

Fall 2024 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy/Early Course Withdraw Policy

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

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

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

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

Missed Classes

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

Refunds, Withdrawals and Transfers

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

55+ Programs

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

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Preschool

General Interest

ABC Come learn with me (%)

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

57646	3-5yrs	Brooklin CC&L	10 weeks
Tue	Sep 17-Nov 19	11:30am-12:15pm	\$88.09

Holiday Fun Days (%)

Take some time to yourself to get shopping completed while your child joins us for a themed holiday fun day! Each day will feature a different craft, activity and holiday story

56441	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 6-Dec 6	9:15am-11:15am	\$17.62
56442	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 13-Dec 13	9:15am-11:15am	\$17.62
57623	3-5yrs	Brooklin CC&L	1 class
Fri	Dec 20-Dec 20	9:15am-11:15am	\$17.62

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. Crafts are adjusted according to child's developmental level. Caregiver to tot ratio 1:1

56446	18mos-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 20-Nov 22	9:15am-10:00am	\$88.09

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

56447	30mos-5yrs	Brooklin CC&L	11 weeks
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Mon Sep 16-Nov 25 11:30am-12:15pm \$88.09

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

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

[57643](#) 18mos-4yrs Brooklin CC&L 1 class
Fri Nov 15-Nov 15 11:30am-12:15pm \$8.81

Parent and Tot Theme Days- Fall Apples (%)

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

[56448](#) 18mos-4yrs Brooklin CC&L 1 class
Fri Sep 20-Sep 20 11:30am-12:15pm \$8.81

Parent and Tot Theme Days- Falling leaves(%)

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

[57635](#) 18mos-4yrs Brooklin CC&L 1 class
Fri Sep 27-Sep 27 11:30am-12:15pm \$8.81

Parent and Tot Theme Days- Farm animals (%)

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

[57637](#) 18mos-4yrs Brooklin CC&L 1 class
Fri Oct 4-Oct 4 11:30am-12:15pm \$8.81

Parent and Tot Theme Days- Happy Holidays (%)

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

57644	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 22-Nov 22	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Happy Thanksgiving (%)

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

57638	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 11-Oct 11	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Pumpkin Patch (%)

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

57639	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 18-Oct 18	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Red Poppies (%)

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

57642	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 8-Nov 8	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Scarecrows (%)

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

57641	18mos-4yrs	Brooklin CC&L	1 class
Fri	Nov 1-Nov 1	11:30am-12:15pm	\$8.81

Parent and Tot Theme Days- Trick or Treat (%)

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

57640	18mos-4yrs	Brooklin CC&L	1 class
Fri	Oct 25-Oct 25	11:30am-12:15pm	\$8.81

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, 2024, in order to register for this program

56450	3-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Sep 16-Nov 25	9:15am-11:15am	\$352.36
57647	3-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Sep 16-Nov 25	12:45pm-2:45pm	\$352.36
56449	3-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Sep 17-Nov 21	9:15am-11:15am	\$352.36
56451	3-5yrs	Brooklin CC&L	10 weeks
Fri	Sep 20-Nov 22	9:15am-11:15am	\$176.18

Ready for School (%)

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

57535	3-5yrs	Whitby Civic Rec	20 classes
Mon,Wed	Sep 16-Nov 25	9:15am-11:15am	\$352.36
57624	3-5yrs	Whitby Civic Rec	20 classes
Tue,Thu	Sep 17-Nov 21	9:15am-11:15am	\$352.36

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, 2024, in order to register for this program

56452	3-5yrs	Brooklin CC&L	6 classes
Mon,Wed	Dec 2-Dec 18	9:15am-11:15am	\$105.72
57625	3-5yrs	Whitby Civic Rec	6 classes
Mon,Wed	Dec 2-Dec 18	9:15am-11:15am	\$105.72
56453	3-5yrs	Whitby Civic Rec	6 classes
Tue,Thu	Dec 3-Dec 19	9:15am-11:15am	\$105.72
57645	3-5yrs	Brooklin CC&L	6 classes
Tue,Thu	Dec 3-Dec 19	9:15am-11:15am	\$105.72

Themed Activity Days - Brown Bear Brown Bear (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57633	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Nov 13-Nov 13	11:30am-12:30pm	\$8.81

Themed Activity Days - Fall Apples (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57536	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Sep 18-Sep 18	11:30am-12:30pm	\$8.81

Themed Activity Days - Falling leaves (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57626	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Sep 25-Sep 25	11:30am-12:30pm	\$8.81

Themed Activity Days - Farm animals (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57627	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Oct 2-Oct 2	11:30am-12:30pm	\$8.81

Themed Activity Days - Happy Holidays (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57634	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Nov 20-Nov 20	11:30am-12:30pm	\$8.81

Themed Activity Days - Happy Thanksgiving (%) Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57628	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Oct 9-Oct 9	11:30am-12:30pm	\$8.81

Themed Activity Days - Pumpkin Patch (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57629	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Oct 16-Oct 16	11:30am-12:30pm	\$8.81

Themed Activity Days - Red Poppies (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57632	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Nov 6-Nov 6	11:30am-12:30pm	\$8.81

Themed Activity Days - Scarecrows (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57630	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Oct 23-Oct 23	11:30am-12:30pm	\$8.81

Themed Activity Days - Trick or Treat (%)

Each week we explore a different theme and make a fun craft project. Sign up for your favourite theme or sign up for them all! Please note this is not a parent and tot class

57631	30mos-5yrs	Whitby Civic Rec	1 class
Wed	Oct 30-Oct 30	11:30am-12:30pm	\$8.81

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

57537	3-5yrs	Whitby Civic Rec	10 weeks
Mon	Sep 16-Nov 25	11:30am-12:15pm	\$88.09
56454	3-5yrs	Brooklin CC&L	10 weeks
Wed	Sep 18-Nov 20	11:30am-12:15pm	\$88.09

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

57503	3-5yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	10:15am-10:55am	\$99.10

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

57505	3-5yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	11:45am-12:25pm	\$99.10

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

57504	2-3yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	11:00am-11:40am	\$99.10

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

57502	2-4yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	9:30am-10:10am	\$99.10

Parent and Tot Rookie Sports (%)

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

57501	18mos-30mos	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	9:00am-9:25am	\$66.07

Childrens

Fitness

Taekwondo 4-6 YRS

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

57607	4-6yrs	Whitby Civic Rec Complex	11 weeks
Sun	Oct 13-Dec 22	10:00am-10:55am	\$78.92

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.

57608	7-14yrs	Whitby Civic Rec Complex	11 weeks
Sun	Oct 13-Dec 22	11:00am-11:55am	\$78.92

Computer & Technology

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

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

57689	8-12yrs	Brooklin CC&L	8 weeks
Thu	Sep 26-Nov 21	7:00pm-8:00pm	\$304.00

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

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

57688	4-7yrs	Brooklin CC&L	8 weeks
Thu	Sep 26-Nov 21	5:30pm-6:30pm	\$280.00

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!

56444	6-11yrs	Brooklin CC&L	8 weeks
Wed	Oct 2-Nov 20	5:00pm-6:00pm	\$182.00

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!

56443	8-13yrs	Brooklin CC&L	8 weeks
Wed	Oct 2-Nov 20	7:40pm-8:55pm	\$228.00

Kids Great Minds -Creative Coding (#@%)

In this action-packed course, kids will embark on an exciting coding adventure where they will learn to create animated stories and interactive art, code their own kaleidoscope and epic games like saving the princess, space invaders, and more. Through fun and engaging projects, they'll explore fundamental programming concepts such as als, loops, and event handling. By the end of this thrilling journey, your child will be a coding superstar! Don't miss out on sparking their creativity and igniting their love for programming.

56445	8-13yrs	Brooklin CC&L	8 weeks
Wed	Oct 2-Nov 20	6:05pm-7:35pm	\$282.00

Leagues and Sporting Groups

Badminton - Basics for Kids

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

57492	7-9yrs	Brooklin CC&L	15 weeks
Wed	Sep 11-Dec 18	6:00pm-6:25pm	\$66.07

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.

57493	10-12yrs	Brooklin CC&L	15 weeks
Wed	Sep 11-Dec 18	6:30pm-7:25pm	\$132.14

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.

57491	6-8yrs	Brooklin CC&L	15 weeks
Tue	Sep 10-Dec 17	5:00pm-5:55pm	\$132.14
57508	6-8yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	3:00pm-3:55pm	\$132.14

Basketball – Kids

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

57496	8-11yrs	Brooklin CC&L	15 weeks
Thu	Sep 12-Dec 19	5:00pm-5:55pm	\$132.14
57509	8-11yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	4:00pm-4:55pm	\$132.14

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.

57529	6-8yrs	Brooklin CC&L	14 weeks
Mon	Sep 9-Dec 16	7:45pm-8:40pm	\$114.52
57507	6-8yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	2:00pm-2:55pm	\$132.14

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

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

57411	3-5yrs	Brooklin CC&L	12 weeks
Sun	Sep 22-Dec 15	9:45am-10:45am	\$255.00
57412	5-8yrs	Brooklin CC&L	12 weeks
Sun	Sep 22-Dec 15	10:45am-11:45am	\$255.00
57413	3-5yrs	Brooklin CC&L	12 weeks
Sun	Sep 22-Dec 15	11:45am-12:45pm	\$255.00
57409	3-5yrs	Brooklin CC&L	12 weeks
Mon	Sep 23-Dec 16	5:30pm-6:30pm	\$255.00
57410	5-8yrs	Brooklin CC&L	12 weeks
Mon	Sep 23-Dec 16	6:30pm-7:30pm	\$255.00
57414	3-5yrs	Heydenshore Pavilion	12 weeks
Wed	Sep 25-Dec 11	5:30pm-6:30pm	\$255.00
57415	5-8yrs	Heydenshore Pavilion	12 weeks
Wed	Sep 25-Dec 11	6:30pm-7:30pm	\$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.

57417	2-3yrs	Brooklin CC&L	12 weeks
Sun	Sep 22-Dec 15	9:00am-9:45am	\$255.00
57416	2-3yrs	Brooklin CC&L	12 weeks
Mon	Sep 23-Dec 16	4:45pm-5:30pm	\$255.00
57418	2-3yrs	Heydenshore Pavilion	12 weeks
Wed	Sep 25-Dec 11	4:45pm-5:30pm	\$255.00

Youth Programs

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.

57549	9-13yrs	McKinney Centre	1 class
Sat	Oct 19-Oct 19	9:00am-3:00pm	\$71.00
57547	9-13yrs	Brooklin CC&L	1 class
Fri	Nov 15-Nov 15	9:00am-3:00pm	\$71.00

Youth Fitness

Teen Weight Training

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

57609	11-14yrs	Whitby Civic Rec Complex	11 weeks
Sat	Oct 12-Dec 21	4:30pm-5:45pm	\$108.51

Youth Sculpt & Stretch

This class will take you through a series of Yoga 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.

57544	11-15yrs	Brooklin CC&L	11 weeks
Tue	Oct 8-Dec 17	4:30pm-5:25pm	\$86.81

Youth Spin & Stretch

Improve your flexibility, strength and endurance with this 45-minute indoor stationary cycling and stretching program. We will take you through a series of cycling intervals of flats, hills and drills to get to challenge your cardiovascular system finishing with a well deserved cool down and stretch. Bring a small towel, water bottle and indoor running shoes. This class is suitable for all fitness levels.

57545	11-15yrs	Whitby Civic Rec Complex	11 weeks
Mon	Oct 7-Dec 16	4:30pm-5:15pm	\$86.81

Youth Strength & Conditioning

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

57546	11-15yrs	Whitby Civic Rec Complex	11 weeks
Sat	Oct 12-Dec 21	1:00pm-1:55pm	\$86.81

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.

57548	11-16yrs	McKinney Centre	1 class
Sat	Sep 21-Sep 21	9:00am-5:00pm	\$76.00
57541	11-16yrs	McKinney Centre	1 class
Fri	Nov 15-Nov 15	9:00am-5:00pm	\$76.00

Leagues and Sporting Groups

Badminton – Youth

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

57494	11-15yrs	Brooklin CC&L	15 weeks
Wed	Sep 11-Dec 18	7:30pm-8:25pm	\$132.14

Basketball – Youth

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

57497	11-14yrs	Brooklin CC&L	15 weeks
Thu	Sep 12-Dec 19	6:00pm-6:55pm	\$132.14
57510	11-14yrs	Brooklin CC&L	15 weeks
Sat	Sep 14-Dec 21	5:00pm-5:55pm	\$132.14

Community Connection Programs

Adult

Leagues and Sporting Groups

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

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

56849	18yrs+	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	7:45pm-9:00pm	\$96.00

Basketball-Pick-up (#@%)

Enjoy a friendly pick-up game of basketball.

56584	30yrs+	Sinclair S.S.	14 weeks
Wed	Sep 18-Dec 18	7:45pm-9:45pm	\$84.00

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.

56675	18yrs+	Donald A. Wilson S.S.	12 weeks
Wed	Sep 18-Dec 11	6:15pm-7:15pm	\$72.00
56676	18yrs+	Donald A. Wilson S.S.	12 weeks
Wed	Sep 18-Dec 11	7:15pm-8:15pm	\$72.00
56677	18yrs+	Donald A. Wilson S.S.	12 weeks
Wed	Sep 18-Dec 11	8:15pm-9:15pm	\$72.00

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.

56593	16 and up	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	7:45pm-9:00pm	\$96.00

Children

Dance

Ballet /Jazz (@#)

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

56836	5-6yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	7:00pm-7:30pm	\$60.00

Ballet 1 (#@)

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

56604	3-4yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	6:00pm-6:30pm	\$60.00

56585	3-4yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:30pm	\$60.00
56586	3-4yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	6:30pm-7:00pm	\$60.00
56837	3-4yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:00pm-6:30pm	\$60.00
56838	4-5yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:30pm-7:00pm	\$60.00
56845	3-4yrs	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	6:00pm-6:30pm	\$60.00

Dance Medley (#@)

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

56587	5-6yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	7:00pm-7:30pm	\$60.00
56609	4-5yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	6:30pm-7:00pm	\$60.00
56610	6-7yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:00pm-7:30pm	\$60.00
56846	7-10yrs	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	7:30pm-8:15pm	\$90.00
56847	6-7yrs	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	7:00pm-7:30pm	\$60.00
56855	5-6yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:45pm	\$90.00
56856	7-10yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	7:30pm-8:15pm	\$90.00

Hip Hop with Community Connection (@#)

Participants learn basic hip-hop styles.

56611	7-10yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:30pm-8:15pm	\$90.00

56842	7-10yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	7:30pm-8:15pm	\$90.00
56848	4-5yrs	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	6:30pm-7:00pm	\$60.00
56857	6-7yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:45pm-7:30pm	\$90.00
56590	7-10yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	7:30pm-8:15pm	\$90.00

Drawing & Painting

Art Connection (#@%)

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

56602	6-7yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	6:00pm-6:45pm	\$99.00
56603	8-9yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	6:45pm-7:30pm	\$99.00
56858	10-11yrs	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:30pm-8:15pm	\$99.00
56852	6-7yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:45pm	\$99.00
56853	8-9yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:45pm-7:30pm	\$99.00
56854	10-11yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	7:30pm-8:15pm	\$99.00

General Interest

Lego Club (#@%)

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

56678	6-11yrs	John Dryden P.S.	12 weeks
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Mon	Sep 16-Dec 9	6:00pm-6:45pm	\$74.00
56679	6-11yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:45pm-7:30pm	\$74.00
56591	6-11yrs	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	6:00pm-6:45pm	\$74.00
56592	6-11yrs	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	6:45pm-7:30pm	\$74.00

Leagues and Sporting Groups

Badminton for Kids (#@)

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

56850	7-9yrs	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	6:00pm-6:45pm	\$90.00
56851	9-13yrs	John Dryden P.S.	12 weeks
Tue	Sep 17-Dec 3	6:45pm-7:45pm	\$120.00

Basketball with Community Connection (@#)

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

56839	5-6yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:00pm-6:45pm	\$90.00
56840	7-8yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:45pm-7:30pm	\$90.00
56841	9-12yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	7:30pm-8:15pm	\$90.00
57082	5-6yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:45pm	\$90.00
57083	7-8yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:45pm-7:30pm	\$90.00

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

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

57102	10yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:45pm-8:45pm	\$120.00
57100	10yrs+	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	7:45pm-8:45pm	\$120.00
57101	10yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 18-Dec 4	7:45pm-8:45pm	\$120.00
57099	10yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 19-Dec 12	7:45pm-8:45pm	\$120.00

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

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

57092	8yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 18-Dec 4	7:00pm-7:45pm	\$90.00
57094	8yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:00pm-7:45pm	\$90.00
57093	8yrs+	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	7:00pm-7:45pm	\$90.00
57091	8yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 19-Dec 12	7:00pm-7:45pm	\$90.00

Brooklin Martial Arts-Black Belt Mastery Class (@#)

The Brooklin Martial Arts Black Belt Mastery Class is for students who have earned the rank of Black Belt. The training journey does not end upon earning a Black Belt. To earn a Black Belt a student must demonstrate they grasp a fundamental understanding of the foundational skills of the Martial Arts. Upon earning the Black Belt now one must strive for mastery. "A Black Belt is a White Belt that never gave up." In this class we challenge our Black Belts to embrace the beginner, or white belt, mindset to continue learning and growing as a Martial Artist. We will refine our techniques, test our knowledge and learn new skills. There is a comprehensive Black Belt curriculum that provides the opportunity for Black Belt students to progress to further ranks, degrees or dan of Black Belt.

