10.

71476	2-4yrs	Station Gallery	6 weeks
Sat	Sep 19-Oct 31	10:30am-11:15am	\$115/\$125
71477	2-4yrs	Station Gallery	6 weeks
Sat	Nov 7-Dec 12	10:30am-11:15am	\$115/\$125

Youth

Youth Art Classes

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. Please come to class with a personal sketchbook. Suitable for all levels of expertise. New projects each session.

71553	11-15yrs	Station Gallery	6 weeks
Thu	Oct 1-Nov 5	4:15pm-6:15pm	\$175/\$185

YAC - Digital Painting 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. All materials provided. No class October 10.

71552	13-17yrs	Station Gallery	6 weeks
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Sat	Sep 19-Oct 31	1:30pm-3:30pm	\$175/\$185
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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 professional-quality sculptures. All materials provided. Designs will be printed and ready for pickup 2-3 weeks after the course has ended. No class October 11.

71799	11-15yrs	Station Gallery	4 weeks
Sun	Sep 20-Oct 18	1:00pm-3:00pm	\$155/\$165

YAC - Youth Pottery Wheel with Sujania (#@)

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! All materials provided. Suitable for all levels of expertise. Artworks will be kiln-fired and ready for pickup 4-6 weeks after the final class – participants will be notified via email.

71516	11-15yrs	Station Gallery	6 weeks
Fri	Sep 18-Oct 23	4:15pm-6:15pm	\$285/\$300