57105	12yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:45pm-9:00pm	\$150.00
57106	12yrs+	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	7:45pm-9:00pm	\$150.00
57107	12yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 18-Dec 4	7:45pm-9:00pm	\$150.00
57104	12yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 19-Dec 12	7:45pm-9:00pm	\$150.00

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

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

57098	9yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	7:45pm-8:30pm	\$90.00
57097	9yrs+	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	7:45pm-8:30pm	\$90.00
57096	9yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 18-Dec 4	7:45pm-8:30pm	\$90.00
57095	9yrs+	Pringle Creek P.S.	12 weeks

Thu	Sep 19-Dec 12	7:45pm-8:30pm	\$90.00
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Brooklin Martial Arts-Jr. Brooklin Buddies Beginner (@#)

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

56671	5-7yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	6:00pm-6:30pm	\$60.00
56672	5-7yrs+	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	6:00pm-6:30pm	\$60.00
56673	5-7yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:30pm	\$60.00
56674	5-7yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 19-Dec 12	6:00pm-6:30pm	\$60.00

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

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

57090	5-7yrs+	Meadowcrest P.S.	12 weeks
Wed	Sep 18-Dec 4	6:30pm-7:00pm	\$60.00
57088	5-7yrs+	Ormiston P.S.	12 weeks
Tue	Sep 17-Dec 3	6:30pm-7:00pm	\$60.00
57087	5-7yrs+	Brooklin Village P.S.	12 weeks
Mon	Sep 16-Dec 9	6:30pm-7:00pm	\$60.00

57089	5-7yrs+	Pringle Creek P.S.	12 weeks
Thu	Sep 19-Dec 12	6:30pm-7:00pm	\$60.00

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.

56843	5-6yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:00pm-6:45pm	\$90.00
56844	7-8yrs	John Dryden P.S.	12 weeks
Mon	Sep 16-Dec 9	6:45pm-7:30pm	\$90.00
57084	5-6yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:45pm	\$90.00
57085	6-7yrs+	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	6:45pm-7:30pm	\$90.00
57086	9-12yrs	John Dryden P.S.	12 weeks
Wed	Sep 18-Dec 4	7:30pm-8:15pm	\$90.00

Volleyball Co-ed (#@)

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

56594	12-14yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	6:45pm-7:45pm	\$120.00
56595	11-12yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-6:45pm	\$90.00

Music

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.

56588	7-10yrs	Ormiston P.S.	12 weeks
Wed	Sep 18-Dec 4	6:00pm-7:00pm	\$120.00
56589	10-15yrs	Ormiston P.S.	12 weeks

Wed	Sep 18-Dec 4	7:00pm-8:00pm	\$120.00
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Swim Programs

Adult

Aquafit

Do you want an exercise that is easy on joints and is a great muscle toning workout? Then join this aquafit class! First time exercisers to elite athletes can work at their own level and enjoy all the benefits of a great water workout! No swimming experience is required. Participants 55+yrs receive aged based discount pricing

57715	13yrs+	Whitby Civic Rec	12 weeks
Mon	Sep 16-Dec 9	9:00am-9:45am	\$107.52
57716	13yrs+	Whitby Civic Rec	12 weeks
Mon	Sep 16-Dec 9	9:45am-10:30am	\$107.52
57717	13yrs+	Whitby Civic Rec	13 weeks
Tue	Sep 17-Dec 10	8:45am-9:30am	\$116.48
57718	13yrs+	Whitby Civic Rec	13 weeks
Tue	Sep 17-Dec 10	7:15pm-8:00pm	\$116.48
57719	13yrs+	Whitby Civic Rec	13 weeks
Thu	Sep 19-Dec 12	9:00am-9:45am	\$116.48
57720	13yrs+	Whitby Civic Rec	13 weeks
Thu	Sep 19-Dec 12	9:45am-10:30am	\$116.48
57721	13yrs+	Whitby Civic Rec	13 weeks
Thu	Sep 19-Dec 12	7:15pm-8:00pm	\$116.48
57722	13yrs+	Whitby Civic Rec	13 weeks
Fri	Sep 20-Dec 13	8:45am-9:30am	\$116.48
57723	13yrs+	Whitby Civic Rec	12 weeks
Sat	Sep 21-Dec 14	1:15pm-2:00pm	\$107.52

Aquafit - Deep Water

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

57724	13yrs+	Anne Ottenbrite Pool	13 weeks
Tue	Sep 17-Dec 10	9:00am-9:45am	\$116.48
57725	13yrs+	Anne Ottenbrite Pool	13 weeks
Tue	Sep 17-Dec 10	9:45am-10:30am	\$116.48
57726	13yrs+	Anne Ottenbrite Pool	13 weeks
Wed	Sep 18-Dec 11	9:00am-9:45am	\$116.48
57727	13yrs+	Anne Ottenbrite Pool	13 weeks
Wed	Sep 18-Dec 11	9:45am-10:30am	\$116.48
57728	13yrs+	Anne Ottenbrite Pool	13 weeks
Wed	Sep 18-Dec 11	8:00pm-8:45pm	\$116.48
57729	13yrs+	Anne Ottenbrite Pool	13 weeks
Fri	Sep 20-Dec 13	9:00am-9:45am	\$116.48
57730	13yrs+	Anne Ottenbrite Pool	13 weeks
Fri	Sep 20-Dec 13	9:45am-10:30am	\$116.48

Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP

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

56542	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	7:15pm-8:00pm	\$119.01
56666	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	8:00pm-8:45pm	\$119.01
56667	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	7:30pm-8:15pm	\$119.01
56668	14 yrs+	Anne Ottenbrite Pool	10 weeks

Sat	Sep 21-Nov 30	8:15pm-9:00pm	\$119.01
56669	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	8:15pm-9:00pm	\$119.01

Adult Swimmer 1 - Beginner – CRC

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

57697	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	1:30pm-2:15pm	\$119.01
57698	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	2:15pm-3:00pm	\$119.01
56543	14 yrs+	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-12:45pm	\$119.01
57686	14 yrs+	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-12:45pm	\$119.01

Adult Swimmer 2 - Intermediate – AOP

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

56544	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	8:00pm-8:45pm	\$119.01
56994	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	8:45pm-9:30pm	\$119.01
56995	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	7:30pm-8:15pm	\$119.01
56996	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	8:15pm-9:00pm	\$119.01
56997	14 yrs+	Anne Ottenbrite Pool	10 weeks

Sat	Sep 21-Nov 30	8:15pm-9:00pm	\$119.01
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Adult Swimmer 2 - Intermediate – CRC

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

57699	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	2:15pm-3:00pm	\$119.01
57700	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	3:00pm-3:45pm	\$119.01
56545	14 yrs+	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-12:45pm	\$119.01
57687	14 yrs+	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-12:45pm	\$119.01

Adult Swimmer 3 - Advanced – AOP

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

56546	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	8:45pm-9:30pm	\$119.01
56998	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	7:30pm-8:15pm	\$119.01
56999	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	8:15pm-9:00pm	\$119.01

Adult Swimmer 3 - Advanced – CRC

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

57701	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	1:30pm-2:15pm	\$119.01
57702	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	3:00pm-3:45pm	\$119.01
56547	14 yrs+	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-12:45pm	\$119.01

Private Swimming Lessons

Private Adult Swimmer - AOP (#@)

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

56548	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	8:00pm-8:30pm	\$367.78
57000	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	8:30pm-9:00pm	\$367.78
57001	14 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	9:00pm-9:30pm	\$367.78

Private Adult Swimmer- CRC (#@)

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

57679	14 yrs+	Whitby Civic Rec	10 weeks
Tue	Sep 17-Nov 19	10:00am-10:30am	\$367.78
57680	14 yrs+	Whitby Civic Rec	10 weeks
Tue	Sep 17-Nov 19	10:30am-11:00am	\$367.78
57681	14 yrs+	Whitby Civic Rec	10 weeks
Tue	Sep 17-Nov 19	11:00am-11:30am	\$367.78
57683	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	3:00pm-3:30pm	\$367.78
57685	14 yrs+	Whitby Civic Rec	10 weeks
Fri	Sep 20-Nov 22	3:00pm-3:30pm	\$367.78

Children

Group Swimming Lessons

Swimmer 1 – AOP

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

\$110.18

56558	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56680	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56681	Mon	Sep 16-Nov 25	7:30pm-8:00pm
56682	Mon	Sep 16-Nov 25	8:00pm-8:30pm
56683	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56684	Tue	Sep 17-Nov 19	7:00pm-7:30pm
56685	Tue	Sep 17-Nov 19	8:00pm-8:30pm
56686	Wed	Sep 18-Nov 20	6:00pm-6:30pm
56687	Wed	Sep 18-Nov 20	6:30pm-7:00pm
56688	Wed	Sep 18-Nov 20	7:00pm-7:30pm
56689	Wed	Sep 18-Nov 20	7:30pm-8:00pm
56690	Thu	Sep 19-Nov 28	6:00pm-6:30pm
56691	Thu	Sep 19-Nov 28	7:00pm-7:30pm
56692	Thu	Sep 19-Nov 28	8:00pm-8:30pm
56693	Thu	Sep 19-Nov 28	8:00pm-8:30pm
56694	Sat	Sep 21-Nov 30	10:00am-10:30am
56695	Sat	Sep 21-Nov 30	11:00am-11:30am
56696	Sat	Sep 21-Nov 30	12:00pm-12:30pm
56697	Sun	Sep 22-Dec 1	9:00am-9:30am
56698	Sun	Sep 22-Dec 1	10:00am-10:30am
56699	Sun	Sep 22-Dec 1	11:00am-11:30am
56700	Sun	Sep 22-Dec 1	12:00pm-12:30pm
56701	Sun	Sep 22-Dec 1	12:30pm-1:00pm

Swimmer 1 – CRC

6-13yrs

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

10 classes		Whitby Civic Rec	\$110.18
56559	Mon	Sep 16-Nov 25	4:30pm-5:00pm
56830	Mon	Sep 16-Nov 25	5:00pm-5:30pm
56831	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56832	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56833	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56834	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56835	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56899	Tue	Sep 17-Nov 19	4:30pm-5:00pm
56900	Tue	Sep 17-Nov 19	4:30pm-5:00pm
56901	Tue	Sep 17-Nov 19	5:00pm-5:30pm
56902	Tue	Sep 17-Nov 19	5:30pm-6:00pm
56903	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56904	Tue	Sep 17-Nov 19	6:30pm-7:00pm
56905	Tue	Sep 17-Nov 19	6:30pm-7:00pm
57146	Wed	Sep 18-Nov 20	4:30pm-5:00pm
57147	Wed	Sep 18-Nov 20	4:30pm-5:00pm
57148	Wed	Sep 18-Nov 20	5:00pm-5:30pm
57149	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57150	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57151	Wed	Sep 18-Nov 20	6:00pm-6:30pm
57152	Wed	Sep 18-Nov 20	6:30pm-7:00pm
57153	Wed	Sep 18-Nov 20	6:30pm-7:00pm
57154	Wed	Sep 18-Nov 20	7:00pm-7:30pm
57155	Wed	Sep 18-Nov 20	7:00pm-7:30pm
57210	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57211	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57212	Thu	Sep 19-Nov 28	5:00pm-5:30pm

57213	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57214	Thu	Sep 19-Nov 28	6:00pm-6:30pm
57215	Thu	Sep 19-Nov 28	6:30pm-7:00pm
57216	Thu	Sep 19-Nov 28	6:30pm-7:00pm
57267	Fri	Sep 20-Nov 22	4:30pm-5:00pm
57268	Fri	Sep 20-Nov 22	4:30pm-5:00pm
57269	Fri	Sep 20-Nov 22	5:00pm-5:30pm
57270	Fri	Sep 20-Nov 22	5:30pm-6:00pm
57271	Fri	Sep 20-Nov 22	6:00pm-6:30pm
57272	Fri	Sep 20-Nov 22	6:00pm-6:30pm
57273	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57274	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57323	Sat	Sep 21-Nov 30	9:00am-9:30am
57324	Sat	Sep 21-Nov 30	9:00am-9:30am
57325	Sat	Sep 21-Nov 30	9:30am-10:00am
57326	Sat	Sep 21-Nov 30	10:00am-10:30am
57327	Sat	Sep 21-Nov 30	10:30am-11:00am
57328	Sat	Sep 21-Nov 30	11:00am-11:30am
57329	Sat	Sep 21-Nov 30	11:30am-12:00pm
57330	Sat	Sep 21-Nov 30	11:30am-12:00pm
57374	Sun	Sep 22-Dec 1	9:00am-9:30am
57375	Sun	Sep 22-Dec 1	9:30am-10:00am
57649	Sun	Sep 22-Dec 1	10:00am-10:30am
57650	Sun	Sep 22-Dec 1	10:30am-11:00am
57651	Sun	Sep 22-Dec 1	11:00am-11:30am
57652	Sun	Sep 22-Dec 1	11:30am-12:00pm
57653	Sun	Sep 22-Dec 1	11:30am-12:00pm

Swimmer 2 – AOP 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****\$110.18**

56560	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56702	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56703	Mon	Sep 16-Nov 25	7:30pm-8:00pm
56704	Mon	Sep 16-Nov 25	8:00pm-8:30pm
56705	Mon	Sep 16-Nov 25	8:00pm-8:30pm
56706	Tue	Sep 17-Nov 19	6:30pm-7:00pm
56707	Tue	Sep 17-Nov 19	7:00pm-7:30pm
56708	Tue	Sep 17-Nov 19	7:30pm-8:00pm
56709	Tue	Sep 17-Nov 19	8:00pm-8:30pm
56710	Wed	Sep 18-Nov 20	5:30pm-6:00pm
56711	Wed	Sep 18-Nov 20	6:00pm-6:30pm
56712	Wed	Sep 18-Nov 20	7:00pm-7:30pm
56713	Wed	Sep 18-Nov 20	7:30pm-8:00pm
56993	Wed	Sep 18-Nov 20	7:00pm-7:30pm
56714	Thu	Sep 19-Nov 28	6:30pm-7:00pm
56715	Thu	Sep 19-Nov 28	7:00pm-7:30pm
56716	Thu	Sep 19-Nov 28	7:30pm-8:00pm
56717	Thu	Sep 19-Nov 28	8:00pm-8:30pm
56718	Sat	Sep 21-Nov 30	9:00am-9:30am
56719	Sat	Sep 21-Nov 30	10:30am-11:00am
56720	Sat	Sep 21-Nov 30	11:30am-12:00pm
56721	Sun	Sep 22-Dec 1	10:30am-11:00am
56722	Sun	Sep 22-Dec 1	11:00am-11:30am
56723	Sun	Sep 22-Dec 1	11:30am-12:00pm
56724	Sun	Sep 22-Dec 1	12:30pm-1:00pm

Swimmer 2 – CRC**6-13yrs**

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

10 classes**Whitby Civic Rec****\$110.18**

<u>56561</u>	Mon	Sep 16-Nov 25	4:30pm-5:00pm
<u>56859</u>	Mon	Sep 16-Nov 25	5:00pm-5:30pm
<u>56860</u>	Mon	Sep 16-Nov 25	5:30pm-6:00pm
<u>56861</u>	Mon	Sep 16-Nov 25	6:00pm-6:30pm
<u>56862</u>	Mon	Sep 16-Nov 25	6:30pm-7:00pm
<u>56863</u>	Mon	Sep 16-Nov 25	7:00pm-7:30pm
<u>56906</u>	Tue	Sep 17-Nov 19	4:30pm-5:00pm
<u>56907</u>	Tue	Sep 17-Nov 19	5:00pm-5:30pm
<u>56908</u>	Tue	Sep 17-Nov 19	5:30pm-6:00pm
<u>56909</u>	Tue	Sep 17-Nov 19	6:00pm-6:30pm
<u>56910</u>	Tue	Sep 17-Nov 19	6:30pm-7:00pm
<u>57158</u>	Wed	Sep 18-Nov 20	4:30pm-5:00pm
<u>57159</u>	Wed	Sep 18-Nov 20	5:00pm-5:30pm
<u>57160</u>	Wed	Sep 18-Nov 20	5:30pm-6:00pm
<u>57161</u>	Wed	Sep 18-Nov 20	6:00pm-6:30pm
<u>57162</u>	Wed	Sep 18-Nov 20	6:30pm-7:00pm
<u>57163</u>	Wed	Sep 18-Nov 20	6:30pm-7:00pm
<u>57164</u>	Wed	Sep 18-Nov 20	7:00pm-7:30pm
<u>57165</u>	Wed	Sep 18-Nov 20	7:00pm-7:30pm
<u>57217</u>	Thu	Sep 19-Nov 28	4:30pm-5:00pm
<u>57218</u>	Thu	Sep 19-Nov 28	5:00pm-5:30pm
<u>57219</u>	Thu	Sep 19-Nov 28	5:30pm-6:00pm
<u>57220</u>	Thu	Sep 19-Nov 28	6:00pm-6:30pm
<u>57221</u>	Thu	Sep 19-Nov 28	6:30pm-7:00pm
<u>57222</u>	Thu	Sep 19-Nov 28	6:30pm-7:00pm
<u>57275</u>	Fri	Sep 20-Nov 22	4:30pm-5:00pm
<u>57276</u>	Fri	Sep 20-Nov 22	5:00pm-5:30pm
<u>57277</u>	Fri	Sep 20-Nov 22	5:30pm-6:00pm
<u>57278</u>	Fri	Sep 20-Nov 22	6:00pm-6:30pm
<u>57279</u>	Fri	Sep 20-Nov 22	6:00pm-6:30pm
<u>57280</u>	Fri	Sep 20-Nov 22	6:30pm-7:00pm
<u>57331</u>	Sat	Sep 21-Nov 30	9:00am-9:30am
<u>57332</u>	Sat	Sep 21-Nov 30	9:30am-10:00am

57333	Sat	Sep 21-Nov 30	10:00am-10:30am
57334	Sat	Sep 21-Nov 30	10:30am-11:00am
57335	Sat	Sep 21-Nov 30	10:30am-11:00am
57336	Sat	Sep 21-Nov 30	11:00am-11:30am
57337	Sat	Sep 21-Nov 30	11:30am-12:00pm
57654	Sun	Sep 22-Dec 1	9:00am-9:30am
57655	Sun	Sep 22-Dec 1	9:30am-10:00am
57656	Sun	Sep 22-Dec 1	10:00am-10:30am
57657	Sun	Sep 22-Dec 1	10:30am-11:00am
57658	Sun	Sep 22-Dec 1	11:00am-11:30am
57659	Sun	Sep 22-Dec 1	11:30am-12:00pm

Swimmer 3 AOP 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	\$113.39
56562	Mon	Sep 16-Nov 25	5:30pm-6:15pm
56726	Mon	Sep 16-Nov 25	6:15pm-7:00pm
56727	Mon	Sep 16-Nov 25	7:00pm-7:45pm
56728	Tue	Sept 17-Nov 19	6:00pm-6:45pm
56729	Tue	Sep 17-Nov 19	6:45pm-7:30pm
56730	Tue	Sep 17-Nov 19	7:30pm-8:15pm
56731	Wed	Sep 18-Nov 20	5:30pm-6:15pm
56732	Wed	Sep 18-Nov 20	6:15pm-7:00pm
56733	Wed	Sep 18-Nov 20	7:00pm-7:45pm
56734	Thu	Sep 19-Nov 28	6:00pm-6:45pm
56735	Thu	Sep 19-Nov 28	6:45pm-7:30pm
56736	Thu	Sep 19-Nov 28	7:30pm-8:15pm
56737	Sat	Sep 21-Nov 30	9:00am-9:45am
56738	Sat	Sep 21-Nov 30	9:45am-10:30am
56739	Sat	Sep 21-Nov 30	10:30am-11:15am

56740	Sat	Sep 21-Nov 30	11:15am-12:00pm
56742	Sun	Sep 22-Dec 1	9:00am-9:45am
56743	Sun	Sep 22-Dec 1	10:30am-11:15am
56744	Sun	Sep 22-Dec 1	11:15am-12:00pm
56745	Sun	Sep 22-Dec 1	12:00pm-12:45pm

Swimmer 4 – AOP 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	\$113.39
56563	Mon	Sep 16-Nov 25	5:30pm-6:15pm
56749	Mon	Sep 16-Nov 25	6:15pm-7:00pm
56750	Mon	Sep 16-Nov 25	7:00pm-7:45pm
56751	Mon	Sep 16-Nov 25	7:45pm-8:30pm
56752	Tue	Sep 17-Nov 19	6:00pm-6:45pm
56753	Tue	Sep 17-Nov 19	6:45pm-7:30pm
56754	Tue	Sep 17-Nov 19	7:30pm-8:15pm
56755	Wed	Sep 18-Nov 20	5:30pm-6:15pm
56756	Wed	Sep 18-Nov 20	6:15pm-7:00pm
56757	Wed	Sep 18-Nov 20	7:00pm-7:45pm
56810	Thu	Sep 19-Nov 21	7:30pm-8:15pm
56758	Thu	Sep 19-Nov 28	6:00pm-6:45pm
56759	Thu	Sep 19-Nov 28	6:45pm-7:30pm
56760	Thu	Sep 19-Nov 28	7:30pm-8:15pm
56761	Sat	Sep 21-Nov 30	9:00am-9:45am
56762	Sat	Sep 21-Nov 30	10:30am-11:15am
56763	Sat	Sep 21-Nov 30	11:15am-12:00pm
56768	Sat	Sep 21-Nov 30	12:00pm-12:45pm
56764	Sun	Sep 22-Dec 1	9:00am-9:45am
56765	Sun	Sep 22-Dec 1	9:45am-10:30am
56766	Sun	Sep 22-Dec 1	10:30am-11:15am

[56767](#)

Sun

Sep 22-Dec 1

11:15am-12:00pm

Swimmer 5 – AOP

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

\$113.39

56564	Mon	Sep 16-Nov 25	5:30pm-6:15pm
56769	Mon	Sep 16-Nov 25	7:00pm-7:45pm
56770	Mon	Sep 16-Nov 25	7:45pm-8:30pm
56771	Tue	Sep 17-Nov 19	6:00pm-6:45pm
56772	Tue	Sep 17-Nov 19	6:45pm-7:30pm
56773	Tue	Sep 17-Nov 19	7:30pm-8:15pm
56774	Wed	Sep 18-Nov 20	5:30pm-6:15pm
56775	Wed	Sep 18-Nov 20	6:15pm-7:00pm
56776	Wed	Sep 18-Nov 20	7:00pm-7:45pm
56777	Thu	Sep 19-Nov 28	6:00pm-6:45pm
56778	Thu	Sep 19-Nov 28	6:45pm-7:30pm
56779	Thu	Sep 19-Nov 28	7:30pm-8:15pm
56780	Sat	Sep 21-Nov 30	9:00am-9:45am
56781	Sat	Sep 21-Nov 30	9:45am-10:30am
56782	Sat	Sep 21-Nov 30	10:30am-11:15am
56783	Sat	Sep 21-Nov 30	12:00pm-12:45pm
56806	Sun	Sep 22-Dec 1	9:00am-9:45am
56807	Sun	Sep 22-Dec 1	9:45am-10:30am
56808	Sun	Sep 22-Dec 1	11:15am-12:00pm
56809	Sun	Sep 22-Dec 1	12:00pm-12:45pm

Swimmer 6 – AOP

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	\$113.39
56565	Mon	Sep 16-Nov 25	6:15pm-7:00pm
56790	Mon	Sep 16-Nov 25	7:45pm-8:30pm
56791	Tue	Sep 17-Nov 19	6:00pm-6:45pm
56792	Tue	Sep 17-Nov 19	6:45pm-7:30pm
56793	Tue	Sep 17-Nov 19	7:30pm-8:15pm
56794	Wed	Sep 18-Nov 20	5:30pm-6:15pm
56795	Wed	Sep 18-Nov 20	6:15pm-7:00pm
56796	Wed	Sep 18-Nov 20	7:00pm-7:45pm
56797	Thu	Sep 19-Nov 28	6:00pm-6:45pm
56798	Thu	Sep 19-Nov 28	6:45pm-7:30pm
56799	Thu	Sep 19-Nov 28	7:30pm-8:15pm
56800	Sat	Sep 21-Nov 30	9:45am-10:30am
56801	Sat	Sep 21-Nov 30	11:15am-12:00pm
56802	Sat	Sep 21-Nov 30	12:00pm-12:45pm
56803	Sun	Sep 22-Dec 1	9:45am-10:30am
56804	Sun	Sep 22-Dec 1	10:30am-11:15am
56805	Sun	Sep 22-Dec 1	12:00pm-12:45pm

Private Swimming Lessons

Private Swimming Lessons- AOP (#@)

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

10 classes		Anne Ottenbrite Pool	\$367.78
56581	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56925	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56926	Thu	Sep 19-Nov 21	6:00pm-6:30pm
56927	Thu	Sep 19-Nov 21	6:30pm-7:00pm
56928	Thu	Sep 19-Nov 21	7:00pm-7:30pm

56992	Thu	Sep 19-Nov 21	7:30pm-8:00pm
56929	Sat	Sep 21-Nov 30	9:30am-10:00am
56930	Sat	Sep 21-Nov 30	10:00am-10:30am
56931	Sat	Sep 21-Nov 30	10:30am-11:00am
56932	Sat	Sep 21-Nov 30	11:00am-11:30am
56933	Sat	Sep 21-Nov 30	11:30am-12:00pm
56934	Sat	Sep 21-Nov 30	4:30pm-5:00pm
56935	Sat	Sep 21-Nov 30	4:30pm-5:00pm
56936	Sat	Sep 21-Nov 30	4:30pm-5:00pm
56937	Sat	Sep 21-Nov 30	4:30pm-5:00pm
56938	Sat	Sep 21-Nov 30	5:00pm-5:30pm
56939	Sat	Sep 21-Nov 30	5:00pm-5:30pm
56940	Sat	Sep 21-Nov 30	5:00pm-5:30pm
56941	Sat	Sep 21-Nov 30	5:00pm-5:30pm
56942	Sat	Sep 21-Nov 30	5:30pm-6:00pm
56943	Sat	Sep 21-Nov 30	5:30pm-6:00pm
56944	Sat	Sep 21-Nov 30	5:30pm-6:00pm
56945	Sat	Sep 21-Nov 30	5:30pm-6:00pm
56946	Sat	Sep 21-Nov 30	6:00pm-6:30pm
56947	Sat	Sep 21-Nov 30	6:00pm-6:30pm
56948	Sat	Sep 21-Nov 30	6:00pm-6:30pm
56949	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56950	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56951	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56952	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56953	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56954	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56955	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56956	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56957	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56958	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56959	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56965	Sat	Sep 21-Nov 30	12:00pm-12:30pm

56960	Sun	Sep 22-Dec 1	9:00am-9:30am
56961	Sun	Sep 22-Dec 1	11:00am-11:30am
56962	Sun	Sep 22-Dec 1	11:30am-12:00pm
56963	Sun	Sep 22-Dec 1	12:00pm-12:30pm
56964	Sun	Sep 22-Dec 1	12:30pm-1:00pm

Private Swimming Lessons- CRC (#@)

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

10 classes		Whitby Civic Rec	\$367.78
56580	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56864	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56865	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56866	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56867	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56868	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56869	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56870	Mon	Sep 16-Nov 25	4:00pm-4:30pm
56871	Mon	Sep 16-Nov 25	4:30pm-5:00pm
56872	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56873	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56874	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56911	Tue	Sep 17-Nov 19	4:30pm-5:00pm
56912	Tue	Sep 17-Nov 19	5:00pm-5:30pm
56913	Tue	Sep 17-Nov 19	5:30pm-6:00pm
56914	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56915	Tue	Sep 17-Nov 19	6:30pm-7:00pm
57053	Tue	Sep 17-Nov 19	1:30pm-2:00pm
57054	Tue	Sep 17-Nov 19	2:00pm-2:30pm
57055	Tue	Sep 17-Nov 19	2:30pm-3:00pm
57056	Tue	Sep 17-Nov 19	2:30pm-3:00pm
57167	Wed	Sep 18-Nov 20	1:30pm-2:00pm

57168	Wed	Sep 18-Nov 20	2:00pm-2:30pm
57169	Wed	Sep 18-Nov 20	2:30pm-3:00pm
57170	Wed	Sep 18-Nov 20	4:00pm-4:30pm
57171	Wed	Sep 18-Nov 20	4:00pm-4:30pm
57172	Wed	Sep 18-Nov 20	4:00pm-4:30pm
57173	Wed	Sep 18-Nov 20	4:00pm-4:30pm
57223	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57224	Thu	Sep 19-Nov 28	5:00pm-5:30pm
57225	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57226	Thu	Sep 19-Nov 28	6:00pm-6:30pm
57227	Thu	Sep 19-Nov 28	6:30pm-7:00pm
57282	Fri	Sep 20-Nov 22	10:00am-10:30am
57283	Fri	Sep 20-Nov 22	10:30am-11:00am
57284	Fri	Sep 20-Nov 22	11:00am-11:30am
57285	Fri	Sep 20-Nov 22	11:00am-11:30am
57286	Fri	Sep 20-Nov 22	2:30pm-3:00pm
57287	Fri	Sep 20-Nov 22	4:30pm-5:00pm
57288	Fri	Sep 20-Nov 22	5:30pm-6:00pm
57289	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57660	Sun	Sep 22-Dec 1	12:00pm-12:30pm
57661	Sun	Sep 22-Dec 1	12:00pm-12:30pm
57662	Sun	Sep 22-Dec 1	12:30pm-1:00pm
57663	Sun	Sep 22-Dec 1	12:30pm-1:00pm
57664	Sun	Sep 22-Dec 1	1:00pm-1:30pm
57665	Sun	Sep 22-Dec 1	1:00pm-1:30pm
57666	Sun	Sep 22-Dec 1	1:30pm-2:00pm
57667	Sun	Sep 22-Dec 1	1:30pm-2:00pm

Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@)

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	\$224.67
56550	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56966	Sat	Sep 21-Nov 30	9:00am-9:30am
56967	Sat	Sep 21-Nov 30	4:30pm-5:00pm
56968	Sat	Sep 21-Nov 30	5:00pm-5:30pm
56969	Sat	Sep 21-Nov 30	6:00pm-6:30pm
56970	Sun	Sep 22-Dec 1	9:00am-9:30am

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

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

10 classes		Whitby Civic Rec	\$224.67
56551	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56875	Mon	Sep 16-Nov 25	7:00pm-7:30pm
57156	Wed	Sep 18-Nov 20	6:00pm-6:30pm
57157	Wed	Sep 18-Nov 20	7:00pm-7:30pm
57673	Sun	Sep 22-Dec 1	12:00pm-12:30pm
57674	Sun	Sep 22-Dec 1	1:00pm-1:30pm

Semi-Private Swimmer 2 - AOP (#@) 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	\$224.67
56552	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56971	Sat	Sep 21-Nov 30	9:30pm-10:00pm
56972	Sat	Sep 21-Nov 30	5:00pm-5:30pm
56973	Sat	Sep 21-Nov 30	6:00pm-6:30pm
56975	Sat	Sep 21-Nov 30	4:30pm-5:00pm

[56974](#)

Sun

Sep 22-Dec 1

9:30am-10:00am

Semi-Private Swimmer 2 - CRC (#@)

6-13yrs

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

10 classes

Whitby Civic Rec

\$224.67

[56553](#)

Mon

Sep 16-Nov 25

6:30pm-7:00pm

[57166](#)

Wed

Sep 18-Nov 20

6:30pm-7:00pm

[57281](#)

Fri

Sep 20-Nov 22

6:00pm-6:30pm

[57675](#)

Sun

Sep 22-Dec 1

12:30pm-1:00pm

[57676](#)

Sun

Sep 22-Dec 1

1:30pm-2:00pm

Semi-Private Swimmer 3 - AOP (#@)

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

\$224.67

[56554](#)

Mon

Sep 16-Nov 25

6:30pm-7:00pm

[56976](#)

Sat

Sep 21-Nov 30

10:00am-10:30am

[56977](#)

Sat

Sep 21-Nov 30

5:00pm-5:30pm

[56978](#)

Sat

Sep 21-Nov 30

5:30pm-6:00pm

[56979](#)

Sat

Sep 21-Nov 30

7:00pm-7:30pm

[56980](#)

Sun

Sep 22-Dec 1

10:00am-10:30am

Semi-Private Swimmer 4 - AOP (#@)

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

\$224.67

[56555](#)

Mon

Sep 16-Nov 25

7:00pm-7:30pm

56981	Sat	Sep 21-Nov 30	10:30am-11:00am
56982	Sat	Sep 21-Nov 30	5:30pm-6:00pm
56983	Sat	Sep 21-Nov 30	6:00pm-6:30pm
56984	Sun	Sep 22-Dec 1	10:30pm-11:00pm

Semi-Private Swimmer 5- AOP (#@)

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

\$224.67

56556	Mon	Sep 16-Nov 25	7:30pm-8:00pm
56985	Sat	Sep 21-Nov 30	11:00am-11:30am
56986	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56987	Sat	Sep 21-Nov 30	7:00pm-7:30pm
56988	Sun	Sep 22-Dec 1	11:00am-11:30am

Semi-Private Swimmer 6 - AOP (#@)

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

\$224.67

56557	Mon	Sep 16-Nov 25	8:00pm-8:30pm
56989	Sat	Sep 21-Nov 30	11:30am-12:00pm
56990	Sat	Sep 21-Nov 30	6:30pm-7:00pm
56991	Sun	Sep 22-Dec 1	11:30am-12:00pm

Preschool

Group Swimming Lessons

Parent and Tot 1 - AOP (%) 4-12months

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	\$110.18
56491	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56521	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56522	Wed	Sep 18-Nov 20	5:30pm-6:00pm
56523	Sat	Sep 21-Nov 30	9:00am-9:30am
56524	Sun	Sep 22-Dec 1	9:00am-9:30am

Parent and Tot 1 - CRC (%) 4-12months

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		Whitby Civic Rec	\$110.18
56492	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56876	Tue	Sep 17-Nov 19	5:00pm-5:30pm
56916	Tue	Sep 17-Nov 19	9:30am-10:00am
56917	Tue	Sep 17-Nov 19	11:00am-11:30am
56918	Tue	Sep 17-Nov 19	1:30pm-2:00pm
57057	Wed	Sep 18-Nov 20	10:30am-11:00am
57058	Wed	Sep 18-Nov 20	2:00pm-2:30pm
57059	Wed	Sep 18-Nov 20	4:30pm-5:00pm
57174	Thu	Sep 19-Nov 28	5:00pm-5:30pm
57228	Fri	Sep 20-Nov 22	9:30am-10:00am
57229	Fri	Sep 20-Nov 22	1:30pm-2:00pm
57230	Fri	Sep 20-Nov 22	5:30pm-6:00pm
57290	Sat	Sep 21-Nov 30	9:00am-9:30am
57291	Sat	Sep 21-Nov 30	10:30am-11:00am
57338	Sun	Sep 22-Dec 1	9:30am-10:00am

[57339](#)

Sun

Sep 22-Dec 1

10:30am-11:00am

Parent and Tot 2 - AOP (%) 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

\$110.18

[56493](#)

Mon

Sep 16-Nov 25

6:00pm-6:30pm

[56525](#)

Tue

Sep 17-Nov 19

6:30pm-7:00pm

[56526](#)

Wed

Sep 18-Nov 20

6:00pm-6:30pm

[56527](#)

Sat

Sep 21-Nov 30

9:30am-10:00am

[56528](#)

Sun

Sep 22-Dec 1

9:30am-10:00am

Parent and Tot 2 - CRC (%) 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

Whitby Civic Rec

\$110.18

[56494](#)

Mon

Sep 16-Nov 25

5:00pm-5:30pm

[56813](#)

Mon

Sep 16-Nov 25

6:30pm-7:00pm

[56877](#)

Tue

Sep 17-Nov 19

4:30pm-5:00pm

[56878](#)

Tue

Sep 17-Nov 19

6:30pm-7:00pm

[56919](#)

Tue

Sep 17-Nov 19

10:00am-10:30am

[56920](#)

Tue

Sep 17-Nov 19

11:00am-11:30am

[56921](#)

Tue

Sep 17-Nov 19

2:00pm-2:30pm

[57060](#)

Wed

Sep 18-Nov 20

9:30am-10:00am

[57061](#)

Wed

Sep 18-Nov 20

2:00pm-2:30pm

[57062](#)

Wed

Sep 18-Nov 20

1:30pm-2:00pm

[57063](#)

Wed

Sep 18-Nov 20

5:00pm-5:30pm

[57175](#)

Thu

Sep 19-Nov 28

6:00pm-6:30pm

[57231](#)

Fri

Sep 20-Nov 22

10:00am-10:30am

[57232](#)

Fri

Sep 20-Nov 22

2:00pm-2:30pm

[57233](#)

Fri

Sep 20-Nov 22

5:30pm-6:00pm

[57292](#)

Sat

Sep 21-Nov 30

9:30am-10:00am

57293	Sat	Sep 21-Nov 30	11:00am-11:30am
57340	Sun	Sep 22-Dec 1	10:00am-10:30am
57341	Sun	Sep 22-Dec 1	11:00am-11:30am

Parent and Tot 3- AOP (%) 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	\$110.18
56495	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56529	Tue	Sep 17-Nov 19	7:00pm-7:30pm
56530	Wed	Sep 18-Nov 20	6:30pm-7:00pm
56531	Sat	Sep 21-Nov 30	10:00am-10:30am
56532	Sun	Sep 22-Dec 1	10:00am-10:30am

Parent and Tot 3- CRC (%) 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		Whitby Civic Rec	\$110.18
56496	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56879	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56922	Tue	Sep 17-Nov 19	10:30am-11:00am
56923	Tue	Sep 17-Nov 19	11:00am-11:30am
56924	Tue	Sep 17-Nov 19	2:00pm-2:30pm
57064	Wed	Sep 18-Nov 20	10:00am-10:30am
57066	Wed	Sep 18-Nov 20	1:30pm-2:00pm
57067	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57176	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57234	Fri	Sep 20-Nov 22	10:30am-11:00am
57235	Fri	Sep 20-Nov 22	2:00pm-2:30pm
57236	Fri	Sep 20-Nov 22	4:30pm-5:00pm
57237	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57294	Sat	Sep 21-Nov 30	10:00am-10:30am

their front and back, learn to get their faces wet and blow bubbles underwater. For more information visit our website.

10 classes

Whitby Civic Rec

\$110.18

56511	Mon	Sep 16-Nov 25	4:30pm-5:00pm
56814	Mon	Sep 16-Nov 25	4:30pm-5:00pm
56815	Mon	Sep 16-Nov 25	5:00pm-5:30pm
56816	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56817	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56818	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56819	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56880	Tue	Sep 17-Nov 19	4:30pm-5:00pm
56881	Tue	Sep 17-Nov 19	4:30pm-5:00pm
56882	Tue	Sep 17-Nov 19	5:00pm-5:30pm
56883	Tue	Sep 17-Nov 19	5:30pm-6:00pm
56884	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56885	Tue	Sep 17-Nov 19	6:30pm-7:00pm
57044	Tue	Sep 17-Nov 19	9:30am-10:00am
57045	Tue	Sep 17-Nov 19	10:00am-10:30am
57046	Tue	Sep 17-Nov 19	10:30am-11:00am
57047	Tue	Sep 17-Nov 19	1:30pm-2:00pm
57048	Tue	Sep 17-Nov 19	2:00pm-2:30pm
57113	Wed	Sep 18-Nov 20	9:30am-10:00am
57114	Wed	Sep 18-Nov 20	11:00am-11:30am
57115	Wed	Sep 18-Nov 20	2:00pm-2:30pm
57116	Wed	Sep 18-Nov 20	2:30pm-3:00pm
57117	Wed	Sep 18-Nov 20	4:30pm-5:00pm
57118	Wed	Sep 18-Nov 20	5:00pm-5:30pm
57119	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57120	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57121	Wed	Sep 18-Nov 20	6:00pm-6:30pm
57122	Wed	Sep 18-Nov 20	6:00pm-6:30pm
57123	Wed	Sep 18-Nov 20	6:30pm-7:00pm
57124	Wed	Sep 18-Nov 20	7:00pm-7:30pm

57177	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57178	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57179	Thu	Sep 19-Nov 28	5:00pm-5:30pm
57180	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57181	Thu	Sep 19-Nov 28	6:00pm-6:30pm
57196	Thu	Sep 19-Nov 28	6:00pm-6:30pm
57197	Thu	Sep 19-Nov 28	6:30pm-7:00pm
57238	Fri	Sep 20-Nov 22	9:30am-10:00am
57239	Fri	Sep 20-Nov 22	10:00am-10:30am
57240	Fri	Sep 20-Nov 22	1:30pm-2:00pm
57241	Fri	Sep 20-Nov 22	4:30pm-5:00pm
57242	Fri	Sep 20-Nov 22	5:00pm-5:30pm
57243	Fri	Sep 20-Nov 22	5:00pm-5:30pm
57244	Fri	Sep 20-Nov 22	5:30pm-6:00pm
57245	Fri	Sep 20-Nov 22	6:00pm-6:30pm
57246	Fri	Sep 20-Nov 22	6:00pm-6:30pm
57247	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57296	Sat	Sep 21-Nov 30	9:00am-9:30am
57297	Sat	Sep 21-Nov 30	9:00am-9:30am
57298	Sat	Sep 21-Nov 30	9:30am-10:00am
57299	Sat	Sep 21-Nov 30	10:00am-10:30am
57300	Sat	Sep 21-Nov 30	10:00am-10:30am
57301	Sat	Sep 21-Nov 30	10:30am-11:00am
57302	Sat	Sep 21-Nov 30	11:00am-11:30am
57303	Sat	Sep 21-Nov 30	11:00am-11:30am
57304	Sat	Sep 21-Nov 30	11:30am-12:00pm
57344	Sun	Sep 22-Dec 1	9:00am-9:30am
57346	Sun	Sep 22-Dec 1	9:00am-9:30am
57347	Sun	Sep 22-Dec 1	9:30am-10:00am
57348	Sun	Sep 22-Dec 1	9:30am-10:00am
57349	Sun	Sep 22-Dec 1	10:00am-10:30am
57350	Sun	Sep 22-Dec 1	10:00am-10:30am
57351	Sun	Sep 22-Dec 1	10:30am-11:00am

57352	Sun	Sep 22-Dec 1	11:00am-11:30am
57353	Sun	Sep 22-Dec 1	11:00am-11:30am
57354	Sun	Sep 22-Dec 1	11:30am-12:00pm
57355	Sun	Sep 22-Dec 1	11:30am-12:00pm

Preschool 2 – AOP 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	\$110.18
56512	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56627	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56628	Mon	Sep 16-Nov 25	7:30pm-8:00pm
56629	Tue	Sep 17-Nov 19	6:30pm-7:00pm
56630	Tue	Sep 17-Nov 19	7:00pm-7:30pm
56631	Wed	Sep 18-Nov 20	5:30pm-6:00pm
56632	Wed	Sep 18-Nov 20	6:30pm-7:00pm
56633	Thu	Sep 19-Nov 28	6:30pm-7:00pm
56634	Sat	Sep 21-Nov 30	9:00am-9:30am
56635	Sat	Sep 21-Nov 30	9:30am-10:00am
56636	Sat	Sep 21-Nov 30	10:30am-11:00am
56637	Sun	Sep 22-Dec 1	9:30am-10:00am
56638	Sun	Sep 22-Dec 1	10:30am-11:00am

Preschool 2 – CRC 3-5yrs

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

10 classes		Whitby Civic Rec	\$110.18
56513	Mon	Sep 16-Nov 25	4:30pm-5:00pm
56820	Mon	Sep 16-Nov 25	5:00pm-5:30pm

56821	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56822	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56823	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56824	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56886	Tue	Sep 17-Nov 19	4:30pm-5:00pm
56887	Tue	Sep 17-Nov 19	5:00pm-5:30pm
56888	Tue	Sep 17-Nov 19	5:30pm-6:00pm
56889	Tue	Sep 17-Nov 19	5:30pm-6:00pm
56890	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56891	Tue	Sep 17-Nov 19	6:30pm-7:00pm
57049	Tue	Sep 17-Nov 19	9:30am-10:00am
57050	Tue	Sep 17-Nov 19	10:00am-10:30am
57051	Tue	Sep 17-Nov 19	10:30am-11:00am
57052	Tue	Sep 17-Nov 19	2:30pm-3:00pm
57126	Wed	Sep 18-Nov 20	9:30am-10:00am
57127	Wed	Sep 18-Nov 20	10:00am-10:30am
57128	Wed	Sep 18-Nov 20	1:30pm-2:00pm
57129	Wed	Sep 18-Nov 20	2:30pm-3:00pm
57130	Wed	Sep 18-Nov 20	4:30pm-5:00pm
57131	Wed	Sep 18-Nov 20	5:00pm-5:30pm
57132	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57133	Wed	Sep 18-Nov 20	6:00pm-6:30pm
57134	Wed	Sep 18-Nov 20	6:30pm-7:00pm
57198	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57199	Thu	Sep 19-Nov 28	5:00pm-5:30pm
57200	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57201	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57202	Thu	Sep 19-Nov 28	6:00pm-6:30pm
57203	Thu	Sep 19-Nov 28	6:30pm-7:00pm
57248	Fri	Sep 20-Nov 22	9:30am-10:00am
57249	Fri	Sep 20-Nov 22	10:00am-10:30am
57250	Fri	Sep 20-Nov 22	2:00pm-2:30pm
57251	Fri	Sep 20-Nov 22	4:30pm-5:00pm

57252	Fri	Sep 20-Nov 22	5:00pm-5:30pm
57253	Fri	Sep 20-Nov 22	5:30pm-6:00pm
57254	Fri	Sep 20-Nov 22	6:00pm-6:30pm
57255	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57305	Sat	Sep 21-Nov 30	9:00am-9:30am
57306	Sat	Sep 21-Nov 30	9:30am-10:00am
57307	Sat	Sep 21-Nov 30	9:30am-10:00am
57308	Sat	Sep 21-Nov 30	10:00am-10:30am
57309	Sat	Sep 21-Nov 30	10:30am-11:00am
57310	Sat	Sep 21-Nov 30	10:30am-11:00am
57311	Sat	Sep 21-Nov 30	11:00am-11:30am
57312	Sat	Sep 21-Nov 30	11:30am-12:00pm
57313	Sat	Sep 21-Nov 30	11:30am-12:00pm
57356	Sun	Sep 22-Dec 1	9:00am-9:30am
57357	Sun	Sep 22-Dec 1	9:30am-10:00am
57358	Sun	Sep 22-Dec 1	9:30am-10:00am
57359	Sun	Sep 22-Dec 1	10:00am-10:30am
57360	Sun	Sep 22-Dec 1	10:30am-11:00am
57361	Sun	Sep 22-Dec 1	10:30am-11:00am
57362	Sun	Sep 22-Dec 1	11:00am-11:30am
57363	Sun	Sep 22-Dec 1	11:00am-11:30am
57364	Sun	Sep 22-Dec 1	11:30am-12:00pm

Preschool 3 – AOP 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	\$110.18
56514	Mon	Sep 16-Nov 25	7:00pm-7:30pm
56639	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56640	Tue	Sep 17-Nov 19	7:30pm-8:00pm
56641	Wed	Sep 18-Nov 20	6:00pm-6:30pm

56642	Wed	Sep 18-Nov 20	7:00pm-7:30pm
56643	Thu	Sep 19-Nov 28	6:00pm-6:30pm
56644	Thu	Sep 19-Nov 28	7:30pm-8:00pm
56645	Sat	Sep 21-Nov 30	9:30am-10:00am
56646	Sat	Sep 21-Nov 30	10:30am-11:00am
56647	Sat	Sep 21-Nov 30	11:30am-12:00pm
56648	Sun	Sep 22-Dec 1	9:30am-10:00am

Preschool 3 – CRC 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

Whitby Civic Rec

\$110.18

56515	Mon	Sep 16-Nov 25	5:00pm-5:30pm
56825	Mon	Sep 16-Nov 25	5:30pm-6:00pm
56826	Mon	Sep 16-Nov 25	6:00pm-6:30pm
56827	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56892	Tue	Sep 17-Nov 19	5:00pm-5:30pm
56893	Tue	Sep 17-Nov 19	5:30pm-6:00pm
56894	Tue	Sep 17-Nov 19	6:00pm-6:30pm
56895	Tue	Sep 17-Nov 19	6:30pm-7:00pm
57136	Wed	Sep 18-Nov 20	10:00am-10:30am
57137	Wed	Sep 18-Nov 20	5:00pm-5:30pm
57138	Wed	Sep 18-Nov 20	6:00pm-6:30pm
57139	Wed	Sep 18-Nov 20	6:30pm-7:00pm
57204	Thu	Sep 19-Nov 28	4:30pm-5:00pm
57205	Thu	Sep 19-Nov 28	5:00pm-5:30pm
57206	Thu	Sep 19-Nov 28	6:00pm-6:30pm
57259	Fri	Sep 20-Nov 22	2:30pm-3:00pm
57260	Fri	Sep 20-Nov 22	4:30pm-5:00pm
57261	Fri	Sep 20-Nov 22	5:00pm-5:30pm
57262	Fri	Sep 20-Nov 22	5:30pm-6:00pm

57263	Fri	Sep 20-Nov 22	6:30pm-7:00pm
57314	Sat	Sep 21-Nov 30	9:00am-9:30am
57315	Sat	Sep 21-Nov 30	9:30am-10:00am
57316	Sat	Sep 21-Nov 30	10:00am-10:30am
57317	Sat	Sep 21-Nov 30	10:30am-11:00am
57318	Sat	Sep 21-Nov 30	11:30am-12:00pm
57365	Sun	Sep 22-Dec 1	9:00am-9:30am
57366	Sun	Sep 22-Dec 1	9:30am-10:00am
57367	Sun	Sep 22-Dec 1	10:00am-10:30am
57368	Sun	Sep 22-Dec 1	10:30am-11:00am
57369	Sun	Sep 22-Dec 1	11:00am-11:30am
57370	Sun	Sep 22-Dec 1	11:30am-12:00pm

Preschool 4 – AOP 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	\$110.18
56516	Mon	Sep 16-Nov 25	6:30pm-7:00pm
56649	Wed	Sep 18-Nov 20	7:30pm-8:00pm
56650	Thu	Sep 19-Nov 28	7:00pm-7:30pm
56651	Sat	Sep 21-Nov 30	11:00am-11:30am
56652	Sun	Sep 22-Dec 1	10:00am-10:30am
56653	Sun	Sep 22-Dec 1	11:30am-12:00pm

Preschool 4 – CRC 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		Whitby Civic Rec	\$110.18
56517	Mon	Sep 16-Nov 25	4:30pm-5:00pm
56828	Mon	Sep 16-Nov 25	5:00pm-5:30pm
56829	Mon	Sep 16-Nov 25	6:00pm-6:30pm

56898	Tue	Sep 17-Nov 19	5:30pm-6:00pm
57144	Wed	Sep 18-Nov 20	5:30pm-6:00pm
57145	Wed	Sep 18-Nov 20	7:00pm-7:30pm
57209	Thu	Sep 19-Nov 28	5:30pm-6:00pm
57266	Fri	Sep 20-Nov 22	5:30pm-6:00pm
57321	Sat	Sep 21-Nov 30	9:30am-10:00am
57322	Sat	Sep 21-Nov 30	11:00am-11:30am
57373	Sun	Sep 22-Dec 1	10:30am-11:00am

Semi-Private Swimming Lessons

Semi-Private Preschool 1 - AOP (#@)

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

\$224.67

57018	Sat	Sep 21-Nov 30	11:00am-11:30am
57019	Sat	Sep 21-Nov 30	4:30pm-5:00pm
57020	Sat	Sep 21-Nov 30	5:30pm-6:00pm
57021	Sat	Sep 21-Nov 30	6:30pm-7:00pm
57714	Sat	Sep 21-Nov 30	6:00pm-6:30pm
57022	Sun	Sep 22-Dec 1	9:30am-10:00am

Semi-Private Preschool 1 - CRC (#@)

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

Whitby Civic Rec

\$224.67

57006	Mon	Sep 16-Nov 25	4:30pm-5:00pm
57125	Wed	Sep 18-Nov 20	4:30pm-5:00pm
57668	Sun	Sep 22-Dec 1	12:00pm-12:30pm
57669	Sun	Sep 22-Dec 1	1:30pm-2:00pm

Semi-Private Preschool 2 - AOP (#@)

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	\$224.67
57023	Sat	Sep 21-Nov 30	11:30am-12:00pm
57024	Sat	Sep 21-Nov 30	4:30pm-5:00pm
57025	Sat	Sep 21-Nov 30	5:00pm-5:30pm
57026	Sat	Sep 21-Nov 30	6:00pm-6:30pm
57027	Sun	Sep 22-Dec 1	10:30am-11:00am

Semi-Private Preschool 2 - CRC (#@)

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		Whitby Civic Rec	\$224.67
57007	Mon	Sep 16-Nov 25	5:00pm-5:30pm
57135	Wed	Sep 18-Nov 20	5:00pm-5:30pm
57264	Fri	Sep 20-Nov 22	5:00pm-5:30pm
57670	Sun	Sep 22-Dec 1	1:00pm-1:30pm

Semi-Private Preschool 3 - AOP (#@)

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	\$224.67
57028	Sat	Sep 21-Nov 30	12:00pm-12:30pm
57029	Sat	Sep 21-Nov 30	5:30pm-6:00pm

Semi-Private Preschool 3 - CRC (#@)

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

57008	Mon	Sep 16-Nov 25	5:30pm-6:00pm
57671	Sun	Sep 22-Dec 1	12:30pm-1:00pm
57672	Sun	Sep 22-Dec 1	1:00pm-1:30pm

Semi-Private Preschool 4 - AOP (#@) 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	\$224.67
57030	Sun	Sep 22-Dec 1	12:00pm-12:30pm

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

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

10 classes		Whitby Civic Rec	\$224.67
57677	Sun	Sep 22-Dec 1	12:00pm-12:30pm

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

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

10 classes		Whitby Civic Rec	\$224.67
57678	Sun	Sep 22-Dec 1	1:30pm-2:00pm

Youth

Group Swimming Lessons

Teen Swimmer 1- Beginner – CRC

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

56566	14-18yrs	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-1:00pm	\$119.01
57707	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	12:00pm-1:00pm	\$119.01

Teen Swimmer 1- Beginner- AOP

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

56567	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 16-Nov 25	8:30pm-9:30pm	\$119.01
57002	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	7:30pm-8:30pm	\$119.01
57003	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	8:30pm-9:30pm	\$119.01

Teen Swimmer 2- Intermediate – CRC

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

56568	14-18yrs	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-1:00pm	\$119.01
57708	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	1:00pm-2:00pm	\$119.01

Teen Swimmer 2- Intermediate- AOP

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

56569	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 16-Nov 25	8:30pm-9:30pm	\$119.01
57004	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	7:30pm-8:30pm	\$119.01

Teen Swimmer 3- Advanced – CRC

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

56570	14-18yrs	Whitby Civic Rec	10 weeks
Sat	Sep 21-Nov 30	12:00pm-1:00pm	\$119.01

Teen Swimmer 3- Advanced- AOP

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

56571	14-18yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 16-Nov 25	8:30pm-9:30pm	\$119.01
57005	14-18yrs	Anne Ottenbrite Pool	10 weeks
Sat	Sep 21-Nov 30	7:30pm-8:30pm	\$119.01

Leadership

Bronze Cross and Emergency First Aid

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

57035	14 yrs+	Anne Ottenbrite Pool	10 weeks
Thu	Sep 19-Nov 28	7:00pm-10:00pm	\$220.30
57036	14 yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Sep 22-Dec 1	11:30am-2:30pm	\$220.30

Bronze Medallion

Candidates develop the judgement, skills, and fitness required for water rescues including tows, carries, defenses, and releases as well as resuscitation skills.

Candidates develop stroke efficiency and endurance in a timed swim. As a prerequisite for this program, candidates must be thirteen years of age or have a current Bronze Star certification. Please bring prerequisite information to the first class. 100 per cent attendance is required.

57037	13yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Sep 20-Nov 22	7:00pm-9:00pm	\$211.60
57038	13yrs+	Anne Ottenbrite Pool	10 weeks
Sun	Sep 22-Dec 1	1:30pm-3:30pm	\$211.60

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.

57039	10-13yrs	Anne Ottenbrite Pool	10 weeks
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Fri	Sep 20-Nov 22	7:00pm-8:00pm	\$118.63
57040	10-13yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 22-Dec 1	2:30pm-3:30pm	\$118.63

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.

57031	8-12yrs	Anne Ottenbrite Pool	10 weeks
Mon	Sep 16-Nov 25	7:30pm-8:30pm	\$118.63

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.

57032	8-12yrs	Anne Ottenbrite Pool	10 weeks
Tue	Sep 17-Nov 19	7:30pm-8:30pm	\$118.63

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.

57041	8-12yrs	Anne Ottenbrite Pool	10 weeks
Sun	Sep 22-Dec 1	12:00pm-1:00pm	\$118.63

NLS & Standard First Aid & CPR 'C'

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

57034	15yrs+	Anne Ottenbrite Pool	11 weeks
Tue	Sep 17-Nov 26	6:00pm-10:30pm	\$362.76

Swim for Life & Lifesaving & Emergency First Aid Instructor

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

57033	15yrs+	Anne Ottenbrite Pool	10
Mon	Sep 16-Nov 25	6:00pm-10:00pm	\$435.01

Private Swimming Lessons

Private Teen Swimmer - CRC (#@)

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

56549	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	12:00pm-12:30pm	\$119.01
57703	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	12:30pm-1:00pm	\$119.01
57704	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	12:30pm-1:00pm	\$119.01
57705	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	1:00pm-1:30pm	\$119.01
57706	14-18yrs	Whitby Civic Rec	10 weeks
Sun	Sep 22-Dec 1	1:30pm-2:00pm	\$119.01

Fitness

Adults

ABT-Abs/Butt/Thighs

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

57552	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	10:15am-11:10am	\$96.31
57691	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	1:30pm-2:25pm	\$96.31

Basics of Barbell Training

Interested in taking your weight training to the next level? This program will give intermediate lifters the skills and techniques to improve form, function and safety while performing the barbell squat, bench press and deadlift. You will also learn breathing cues, spotting techniques, exercise variations as well as effective warm up and cooldown guidelines. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57555	14yrs+	Whitby Civic Rec	4 weeks
Sat	Oct 12-Nov 2	10:00am-11:30am	\$63.24
57554	14yrs+	Whitby Civic Rec	4 weeks
Sat	Nov 9-Nov 30	10:00am-11:30am	\$63.24

Beginner Dance

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

57556	14yrs+	Brooklin CC&L	11 weeks
Wed	Oct 9-Dec 18	7:30pm-8:25pm	\$96.31

Beginner Jazz

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

57557	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	11:15am-12:10pm	\$96.31

Body Barre

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

57559	14yrs+	Brooklin CC&L	10 weeks
Mon	Oct 7-Dec 16	6:00pm-6:55pm	\$87.50
57558	14yrs+	Brooklin CC&L	11 weeks
Thu	Oct 10-Dec 19	6:00pm-6:55pm	\$96.31

Bollywood Choreography

Step into a world of dancing, moving and performing in this choreography styled Bollywood class. Each class will teach a dance composition from the most trending and classical Bollywood songs. Steps are easy to follow with a combination of moves from modern jazz and hip hop which focuses on stylish, rhythmic, energetic choreography. It gives a whole-body workout while dancing to the powerful rhythm of Bollywood music. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57560	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	6:30pm-7:15pm	\$96.31

Boot Camp

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

fitness levels are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57564	14yrs+	Brooklin CC&L	11 weeks
Wed	Oct 9-Dec 18	5:30pm-6:25pm	\$96.31
57562	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	5:30pm-6:25pm	\$96.31
57563	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	7:30pm-8:25pm	\$96.31
57561	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	10:15am-11:10am	\$96.31

Circuit Training

Build core strength, improve posture and increase your cardiovascular endurance! This circuit workout will keep you moving with challenging exercises targeting the rectus abdominis, obliques, transverse abdominis, and lower back alternating with cardio intervals. All fitness levels and abilities are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57567	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	9:00am-9:55am	\$96.31
57696	14yrs+	Brooklin CC&L	11 weeks
Sat	Oct 12-Dec 21	10:30am-11:25am	\$96.31

Dance Fit

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

57568	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	11:15am-12:10pm	\$96.31
57569	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	12:15pm-1:10pm	\$96.31

Full Body Fitness

Full Body Fitness is a cardio and strength conditioning class designed to improve overall body composition by boosting metabolism and burning calories. Tone your entire body with this incredible and fun workout. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57570	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	6:15am-7:10am	\$96.31
57571	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	6:15am-7:10am	\$96.31

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

57574	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	6:30pm-7:25pm	\$96.31
57576	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	6:30pm-7:25pm	\$96.31
57573	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	6:30pm-7:25pm	\$96.31
57575	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	9:00am-9:55am	\$96.31
57572	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	9:00am-9:55am	\$96.31

Kettlebell Conditioning

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

57577	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	5:30pm-6:25pm	\$96.31

Latin Dance Fit

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

57578	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	7:30pm-8:25pm	\$96.31
57581	14yrs+	Brooklin CC&L	11 weeks
Wed	Oct 9-Dec 18	6:30pm-7:25pm	\$96.31
57579	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	7:30pm-8:25pm	\$96.31

Low Impact

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

57582	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	10:15am-11:10am	\$96.31

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

57583	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	11:15am-12:10pm	\$96.31

Pilates

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

57584	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	11:15am-12:10pm	\$96.31

Power Yoga

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

57586	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	12:30pm-1:25pm	\$96.31
57585	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	7:30pm-8:25pm	\$96.31

Restorative Yoga

Let go of your day and prepare for a restful evening by first moving through the gentle flows and stretches to let go tension and melt into a calm and peaceful state ending with a meditation portion. Please bring your own blanket for the meditation portion. Participants 14-17yrs and 55+yrs receive 50% discount pricing

57587	14yrs+	Brooklin CC&L	10 weeks
Mon	Oct 7-Dec 16	8:00pm-8:55pm	\$87.50

Rock Body

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

57589	14yrs+	Brooklin CC&L	11 weeks
Tue	Oct 8-Dec 17	6:00pm-6:55pm	\$96.31
57588	14yrs+	Whitby Civic Rec	11 weeks

Thu	Oct 10-Dec 19	5:30pm-6:25pm	\$96.31
575849	14yrs+	Brooklin CC&L	11 weeks
Thu	Oct 10-Dec 19	1:45pm-2:40pm	\$96.31

Sculpt & Stretch

This class is will take you through a series of Yoga, Barre and Pilates inspired exercises with a strong focus on proper form, alignment, overall body strength and flexibility. Equipment will vary and will include dumbbells, Bender balls, resistance bands, gliders and stability balls. Open to all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57590	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	1:30pm-2:25pm	\$96.31

Spinning

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 45 minute indoor stationary cycling program. You will learn proper spin technique while increasing your cardiovascular endurance and stamina. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping. Rockin' music with a few laughs and tears. Bring a towel and water bottle and be prepared to sweat. This class is suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

57591	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	5:30pm-6:15pm	\$96.31
57592	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	5:30pm-6:15pm	\$96.31
57593	14yrs+	Whitby Civic Rec	11 weeks
Sat	Oct 12-Dec 21	8:00am-8:55am	\$96.31

Step and Sculpt

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

57596	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	6:30pm-7:25pm	\$96.31

57694	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	1:30pm-2:25pm	\$96.31
57595	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	9:00am-9:55am	\$96.31
57695	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	10:15am-11:10am	\$96.31
57597	14yrs+	Whitby Civic Rec	11 weeks
Sat	Oct 12-Dec 21	9:00am-9:55am	\$96.31
57594	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	6:30pm-7:25pm	\$96.31

Strength & Conditioning

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

57599	14yrs+	Whitby Civic Rec	11 weeks
Sat	Oct 12-Dec 21	11:30am-12:25pm	\$96.31
57598	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	7:30pm-8:25pm	\$96.31

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

57600	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	6:15am-7:10am	\$96.31

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.

57601	14yrs+	Whitby Civic Rec	11 weeks
Mon	Oct 7-Dec 16	9:00am-9:55am	\$96.31

Stretch and Myofascial Release (SMR)

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

57603	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	12:15pm-1:10pm	\$96.31
57602	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	10:15am-11:10am	\$96.31
57604	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	12:15pm-1:10pm	\$96.31

Women on Weights

New to weight machines or the gym? This program takes place in the Whitby Civic Rec Health Club. Women On Weights is a program that has been designed to engage and teach women of all ages and abilities the importance of exercise, specifically that of Resistance Training. This 10-week program will teach participants proper technique for exercises and the benefits of weight training. Throughout this program participants will learn about gym etiquette, aerobic conditioning, specific resistance training techniques and more importantly you will learn about your body and yourself. It is our goal, that by the end of this program you feel strong and powerful and armed with the knowledge to confidently exercise within the gym setting.

57610	14yrs+	Whitby Civic Rec	10 weeks
Sat	Oct 12-Dec 14	11:45am-12:45pm	\$87.55
57847	14yrs+	Whitby Civic Rec	10 weeks
Thursday	Oct 10-Dec 12	7:45pm-8:45pm	\$87.55

Xpress ABT-Abs/Butt/Thighs

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

57865	14yrs+	Brooklin CC&L	10 weeks
Mon	Oct 7-Dec 16	4:30pm-5:15pm	\$87.50
57611	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	4:30pm-5:15pm	\$96.31
57692	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	4:30pm-5:15pm	\$96.31

Xpress Circuit

Build core strength, improve posture and increase your cardiovascular endurance! This circuit workout will keep you moving with challenging exercises targeting the rectus abdominis, obliques, transverse abdominis, and lower back alternating with cardio intervals. All fitness levels and abilities are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing

57612	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	4:30pm-5:15pm	\$96.31

Xpress Spin – 45

Ready for an amazing cardio workout? Set your own pace and boost your metabolism in this exciting 45 minute indoor stationary cycling program. You will learn proper spin technique while increasing your cardiovascular endurance and stamina. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping. Rockin' music with a few laughs and tears. Bring a towel and water bottle and be prepared to sweat. This class is suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing

57614	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	4:30pm-5:15pm	\$96.31

Yoga Flow

Wind down, reduce stress and improve flexibility. Yoga improves your way of life, by achieving health in body, mind and spirit. This class starts with pranayama, A and B

Sun Salutations and standing asanas to promote strength and flexibility. We will then move towards grounding yin postures, ending with restorative and relaxation postures and finally savasana. More advanced asanas will be introduced depending on the level of participation. See you on the Mat. Participants 14-17yrs and 55+yrs receive 50% discount pricing

57616	14yrs+	Whitby Civic Rec	11 weeks
Tue	Oct 8-Dec 17	5:00pm-5:55pm	\$96.31
57615	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	12:30pm-1:25pm	\$96.31

Yoga Sculpt

Improve overall strength, flexibility, core strength and wellbeing by combining athletic style yoga. This full body workout uses a free weights and Pilates balls for conditioning followed by a relaxing wind down to promote stress release. Participants 14-17yrs and 55+yrs receive 50% discount pricing

57693	14yrs+	Whitby Civic Rec	11 weeks
Fri	Oct 11-Dec 20	5:30pm-6:15pm	\$87.50

Zumba Fit

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

57866	14yrs+	Brooklin CC&L	10 weeks
Mon	Oct 7-Dec 16	3:30pm-4:25pm	\$87.50
57619	14yrs+	Brooklin CC&L	11 weeks
Tue	Oct 8-Dec 17	7:00pm-7:55pm	\$96.31
57618	14yrs+	Whitby Civic Rec	11 weeks
Thu	Oct 10-Dec 19	11:15am-12:10pm	\$96.31

Leagues and Sporting Groups

Badminton – Adult

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

57495	15yrs+	Brooklin CC&L	15 weeks
Wed	Sep 11-Dec 18	8:30pm-9:55pm	\$131.33

Ball Hockey - Adult (%)

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

57499	18 and up	Brooklin CC&L	14 weeks
Mon	Sep 9-Dec 16	8:45pm-10:10pm	\$122.57

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.

57488	16yrs+	Brooklin CC&L	10 weeks
Sun	Oct 20-Dec 22	5:30pm-6:25pm	\$87.55
57528	16yrs+	Brooklin CC&L	10 weeks
Sun	Oct 20-Dec 22	7:30pm-8:25pm	\$87.55

Pickleball - Adult Intermediate

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

57489	16yrs+	Brooklin CC&L	10 weeks
Sun	Oct 20-Dec 22	6:30pm-7:25pm	\$87.55

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.

57606	12yrs+	Whitby Civic Rec	11 weeks
Sun	Oct 13-Dec 22	12:00pm-12:55pm	\$78.92

Ball Fitness

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

57848	14yrs+	Whitby Civic Rec	11 weeks
Wed	Oct 9-Dec 18	1:30pm-2:25pm	\$96.31

55+ Programs

Virtual Programs

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

This class includes 20 minutes of cardio, 20 minutes of free weights, and 20 minutes of Pilates. The Pilates portion of this class will include stretching, flexibility and slow precise movements with deep breathing for cardiovascular benefits. A few days before the class date an email will be sent to you with a link to join the class which will allow you to participate live from your own home. In order to participate in this class a video capable device is required. Equipment needed: Hand weights, resistance bands and exercise mat.

57775	55yrs+	Online-Virtual Program	13 weeks
Thu	Sep 19-Dec 12	9:00am-10:00am	\$52.78

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

This advanced class has a more aggressive approach than Osteo Weight Training - Level 1. Increased strength and endurance are the main components. A few days before the class date an email will be sent to you with a link to join the class which will allow you to participate live from your own home. In order to participate in this class a video capable device is required. Equipment needed: Sturdy chair, hand weights and resistance bands.

57774	55yrs+	Online-Virtual Program	13 weeks
Wed	Sep 18-Dec 11	10:00am-11:00am	\$52.78

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.

57764	55yrs+	Whitby 55+ Rec Centre	8 weeks
Wed	Oct 30-Dec 18	10:00am-12:00pm	\$43.60

Drawing From Observation Workshop with Marni (%)

Review how to draw from observation and improve visual awareness through a series of "warm up" drawing exercises, following a longer session where emphasis will be placed on tonal value (shading), and handling of dramatic light in a still life study. In this session, students will learn how to work with coloured chalk pastel to achieve line and value in a monochromatic composition of organic forms. A supply list is included on the receipt notes and will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

57790	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Sep 24-Sep 24	1:00pm-3:00pm	\$35.00

Introduction to Acrylic Painting with Marni (%)

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

57765	55yrs+	Whitby 55+ Rec Centre	5 weeks
Wed	Sep 4-Oct 2	10:00am-12:00pm	\$27.25

Knitted Beginner Socks with Tara (%)

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

57732	55yrs+	Brooklin CC&L	4 weeks
Thu	Oct 17-Nov 7	10:00am-12:00pm	\$41.20

Knitting with Beads- Bracelet with Tara (%)

This class will cover working with cast on beads to create a beautiful Bracelet. It's a great way to learn about including beads in your knitting.

57738	55yrs+	Brooklin CC&L	1 class
Thu	Nov 14-Nov 14	10:00am-1:00pm	\$20.60

Linear Perspective Workshop Part 2 with Marni (%)

Learn to draw a room in linear perspective step by step. Students will learn how to create precise and accurate proportions in shapes and forms as they relate to each other in an interior space using both 1-point and 2-point perspective. A viewing of master Renaissance artists will be analyzed to support the learning in this workshop. A supply list is included on the receipt notes and will be available for pick up at the front desk at the Whitby 55+ Rec Centre and the Brooklin CC&L.

57791	55yrs+	Whitby 55+ Rec Centre	1 class
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Tue	Nov 19-Nov 19	1:00pm-3:00pm	\$25.00
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Nature Art with Acrylic Paints with David (%)

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

57792	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Oct 8-Oct 8	9:30am-11:30am	\$30.90
57793	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Nov 12-Nov 12	9:30am-11:30am	\$30.90
57794	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Dec 3-Dec 3	9:30am-11:30am	\$30.90

Needle Felted Winter Decoration 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 a large Ball and a snowman.

57733	55yrs+	Brooklin CC&L	1 class
Thu	Nov 28-Nov 28	10:00am-1:00pm	\$20.60

Printmaking Workshop-Multi-Coloured Linocut with Marni (%)

This workshop is designed for those students who participated in the first printmaking workshop or have some experience working in lino or woodcut printmaking. In this workshop students will learn the technique of printing more than one colour through the process of reduction carving on one single lino block. Students will create several finished prints to take home. Supplies will be provided.

57795	55yrs+	Whitby 55+ Rec Centre	1 class
Tue	Oct 29-Oct 29	1:00pm-3:00pm	\$40.00

Woodcarving - Open Studio (%)

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

57425	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 20-Dec 13	3:30pm-5:30pm	\$26.00

Dance

Ballet Basics with Tracy (%)

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

57789	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Sep 16-Oct 7	12:15pm-1:15pm	\$16.24

Ballet with Tracy (%)

Come and enjoy the benefits of a traditional ballet class. This class is for an intermediate dancer revisiting a love from the past. You will use a chair for the barre section of the class and then move into the center of the room for movement and travelling. We will combine steps that will help with posture, balance and coordination and have fun with some easy repertoire. Soft, flexible shoes are suggested.

57780	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 20-Dec 13	12:00pm-1:00pm	\$52.78

Cardio Dance with Shari (%)

Cardio Dance consists of a warm up, 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.

57376	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	2:15pm-3:15pm	\$52.78

Clogging - Beginner Plus with Sandy (%)

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

56509	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 12-Nov 14	10:00am-11:00am	\$40.60

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.

57377	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	1:45pm-2:45pm	\$52.78

Dance Flow with Alison (%)

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

57766	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	9:00am-10:00am	\$48.72

Tap Dance - Level 1 with Alison (%)

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

57767	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	11:30am-12:30pm	\$48.72

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.

57768	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	10:15am-11:15am	\$48.72

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.

57422	55yrs+	Brooklin CC&L	12 weeks
Tue	Sep 17-Dec 3	1:30pm-2:30pm	\$48.72

Traditional Line Dance-Beginner with Nicole (%)

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

56597	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 18-Dec 4	10:30am-11:30am	\$48.72

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.

56520	55yrs+	Brooklin CC&L	8 weeks
Mon	Oct 21-Dec 16	9:00am-10:00am	\$32.48
56660	55yrs+	Whitby 55+ Rec Centre	9 weeks
Mon	Oct 21-Dec 16	1:45pm-2:45pm	\$36.54
56661	55yrs+	Whitby 55+ Rec Centre	9 weeks
Tue	Oct 22-Dec 17	1:15pm-2:15pm	\$36.54

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.

57435	55yrs+	Centennial Building	12 weeks
Tue	Sep 17-Dec 3	9:00am-10:00am	\$48.72
57734	55yrs+	Whitby 55+ Rec Centre	11 weeks
Thu	Sep 19-Dec 5	9:00am-10:00am	\$44.66

Arthritis Exercise with Mary (%)

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

57776	55yrs+	Brooklin CC&L	8 weeks
Fri	Oct 4-Nov 22	12:15pm-1:15pm	\$32.48

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.

57778	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	10:30am-11:30am	\$52.78
57779	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 20-Dec 13	9:30am-10:30am	\$52.78

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.

57525	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	12:15pm-1:15pm	\$52.78

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.

57436	55yrs+	Centennial Building	11 weeks
Mon	Sep 16-Dec 2	9:00am-10:00am	\$44.66

Build Your Own Bones with Josh (%)

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.

57517	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 17-Dec 10	11:20am-12:20pm	\$52.78

Build Your Own Bones with Josh (%)

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.

56658	55yrs+	Brooklin CC&L	9 weeks
Mon	Oct 7-Dec 16	1:00pm-2:00pm	\$36.54

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.

57526	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	1:30pm-2:30pm	\$52.78

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.

57437	55yrs+	Centennial Building	11 weeks
Mon	Sep 16-Dec 2	10:15am-11:15am	\$44.66

Active Cardio and Weights with Kathy (%)

Experience a variety of exercises using a combination of equipment including resistance bands, dumbbells and bodyweight exercises infused with cardio. This class is designed to help you build strength while enjoying fun movement and is perfect for all fitness levels. Leave the class feeling energized and strong!

57844	55yrs+	Centennial Building	12 weeks
Tue	Sep 17-Dec 3	2:00pm-3:00pm	\$48.72

Chair Body Conditioning with Nicole A. (%)

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

57438	55yrs+	Centennial Building	12 weeks
Wed	Sep 18-Dec 4	9:00am-10:00am	\$48.72

Chair Exercise with Kathy (%)

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

57745	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 16-Dec 16	11:30am-12:30pm	\$48.72

57746	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 18-Dec 11	2:30pm-3:30pm	\$48.72

Dance Fitness with Shari (%)

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

57439	55yrs+	Centennial Building	12 weeks
Tue	Sep 17-Dec 3	3:15pm-4:15pm	\$48.72

Fitness Energizer with Kathy (%)

Start your day off right with a workout to boost your energy for the day ahead! This class will integrate many full body, functional training movements to wake up your muscles. This class will also include endurance training, core strength, resistance training, as well as balance and stability training. Recommended for all fitness levels.

57042	55yrs+	Brooklin CC&L	12 weeks
Wed	Sep 18-Dec 11	8:30am-9:30am	\$48.72

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.

57440	55yrs+	Centennial Building	12 weeks
Tue	Sep 17-Dec 3	10:15am-11:15am	\$48.72
57736	55yrs+	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 20-Dec 13	9:00am-10:00am	\$48.72

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

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

57444	55yrs+	Centennial Building	12 weeks
Wed	Sep 18-Dec 4	10:15am-11:15am	\$48.72

Light and Lively - Level 1 with Karen (%)

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

57755	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	1:15pm-2:15pm	\$52.78

Light and Lively - Level 2 with Karen (%)

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

57756	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	12:00pm-1:00pm	\$52.78

Light Circuit Training with Nicole A. (%)

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

57445	55yrs+	Centennial Building	10 weeks
Thu	Sep 26-Dec 5	11:30am-12:30pm	\$40.60

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.

57781	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	9:15am-10:15am	\$52.78

Morning Energizer with Kathy (%)

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.

57747	55yrs+	Whitby 55+ Rec Centre	12 weeks
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Mon	Sep 16-Dec 16	9:00am-10:00am	\$48.72
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Osteo Weight Training - Level 1 with Kathy (%)

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

57751	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 17-Dec 10	11:30am-12:30pm	\$48.72

Pilates - Level 1 with Kathy (%)

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

57843	55yrs+	Centennial Building	12 weeks
Fri	Sep 20-Dec 6	11:30am-12:30pm	\$48.72

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.

57420	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 17-Dec 10	9:00am-10:00am	\$52.78

Pilates - Level 1 with Karen (%)

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

57757	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	9:00am-10:00am	\$52.78

Pilates - Level 1 with Kathy (%)

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

56663	55yrs+	Brooklin CC&L	12 weeks
Thu	Sep 26-Dec 12	9:45am-10:45am	\$48.72

Pilates - Level 2 with Karen (%)

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

57758	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 20-Dec 13	2:30pm-3:30pm	\$52.78

Resistance Training with Rose (%)

This total body strength class offers you an opportunity to build strength, improve your balance and flexibility using just a resistance band.

57796	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 16-Nov 25	5:00pm-6:00pm	\$40.60

Stretch and Sculpt with Kathy (%)

This class will feature a full body workout using a variety of equipment designed to increase your strength. This class will focus on proper alignment and will also include a lot of stretching to increase flexibility and improve general well-being. Join for a fun total body workout - perfect for all skill levels.

57748	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 18-Dec 11	12:45pm-1:45pm	\$48.72

Toning and Stretching with Carolina (%)

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

57456	55yrs+	Centennial Building	12 weeks
Thu	Sep 19-Dec 5	1:00pm-2:00pm	\$48.72

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.

57735	55yrs+	Whitby 55+ Rec Centre	11 weeks
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Thu	Sep 19-Dec 5	10:15am-11:15am	\$44.66
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Total Body Stretch with Josh (%)

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!

56612	55yrs+	Brooklin CC&L	9 weeks
Mon	Oct 7-Dec 16	11:45am-12:45pm	\$36.54
56659	55yrs+	Brooklin CC&L	9 weeks
Mon	Oct 7-Dec 16	2:15pm-3:15pm	\$36.54

Total Body Stretch with Nicole (%)

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

56596	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 17-Dec 3	4:30pm-5:30pm	\$48.72

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!

57801	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 20-Dec 13	9:45am-10:45am	\$52.78

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.

57423	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	9:00am-10:00am	\$52.78

Total Body Workout with Josh (%)

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.

57518	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 17-Dec 10	12:30pm-1:30pm	\$52.78

Total Body Workout with Rose (%)

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

57787	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	5:00pm-6:00pm	\$52.78

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.

57519	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 16-Dec 16	9:15am-10:15am	\$48.72
57782	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	10:30am-11:30am	\$52.78
57788	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	11:45am-12:45pm	\$52.78

Twenty, Twenty, Twenty with Josh (%)

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.

57516	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 17-Dec 10	10:10am-11:10am	\$52.78

Twenty, Twenty, Twenty with Kathy (%)

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.

57749	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 16-Dec 16	10:15am-11:15am	\$48.72
57750	55yrs+	Whitby 55+ Rec Centre	12 weeks
Wed	Sep 18-Dec 11	11:30am-12:30pm	\$48.72

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.

57521	55yrs+	Brooklin CC&L	12 weeks
Mon	Sep 16-Dec 16	10:30am-11:30am	\$48.72
57783	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 20-Dec 13	10:45am-11:45am	\$52.78
57784	55yrs+	Whitby 55+ Rec Centre	13 weeks
Fri	Sep 20-Dec 13	1:15pm-2:15pm	\$52.78

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

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.

57043	55yrs+	Brooklin CC&L	12 weeks
Thu	Sep 19-Dec 12	8:30am-9:30am	\$48.72

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.

57524	55yrs+	Brooklin CC&L	13 weeks
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Tue	Sep 17-Dec 10	1:45pm-2:45pm	\$52.78
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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.

57785	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	9:15am-10:15am	\$52.78

Yoga - Chair with Judy (%)

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

57458	55yrs+	Centennial Building	12 weeks
Tue	Sep 17-Dec 3	12:45pm-1:45pm	\$48.72
57457	55yrs+	Centennial Building	12 weeks
Thu	Sep 19-Dec 5	9:00am-10:00am	\$48.72

Yoga - Detox Flow with Mary (%)

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

57777	55yrs+	Brooklin CC&L	8 weeks
Fri	Oct 4-Nov 22	1:30pm-2:30pm	\$32.48

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.

57459	55yrs+	Centennial Building	12 weeks
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Fri	Sep 20-Dec 6	10:15am-11:15am	\$48.72
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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.

57743	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	10:00am-11:00am	\$52.78

Yoga - Mid Morning with Donna (%)

Donna's class focuses on safe alignment, building postures from the ground up, and increasing body awareness while cultivating union of body and breath. Props are encouraged in the form of blocks, flex bands, and a knee cushion if needed. It is a gentle Yoga class; you will go away refreshed and centered.

57532	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	10:00am-11:00am	\$52.78

Yoga - Relax and Restore with Deb (%)

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

57531	55yrs+	Brooklin CC&L	13 weeks
Mon	Sep 16-Dec 16	7:15pm-8:15pm	\$52.78
57798	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	4:30pm-5:30pm	\$52.78

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.

57421	55yrs+	Brooklin CC&L	13 weeks
Tue	Sep 17-Dec 10	10:15am-11:15am	\$52.78

Yoga - Rise and Shine with Mag (%)

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

57744	55yrs+	Whitby 55+ Rec Centre	13 weeks
Wed	Sep 18-Dec 11	8:45am-9:45am	\$52.78

Yoga Arthritis with Judy (%)

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

57460	55yrs+	Centennial Building	12 weeks
Thu	Sep 19-Dec 5	10:15am-11:15am	\$48.72

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.

57462	55yrs+	Centennial Building	12 weeks
Thu	Sep 19-Dec 5	2:15pm-3:15pm	\$48.72

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.

57194	55yrs+	Whitby 55+ Rec Centre	13 weeks
Mon	Sep 16-Dec 16	9:00am-10:00am	\$52.78
57195	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	9:00am-10:00am	\$48.72

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.

57193	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 17-Dec 3	11:15am-12:15pm	\$48.72

Yoga with David (%)

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

57753	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	11:00am-12:00pm	\$52.78

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.

57810	55yrs+	Centennial Building	12 weeks
Fri	Sep 20-Dec 6	9:00am-10:00am	\$48.72

Yoga with Marian (%)

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

57712	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 20-Dec 13	11:00am-12:00pm	\$52.78

Yoga- Rise and Shine with Dennis (%)

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

57802	55yrs+	Brooklin CC&L	13 weeks
Fri	Sep 20-Dec 13	8:30am-9:30am	\$52.78

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.

57530	55yrs+	Brooklin CC&L	13 weeks
Mon	Sep 16-Dec 16	6:00pm-7:00pm	\$52.78
57773	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	11:45am-12:45pm	\$48.72

Yogalates with Mag (%)

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

57463	55yrs+	Centennial Building	12 weeks
Tue	Sep 17-Dec 3	11:30am-12:30pm	\$48.72

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.

56598	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 17-Dec 3	3:15pm-4:15pm	\$48.72

Zumba Gold with Carolina (%)

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

57464	55yrs+	Centennial Building	11 weeks
Mon	Sep 16-Dec 2	11:30am-12:30pm	\$44.66

Zumba Toning with Carolina (%)

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

57465	55yrs+	Centennial Building	12 weeks
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Wed	Sep 18-Dec 4	11:30am-12:30pm	\$48.72
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General Interest

Photographic Club (%)

Join the 55+ Photographic Club to share your photos and skills with other members. Meetings include educational discussions and the occasional field trip.

57378	55yrs+	Whitby 55+ Rec Centre	7 weeks
Wed	Sep 18-Dec 18	1:00pm-3:30pm	\$14.00

Bridge - Absolute Beginner Part 1 with Jack (%)

This is an introduction to the game of bridge for brand new players. The focus is geared to teaching Standard American for people who want to learn the current methods of bidding and playing bridge. You are required to purchase a student text "Bidding in the 21st Century" by Audrey Grant for approximately \$35.00 available at your local bookstore or online.

57803	55yrs+	Brooklin CC&L	10 weeks
Tue	Sep24-Nov26	3:30pm-5:30pm	\$54.80

Golf - All levels (%)

This class is opened to all Levels. Improve your swing and skills so you are ready for the golf course. All classes are held at a local driving range. Location will be at Harmony Creek Golf Centre. Please bring a five iron, seven iron, and a putter to the first class.

57442	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Sep 10-Oct 15	12:00pm-1:00pm	\$50.00

Golf - Level 1 (%)

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

57441	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Sep 10-Oct 15	11:00am-12:00pm	\$50.00

Guided Meditation with Julie (%)

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

57771	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	3:30pm-4:30pm	\$48.72

History (%)

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

57443	55yrs+	Centennial Building	7 weeks
Mon	Sep 16-Nov 4	2:00pm-3:30pm	\$36.82

Kung Fu Sword with Ron (%)

Discover something new and exciting. Our Kung Fu Sword program is tailored specifically for seniors. Ensuring a safe and enjoyable experience. 1 Interactive Routines : Engage in two-person routines that enhance coordination, balance ,and strength.2 Mental Focus: Cultivate Concentration and Breath Control Techniques.3 Safe Environment: Practice with toy foam swords in a secure and fun setting.4 Experienced Instructor : 52 years teaching experience. Join a teacher who makes learning Fun. Ready to embark on this unique journey? Enroll Now!

57852	55yrs+	Whitby 55+ Rec Centre	6 weeks
Thu	Sep 26-Oct31	10:30am-11:30am	\$24.36

Lifewriting (%)

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

57424	55yrs+	Brooklin CC&L	8 weeks
Thu	Oct 3-Nov 21	10:00am-12:30pm	\$16.00

Mindfulness Meditation with David (%)

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

57754	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	12:30pm-1:30pm	\$52.78

Qigong with Dave (%)

This class will improve your coordinated breathing with muscle movements, meditation, memory and neurological activity. Qigong (pronounced Chi Kung) is a gentle exercise that involves acupuncture, mild stretching and relaxation of body and mind.

57760	55yrs+	Whitby 55+ Rec Centre	12 weeks
Tue	Sep 17-Dec 3	4:00pm-5:30pm	\$63.12
57759	55yrs+	Whitby 55+ Rec Centre	12 weeks
Fri	Sep 20-Dec 6	9:30am-11:00am	\$63.12

Rise and Shine 55+ Walking Group

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

57395	55yrs+	Town of Whitby	30 classes
Tue,Thu	Sep 10-Dec 19	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.

57761	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 16-Dec 9	9:00am-10:00am	\$48.72
57762	55yrs+	Whitby 55+ Rec Centre	12 weeks
Mon	Sep 16-Dec 9	10:15am-11:15am	\$48.72

Tai Chi - Level 1 with Mary Grace and Rick (%)

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair.

57620	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	6:00pm-7:00pm	\$52.78
57621	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	6:00pm-7:00pm	\$52.78

Tai Chi - Level 2 with Mary Grace and Rick (%)

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. Must have completed beginners’ level previously.

57800	55yrs+	Brooklin CC&L	13 weeks
Wed	Sep 18-Dec 11	7:00pm-8:00pm	\$52.78
57622	55yrs+	Whitby 55+ Rec Centre	13 weeks
Tue	Sep 17-Dec 10	7:00pm-8:00pm	\$52.78

The Ideas Café

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

57419	55yrs+	Brooklin CC&L	10 weeks
Mon	Sep 9-Nov 25	9:30am-11:00am	Free

Language

French - Beginner Part 2 with Maurice (%)

The French Beginner Part 2 class is designed for participants who have a basic but limited knowledge of French and those who have completed the French Beginner class. 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.

57256	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	10:00am-11:00am	\$51.72

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.

57257	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	11:15am-12:15pm	\$51.72

Spanish - Advanced with Tony (%)

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

57185	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 17-Nov 19	9:00am-10:30am	\$55.60

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.

57186	55yrs+	Whitby 55+ Rec Centre	10 weeks
Mon	Sep 16-Nov 25	9:00am-10:30am	\$52.60

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.

57187	55yrs+	Whitby 55+ Rec Centre	10 weeks
Tue	Sep 17-Nov 19	10:45am-12:15pm	\$55.60

Leagues and Sporting Groups

Badminton League (%)

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

56429	55yrs+	Brooklin CC&L	13 weeks
Mon	Sep 9-Dec 16	9:00am-11:30am	\$29.78
56430	55yrs+	Brooklin CC&L	14 weeks
Tue	Sep 10-Dec 10	9:00am-11:30am	\$31.84
56431	55yrs+	Brooklin CC&L	14 weeks
Wed	Sep 11-Dec 11	9:00am-11:30am	\$31.84

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.

56462	55yrs+	Brooklin CC&L	7 weeks
Thu	Sep 12-Oct 24	9:00am-11:00am	\$17.42
56463	55yrs+	Brooklin CC&L	7 weeks
Thu	Oct 31-Dec 12	9:00am-11:00am	\$17.42

Pickleball - Learn to Play Beginners (%)

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

57446	55yrs+	Heydenshore Pavilion	6 weeks
Wed	Sep 18-Oct 23	9:30am-11:30am	\$32.88
57447	55yrs+	Heydenshore Pavilion	5 weeks
Thu	Sep 12-Oct 10	9:00am-11:30am	\$27.40

Pickleball - Level 1 (%)

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.

57448	55yrs+	Heydenshore Pavilion	12 weeks
Mon	Sep 16-Dec 9	9:30am-11:30am	\$27.72
57449	55yrs+	Heydenshore Pavilion	11 weeks
Tue	Sep 17-Dec 10	6:00pm-8:00pm	\$25.66
57449	55yrs+	Heydenshore Pavilion	12 weeks
Wed	Sep 18-Dec 4	1:00pm-3:00pm	\$27.72

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.

57451	55yrs+	Heydenshore Pavilion	12 weeks
Mon	Sep 16-Dec 9	1:00pm-3:00pm	\$27.72
57450	55yrs+	Heydenshore Pavilion	12 weeks
Thu	Sep 19-Dec 5	6:00pm-8:00pm	\$27.72

Pickleball - Level 2 (%)

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

57453	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Sep 17-Dec 3	1:00pm-3:00pm	\$27.72
56460	55yrs+	Brooklin CC&L	14 weeks
Wed	Sep 11-Dec 11	3:00pm-5:15pm	\$31.84

Pickleball - Level 2 and Level 3 (%)

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

57452	55yrs+	Heydenshore Pavilion	12 weeks
Fri	Sep 20-Dec 6	9:30am-12:00pm	\$27.72
57710	55yrs+	Heydenshore Pavilion	14 weeks
Tue	Sep 17-Dec 17	9:00am-11:30am	\$31.84

56458	55yrs+	Brooklin CC&L	14 weeks
Tue	Sep 10-Dec 10	12:45pm-3:00pm	\$31.84

Pickleball - Level 3 (%)

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

56459	55yrs+	Brooklin CC&L	14 weeks
Wed	Sep 11-Dec 11	12:30pm-2:45pm	\$31.84

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

57711	55yrs+	Heydenshore Pavilion	13 weeks
Fri	Sep 20-Dec 13	12:30pm-3:00pm	\$29.78

Leisure Programs

Book Club

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

56432	55yrs+	Brooklin CC&L	4 weeks
Mon	Sep 9-Dec 9	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!

56435	55yrs+	Brooklin CC&L	1 class
Mon	Sep 16-Sep 16	1:00pm-3:00pm	\$1.00

56436	55yrs+	Brooklin CC&L	1 class
Mon	Oct 28-Oct 28	1:00pm-3:00pm	\$1.00

56437	55yrs+	Brooklin CC&L	1 class
Mon	Nov 18-Nov 18	1:00pm-3:00pm	\$1.00

Music and Drama

Drumming for Health - Level 1 with Julie (%)

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

57769	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	1:00pm-2:00pm	\$48.72

Drumming for Health - Level 2 with Julie (%)

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

57770	55yrs+	Whitby 55+ Rec Centre	12 weeks
Thu	Sep 19-Dec 5	2:15pm-3:15pm	\$48.72

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.

56506	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 26-Nov 28	2:30pm-3:30pm	\$43.60

Ukulele - Level 2 with Arlene (%)

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

56507	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 26-Nov 28	1:00pm-2:00pm	\$43.60

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.

56508	55yrs+	Brooklin CC&L	10 weeks
Thu	Sep 26-Nov 28	4:00pm-5:00pm	\$43.60

Sciences

Biology with Amanda (%)

The Meaning of Time and the Human Body - Join this 5-week class and learn about time and the ways our bodies have adapted to flying and space.

57184	55yrs+	Whitby 55+ Rec Centre	5 weeks
Fri	Oct 18-Nov 15	1:30pm-2:30pm	\$20.30

Biology Walk with Wilf – Fall Wildflowers and Fruits (%)

Join Wilf, an experienced guide, on a walk to view Fall wildflowers and fruits. Walk from the north end of Cullen Central Park along the asphalt trail into Heber Down Conservation Area. Meet at the north end of the Cullen Central Park parking lot by the bocce courts. If raining, you will be called in advance of cancellation. Rain date: Thursday, September 12.

57850	55yrs+	Cullen Central Park	1 class
Tue	Sep 10	9:30am-11:30am	\$8.00

Wellness and Lifestyle Workshops

Powerful Tools for Caregivers Workshop

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

57740	55yrs+	Whitby 55+ Rec Centre	6 weeks
Tue	Sep 17-Oct 22	9:30am-11:00am	Free

Cooking with Maria: Tiramisu

Learn how to make one of Italy's most popular desserts - Tiramisu! This creamy layered dessert features Savioardi cookies, coffee, cocoa and "crema di mascarpone". You will make your own dessert to take home and we will enjoy Tiramisu together in the class. You will be amazed how easy this elegant dessert is to make! All supplies will be provided.

57853	55yrs+	Whitby 55+ Rec Centre	1 class
Wed	Oct16-Oct16	2:30pm-4:00pm	\$20.60

Foods for Weight Loss with Sylvia

Whether you are interested in shedding a few or many pounds losing weight in a sustainable manner naturally is the way to achieve long term success. Why not break free from the vicious circle of yo-yo dieting and learn which foods are best for weight loss. This seminar will be facilitated by Holistic Nutritionist Sylvia Emmorey

57806	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Sep 16-Sep 16	12:30pm-1:30pm	\$10.30

Health and Immunity with Sylvia

Top 10 ways to improve health & immunity. If you suffer with a lack of energy and seem to catch every bug that goes around it might be time to supercharge your immune system! There's a big connection between diet, health and immunity and small changes can make a (huge) difference. Join Nutritionist Sylvia Emmorey and learn ways to improve your diet to eat and stay healthy as you age.

57807	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Oct 7-Oct 7	12:30pm-1:30pm	\$10.30

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. Classes are 2.5 hours each, one-day a week, for six weeks

57742	55yrs+	Whitby 55+ Rec Centre	6 weeks
Fri	Sep 20-Oct 25	9:30am-12:00pm	Free

Natural Mood Boosters with Sylvia (%)

Natural Mood Boosters- Learn how what you eat affects how you feel. This session discusses gut health, hormones and their affects on our brain & diet. Included will be foods that help balance, boost mood, decrease stress anxiety & depression.

57808	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Nov 4-Nov 4	12:30pm-1:30pm	\$10.30

Natural Remedies with Sylvia (%)

Do Natural Remedies intrigue you? Are you curious about what alternatives can do to treat common ailments? If so, then join Holistic Nutritionist Sylvia Emmorey to discover a variety of natural options for drug free.

57809	55yrs+	Whitby 55+ Rec Centre	1 class
Mon	Dec 2-Dec 2	12:30pm-1:30pm	\$10.30

Sound Advice on Hearing Health

Hearing Health is something some people tend to ignore or neglect but it is very important. Hearing loss can have a profound effect on your well-being and your ability to communicate effectively. If you suspect you have hearing loss or have confirmed hearing loss, our Sound Advice on Hearing Health workshops may provide the support you need to improve communication, increase confidence in difficult listening situations and decrease isolation. Sound Advice on Hearing Health is a series of free workshops, held over 4 weeks, for individuals 55 years and older who have suspected or confirmed hearing loss. Workshops are held in a small group setting, providing participants the opportunity for personal input, peer support and social interaction.

57752	55yrs+	Whitby 55+ Rec Centre	4 weeks
Mon	Sep 23-Oct 21	1:00pm-2:30pm	Free

Stress and Sleep Workshop

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

57741	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Oct 17-Oct 17	10:00am-11:30am	Free

How to Read Food Labels

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

57739	55yrs+	Whitby 55+ Rec Centre	1 class
Thu	Nov 14-Nov 14	10:00am-11:30am	Free

Sound Bath Workshop with Julie (%)

Set to the sounds of drums, singing bowls, chimes, the didgeridoo and voice, participants are immersed in improvised music that promotes deep relaxation and lifts the spirits. Sound gently massages the molecules of the physical, emotional and spiritual self, back into balance, reducing stress, creating a deep sense of peace and overall well-being. During a sound bath, participants either lie on the floor or sit in a chair, relax and take in the vibrations. Feel free to bring a mat and/or blanket and wear comfortable clothing to make yourself as relaxed as possible.

57860	55yrs+	Centennial Building	1 class
Wed	Sep25-Sep25	2:30pm-3:30pm	\$10.30

Auras and Auragraphs Workshop with Julie (%)

Physicists refer to the aura as an energy field around living and non-loving things which contains active magnetic or electrical lines. Some individuals are born with the ability to see auras while others learn to see auras with practice. In this workshop, engage in activities that help you to see auras and draw auragraphs. Auragraphs are a way to express information about the aura in a visual image. Auragraphs reveal who we are and can provide healing messages. No artistic experience is necessary. Let Spirit be your guide.

57861	55yrs+	Centennial Building	1 class
Wed	Oct9-Oct9	2:30pm-4:30pm	\$10.30

Automatic Writing Workshop with Julie (%)

Automatic writing is the ability to produce written words without conscious thinking. The words come from the intuition, Spirit, or the Universal Mind. As a channel, the prose simply flows through you, guiding the words you write. In this workshop, we begin with activities that help us clear our intuitive channels, allowing you to by-pass your

personality and open up to receive. The key is to be fully immersed in the moment so your spiritual channels open up.

57862	55yrs+	Centennial Building	1 class
Wed	Oct23-Oct23	2:30pm-4:00pm	\$10.30

Opening the Third Eye Workshop with Julie (%)

The Third Eye is the center of perception Opening the Third Eye allows you to receive intuitive/psychic messages for yourself or others in the form of symbols, pictures, words, feelings or images. Opening the Eye allows you to see events in remote locations, witness incidents that have yet to occur or perceive shapes, colors, and other images that are not physically visible.

57863	55yrs+	Centennial Building	1 class
Wed	Nov6-Nov6	2:30pm-4:00pm	\$10.30

Soul Singing Workshop with Julie (%)

"Soul Singing" is a form of vocal meditation using a variety of songs and chants to unite body, mind and spirit, resulting in a better sense of well-being and connection to the Divine. "Soul Singing" is based on the principle that everything in the universe is in a constant state of vibration. Vibration is translated by the delicate structures of the inner ear to clear blockages and restore harmony by gently massaging the molecules of our physical, emotional and spiritual selves back into alignment.

57858	55yrs+	Centennial Building	1 class
Wed	Nov20-Nov20	2:30pm-4:00pm	\$10.30

Station Gallery Programs

Adult

AAC - Abstract Painting with Randy Hryhorczuk (#@%)

This class is designed for artists interested in exploring abstract painting through a relaxed and process-flexible approach. These sessions will include creative warm-up exercises and discussions designed to ease painting anxiety while providing the foundation for abstract explorations. Students can use this class to build on their existing practice, or as a compliment to another practice (painting or otherwise) and/or subject. *A list of the required art materials will be provided via email 7-10 days prior to the program. *Elementary – Intermediate painting experience required *No class Friday, Oct. 11th or Friday, Nov. 8th

57523	16yrs+	Station Gallery	6 weeks
Fri	Oct 4-Nov 22	7:00pm-9:00pm	\$190/\$200

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

In this class, we focus on providing students with fundamental technical knowledge and practical skills in hand building pottery. Through hands-on experience, you'll explore various methods like pinching, coiling, and slabbing. Additionally, you'll learn diverse decorating techniques such as underglazing, appliqué, cut-out, sgraffito, and glazing. By mastering these techniques, you'll be able to complete several unique projects that will become cherished keepsakes. Join us in this enriching class to discover the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. *Last session is 3-hours long to include glazing (12:30-3:30pm) *All materials provided *Suitable for all levels of expertise *No class on Thursday, October 31st

56540	16yrs+	Station Gallery	6 weeks
Thu	Oct 3-Nov 14	1:30pm-3:30pm	\$255/\$270

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

In this class, we focus on providing students with fundamental technical knowledge and practical skills in hand building pottery. Through hands-on experience, you'll explore various methods like pinching, coiling, and slabbing. Additionally, you'll learn diverse decorating techniques such as underglazing, appliqué, cut-out, sgraffito, and glazing. By mastering these techniques, you'll be able to complete several unique projects that will become cherished keepsakes. Join us in this enriching class to discover the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. *All materials provided *Suitable for all levels of expertise *No class on Thursday, October 31st *Last session is 3-hours long to include glazing (5:30-8:30pm)

56541	16yrs+	Station Gallery	6 weeks
Thu	Oct 3-Nov 14	6:30pm-8:30pm	\$255/\$270

AAC - Hand Building Pottery: Level 2 with Paulette G. (#@%)

Previously titled "Advanced Hand Building Pottery," this class is designed for intermediate level pottery students, and will include a review of basic technical skills in hand-building pottery, plus a deep dive into methods such as pinching, coiling and slabbing. Participants will also explore decorating techniques such as underglazing, appliqué, cut-out, sgraffito, and glazing. Join us to further grow your abilities and love for the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. *All materials provided *Suitable for those with basic to intermediate knowledge in hand-building pottery *Hand Building Pottery Level 1 is not a

prerequisite to join this class *Last session is 3 hours long to include glazing (12:30-3:30pm) *No class on Monday, October 14th

56572	16yrs+	Station Gallery	6 weeks
Mon	Oct 7-Nov 18	1:30pm-3:30pm	\$255/\$270

AAC - Hand Building Pottery: Level 2 with Paulette G. (#@%)

Previously titled "Advanced Hand Building Pottery." This class is designed for intermediate level pottery students, and will include a review of basic technical skills in hand-building pottery, plus a deep dive into methods such as pinching, coiling and slabbing. Participants will also explore decorating techniques such as underglazing, appliqué, cut-out, sgraffito, and glazing. Join us to further grow your abilities and love for the art of pottery, unleash your creativity, and create enduring pieces that hold sentimental value for a lifetime. *All materials provided *Suitable for those with basic to intermediate knowledge in hand-building pottery *Hand Building Pottery Level 1 is not a prerequisite to join this class *Last session is 3 hours long to include glazing (5:30-8:30pm)

56573	16yrs+	Station Gallery	6 weeks
Tue	Oct 1-Nov 5	6:30pm-8:30pm	\$255/\$270

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

Participants in this class will delve into the techniques of acrylic landscape painting. They will explore various approaches to capturing landscapes, focusing on the strategic use of colour and shape. Under the guidance of experienced instructor Lori Korkola, participants will learn essential painting techniques to bring landscapes to life on canvas, enhancing their understanding of composition and brushwork. Together, we'll celebrate nature's beauty and create artworks that capture the essence of dazzling scenic views. *A list of the required art materials will be provided via email 7-10 days prior to the program *Suitable for all levels of expertise *Enrichment opportunities will be provided for returning participants

57522	16yrs+	Station Gallery	6 weeks
Tue	Oct 1-Nov 5	5:00pm-7:00pm	\$190/\$200

AAC - Open Studio (#@%)

Drop by Station Gallery to work on your artwork for a few hours, or spend the whole day creating in our spacious, well-lit studios! Work alongside and be inspired by other practicing artists from the community in this drop-in program. *For SG Patrons only *Patron cards can be purchased at the gallery *Bring your own materials *No pre-registration required *No class Monday, October 14

57473	16yrs+	Station Gallery	11 classes
Mon,Wed	Oct 7-Nov 13	10:00am-3:00pm	Free

AAC - Pen and Ink Watercolour Wash with Patrick H. (#@%)

Come explore the beauty of pen, ink, and watercolour sketching styles with experienced artist, Patrick Hickman. As a participant, you will learn to masterfully use these materials to depict landscapes, seascapes, wildlife, and still-life imagery. As well, get a sneak peek into topics such as pricing your artwork and preparing work for sale or exhibition.

*A list of required materials will be provided via email 7-10 days prior to the workshop.

*Suitable for all levels of expertise

56574	16yrs+	Station Gallery	6 weeks
Tue	Oct 1-Nov 5	6:00pm-8:00pm	\$190/\$200

AAC - Portrait Painting with Catherine Mills (#@%)

Discover the art of portrait painting in this 6-week class focused on capturing expressions and personalities through paint. Participants will learn techniques for mixing skin tones, capturing facial features, rendering hair, and understanding bone structure. We'll also engage in discussions on the importance of backgrounds in portraiture, exploring historical and contemporary approaches. Develop your skills, gain a deeper understanding of portrait artistry, and grow in confidence as you bring your subjects to life on canvas! *A list of required materials will be provided via email 7-10 days prior to the program. *Elementary – Intermediate painting experience required *No class

Thursday, October 31st

57527	16yrs+	Station Gallery	6 weeks
Thu	Oct 3-Nov 14	4:00pm-6:00pm	\$190/\$200

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

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

*Last session is 3 hours long to include glazing (12:30-3:30pm)

56578	16yrs+	Station Gallery	6 weeks
Tue	Oct 1-Nov 5	1:30pm-3:30pm	\$285/\$300

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

In this class, students will delve into the fundamentals of working with clay on the pottery wheel. You'll learn essential techniques such as wedging, centering, opening, and throwing a ball of clay to create a cylindrical form. As you gain proficiency in shaping cylinders, you'll transform them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touches to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces.*All materials provided *Suitable for all levels of expertise *No class on Friday, October 11th *Last session is 3 hours long to include glazing (12:30-3:30pm)

56577	16yrs+	Station Gallery	6 weeks
Fri	Oct 4-Nov 15	1:30pm-3:30pm	\$285/\$300

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

In this class, students will delve into the fundamentals of working with clay on the pottery wheel. You'll learn essential techniques such as wedging, centering, opening, and throwing a ball of clay to create a cylindrical form. As you gain proficiency in shaping cylinders, you'll transform them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touches to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces.*All materials provided *Suitable for all levels of expertise *No class on Friday, October 11th *Last session is 3 hours long to include glazing (5:30-8:30pm)

56579	16yrs+	Station Gallery	6 weeks
Fri	Oct 4-Nov 15	6:30pm-8:30pm	\$285/\$300

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

In this class, students will delve into the fundamentals of working with clay on the pottery wheel. You'll learn essential techniques such as wedging, centering, opening, and throwing a ball of clay to create a cylindrical form. As you gain proficiency in shaping cylinders, you'll transform them into functional pieces like mugs, vases, and dishes. Finally, you'll complete your creations by applying basic glazing techniques, adding the finishing touches to your unique pottery. This class offers a comprehensive journey through the wheel-throwing process, empowering you to create beautiful and functional ceramic pieces. *All materials provided *Suitable for all levels of expertise*No

class on Saturday, October 12th *Last session is 3 hours long to include glazing (12:30-3:30pm)

56576	16yrs+	Station Gallery	6 weeks
Sat	Oct 5-Nov 16	1:30pm-3:30pm	\$285/\$300

CL - Art Talk: Here's Stanley (#@%)

Enjoy learning about innovative film techniques to fully appreciate your favourite flicks by director Stanley Kubrick. Meet an enthusiastic movie buff who has loved cinema since his dad took him to see Gary Cooper in High Noon; and meet a dedicated artist and art historian who names Kubrick as one of the best filmmakers of all time. Drop by for this popular interactive session, and bring along some friends to double your film fun! And don't worry if you don't know Kubrick – Tim and Olex will introduce you! *This is a drop-in event – registration not required *Register to receive updates about this event *\$20 suggested donation

57515	16yrs+	Station Gallery	1 class
Wed	Nov 13-Nov 13	7:00pm-9:00pm	Free

CL - Art Talk: It's About Time (#@%)

This premiere art talk will investigate time-based media such as video, slide, film, audio or computer-based art forms. Part of what it means to experience the art form is to watch it unfold over time according to the temporal logic of the medium as it is played back. Spend the next hour watching art float past on the river of time. *This is a drop-in event – registration not required *Register to receive updates about this event *\$20 suggested donation

57512	16yrs+	Station Gallery	1 class
Thu	Sep 19-Sep 19	7:00pm-9:00pm	Free

CL - Art Talk: Killer Art (#@%)

Just in time for Halloween 2024. From murdering goldsmiths to patricide, art history has a bloody past. During this fascinating hour-long illustrated presentation, join SG Curator Olex Wlasenko as he exposes artists associated with acts of homicide. *This is a drop-in event – registration not required *Register to receive updates about this event *\$20 suggested donation

57514	16yrs+	Station Gallery	1 class
Wed	Oct 30-Oct 30	7:00pm-9:00pm	Free

CL - Art Talk: Son of Halloween Spook-tacular Part 2 (#@%)

Be afraid! Be very afraid ... but join us anyway and enjoy some stories and film clips, featuring your favourite horror movies and their stars. Presented by motivational speaker and movie buff Tim Westhead, this evening presentation promises to be both fun and frightening! It's a fine way to kick off Halloween celebrations, so bring along a friend to double the dread! *This is a drop-in event – registration not required *Register to receive updates about this event *\$20 suggested donation

57513	16yrs+	Station Gallery	1 class
Wed	Oct 16-Oct 16	7:00pm-9:00pm	Free

Art Workshops

AAW - Autumn's Splendour in Watercolour with Hi-Sook (#@%)

Capture the vivid colours of the fall season in this watercolour workshop. Along with basic colour theory, wet-on-wet, dry-on-dry, and glazing techniques will be utilized. Experienced watercolour artist Hi-Sook Barker will provide a complete demonstration followed by plenty of time for participants to complete their own piece. In this open environment, questions are encouraged as we explore watercolour together! *A list of the required art materials will be provided via email 7-10 days prior to the program *Suitable for all levels of expertise

56601	16yrs+	Station Gallery	1 class
Sat	Oct 19-Oct 19	12:00pm-4:00pm	\$95/\$100

AAW - Crochet Sunflowers with Chelsea Frenette (#@%)

Calling all budding crochet enthusiasts! In this 2-part workshop designed for beginners, we'll create a sweet sunflower to carry some brightness into the Fall season. You'll learn the fundamentals of crocheting, including how to read a pattern, basic stitches, sewing in your ends, and much more. Join us as we unravel the art of crochet at Station Gallery! *All materials provided *Suitable for all levels of expertise

57466	12yrs+	Station Gallery	2 weeks
Sun	Nov 10-Nov 17	12:00pm-3:00pm	\$65/\$70

AAW - Glorious Dahlias in Watercolour with Hi-Sook (#@%)

Learn to draw the intricate floral and capture bright, sunlit blooms using wet-on-wet and glazing techniques. Experienced watercolour artist Hi-Sook will provide a complete

demonstration followed by plenty of time for participants to complete their own piece. In this open environment, questions are encouraged as we explore watercolour together!
*A list of the required art materials will be provided via email 7-10 days prior to the program *Suitable for all levels of expertise

56599	16yrs+	Station Gallery	1 class
Sat	Oct 5-Oct 5	12:00pm-4:00pm	\$95/\$100

AAW - Halloween SFX Makeup with Lee Whiteman (#@%)

In this fun workshop, you will be taught elements of Special F/X Makeup with local Professional Makeup Artist and College Instructor Leanne "Lee" Whiteman. Lee will be showing you various Special F/X Makeup applications that are commonly used on set, such as superficial scratches, bruises (new and old) and open wounds! She will also discuss the importance of how dark and light colours show realism in Special F/X Makeup. She will do full demonstrations for all applications and then it will be your turn! You can either work on yourself or an enrolled partner. *All materials provided *Suitable for all levels of expertise

57469	16yrs+	Station Gallery	1 class
Sun	Oct 20-Oct 20	12:00pm-4:00pm	\$95/\$105

AAW - Holiday Cardmaking with Dianne Darch (#@%)

Join artist instructor Dianne Darch as she demonstrates how to create a unique holiday card that you can give as a gift or keep as a cheerful memento. Using pen and ink, you'll discover how varying lines in size, volume, and arrangement can produce intricate details, textures, and contrasting values. In this workshop, you will be given the project outline to trace (so no drawing required) and shown how to use the pen strokes to complete the image. Then, you'll explore the use of watercolours to add vibrant colours and depth to your finished piece. *A list of required materials will be provided via email 7-10 days prior to the program. *Suitable for all levels of expertise

57520	16yrs+	Station Gallery	1 class
Sat	Nov 16-Nov 16	12:00pm-4:00pm	\$95/\$105

AAW - Painless Printmaking with Angela Hennessey (#@%)

Have you ever wanted to try printmaking but thought it would be too complicated? We have the workshop for you! Participants in this workshop will create a unique artwork using collography to add textures onto a printing plate; and best of all, no printing press is needed! You will create an image of your choosing, print an edition, and take home your plate and prints. Wonderfully simple, and simply wonderful! *Suitable for all levels of expertise *All materials provided

57467	16yrs+	Station Gallery	1 class
Sat	Nov 9-Nov 9	12:00pm-4:00pm	\$95/\$105

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

In this one-session workshop, participants will learn to use colour mapping to create both a still-life, and an abstract painting. Referencing the methods of famous composers, participants will explore how to harmonize and balance their colours to make each painting expressive and cohesive. Both music and art make use of hue, value, temperature, composition, and design; experienced artist and musician Chas Burke will help you harness these elements, and take you on a journey resulting in the creation of two beautiful paintings for you to bring home with you! *Suitable for all levels of expertise *No music experience required *All materials provided

57468	16yrs+	Station Gallery	1 class
Sun	Oct 27-Oct 27	12:00pm-4:00pm	\$95/\$105

AAW - Pumpkin Luminaries: Pottery with Paulette G. (#@%)

In the spirit of the Fall season, our pottery instructor Paulette will guide you in crafting a set of mesmerizing pumpkin luminaries, perfect for adding a warm glow to any space. In this interactive workshop, you'll have the chance to learn key hand-building pottery techniques to design luminaries that are as beautiful as they are functional. Let your imagination soar as you carve and decorate each clay pumpkin, infusing them with your unique style and personality! *Last session is 2 hours long, solely dedicated to glazing *All materials provided *Suitable for all levels of expertise

57470	16yrs+	Station Gallery	2 weeks
Sun	Oct 6-Oct 20	12:00pm-4:00pm	\$105/\$115

AAW - Shimmering Snowpeople: Pottery with Paulette G. (#@%)

Embrace the chance to practice hand-building pottery techniques while spreading some winter cheer in this 2-day workshop. Explore the art of shaping clay into adorable three-dimensional snowpeople, using easy-to-follow steps. Once molded, adorn your snowperson with vibrant underglaze colors for extra festive flair. Participants also have the option to transform their creation into a luminary for a functional twist. Whether you opt for a functional luminary or a purely decorative masterpiece, this hands-on experience is your chance to let your creativity shine bright. *Last session is 2 hours long, solely dedicated to glazing *All materials provided *Suitable for all levels of expertise

57471	16yrs+	Station Gallery	2 weeks
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Sun Nov 3-Nov 17 12:00pm-4:00pm \$105/\$115

AAW - Winter's Cottage in Watercolour with Hi-Sook (#@%)

In this workshop participants will focus on preserving the pristine white snow effect, primarily using negative painting. Wet-on-wet and glazing techniques will also be employed to develop a range of tints and shades. Experienced watercolour artist Hi-Sook will provide a complete demonstration followed by plenty of time for participants to complete their own piece. In this open environment, questions are encouraged as we explore watercolour together! *A list of the required art materials will be provided via email 7-10 days prior to the program *Suitable for all levels of expertise

[56600](#) 16yrs+ Station Gallery 1 class
Sat Nov 2-Nov 2 12:00pm-4:00pm \$95/\$100

Art as Therapy: Healing Stones with Bobby M. (#@%)

Participants will use stones as their canvases, painting designs, symbols, or messages that reflect their emotions. This tactile and grounding activity encourages creativity, mindfulness, and self-expression. 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. *All materials provided *Suitable for all levels of expertise

[57427](#) 16yrs+ Station Gallery 1 class
Thu Oct 24-Oct 24 7:00pm-9:00pm \$30/\$35

Art as Therapy: Seeing Music with Bobby M. (#@%)

Participants will be provided a variety of mediums. Individuals will be given an opportunity to select songs and during each song will create something inspired by the song that is playing. After the song has played, everyone will have the opportunity to share how the songs made them feel and why they created what they created. 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. *All materials provided *Suitable for all levels of expertise

[57429](#) 16yrs+ Station Gallery 1 class
Thu Nov 14-Nov 14 7:00pm-9:00pm \$30/\$35

Art as Therapy: Trees of Life with Bobby M. (#@%)

In this class, participants will use the theme of trees to explore their lives. Individuals will use various art techniques to create their own tree of life artworks. Each tree will represent different aspects of the participant's life journey - roots (foundations and heritage), trunk (core strengths and values), branches (aspirations and connections), and leaves (achievements and growth). 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. *All materials provided *Suitable for all levels of expertise

57428	16yrs+	Station Gallery	1 class
Thu	Nov 7-Nov 7	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Turn the Page with Bobby M. (#@%)

The pages of old books will form the foundation of the artworks created. Participants are encouraged to bring their favourite (or least favourite books) to this class and turn them into artwork. Collage, mixed media, blackout poetry, and altered book art will be used to turn the printed words into personal expressions of our own stories. 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. *All materials provided *Suitable for all levels of expertise

57426	16yrs+	Station Gallery	1 class
Thu	Oct 10-Oct 10	7:00pm-9:00pm	\$30/\$35

Art as Therapy: Zentangle for Mindfulness with Bobby M. (#@%)

This technique involves creating intricate patterns through a series of simple structured steps. Participants will create beautiful repetitive designs. The mindful process of creating these designs can help reduce stress, enhance focus, and promote a sense of calm. 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. *All materials provided *Suitable for all levels of expertise

56605	16yrs+	Station Gallery	1 class
Thu	Oct 3-Oct 3	7:00pm-9:00pm	\$30/\$35

Kids & Youth

KAC - Artscapes with Katherine Lavery (#@%)

Explore art in all its forms! Every week we dive into new materials and styles, inspired by contemporary artists and experimental techniques. Get ready for exciting projects that expand your skills and introduce you to brand new mediums. With each stroke of the brush and every swirl of colour, you'll expand your knowledge and discover how you best communicate through art! *All materials provided *Suitable for all levels of expertise *No class on Friday, October 11th

56537	8-12yrs	Station Gallery	6 weeks
Fri	Oct 4-Nov 15	4:00pm-6:00pm	\$165/\$175
http://ca.apm.activecommunities.com/whitby/Activity_Search/51539			

KAC - Artscapes with Kerry Lovett (#@%)

Explore art in all its forms! Every week we dive into new materials and styles, inspired by contemporary artists and experimental techniques. Get ready for exciting projects that expand your skills and introduce you to brand new mediums. With each stroke of the brush and every swirl of colour, you'll expand your knowledge and discover how you best communicate through art! *All materials provided *Suitable for all levels of expertise *No class on Saturday, October 12th

56538	8-12yrs	Station Gallery	6 weeks
Sat	Oct 5-Nov 16	1:30pm-3:30pm	\$165/\$175

KAC - Artventure (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise *No class on Thursday, October 31st

57431	4-7yrs	Station Gallery	6 weeks
Thu	Oct 3-Nov 14	4:00pm-5:00pm	\$120/\$130

KAC - Artventure with Lucy Villeneuve (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise *No class on Saturday, October 12th

56536	4-7yrs	Station Gallery	6 weeks
Sat	Oct 5-Nov 16	11:00am-12:00pm	\$120/\$130

KAC - Artventure with Michelle Cruz (#@%)

Join us on an Artventure where we explore the wonderful world of creativity! Each week, students create a project featuring a new art form, offering a well-rounded and fun introduction to art. This 1-hour class is the perfect place for young artists to experiment with new materials and find out what inspires them. *All materials provided *New projects each session *Suitable for all levels of expertise *No class on Sunday, October 13th

57430	4-7yrs	Station Gallery	6 weeks
Sun	Oct 6-Nov 17	11:00am-12:00pm	\$120/\$130

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

Dive into the world of art and let your creativity soar! Join this hands-on class where you'll work with a diverse range of mediums, including acrylic, watercolour, gouache, and water-soluble oil paint. Gain valuable studio skills, explore unique materials, and most importantly, have fun! Whether you're a beginner or an experienced young painter, this class offers a wonderful opportunity to expand your artistic horizons and unleash your talent. *All materials provided *Suitable for all levels of expertise *No class on Friday, October 11th

56534	8-12yrs	Station Gallery	6 weeks
Fri	Oct 4-Nov 15	4:00pm-6:00pm	\$165/\$175

KAC - Fun with Clay with Katherine Lavery (#@%)

Come join us at the gallery for a fun-filled pottery class for kids! This beginner's class explores hand-building structures, as well as using tools to create form and texture. During this six week program, students will create three-dimensional works of art as they unleash a brand new side of their creative expression. *All materials provided *Suitable for all levels of expertise *No class on Thursday, October 31st

57432	8-12yrs	Station Gallery	6 weeks
Thu	Oct 3-Nov 14	6:00pm-8:00pm	\$165/\$175

KAC - Kids 3D Printing with Mike Knowles (#@%)

Embark on a journey into the innovative realm of 3D-printing! Guided by their artist instructor, students will learn to use online design software to create personalized 3D-printed objects over the course of 4 sessions. This hands-on experience will empower young minds to explore the endless possibilities of this emerging technology while fostering their creativity and curiosity. Imagination and technology converge in this class to bring your unique creations to life! *All materials provided *Knowledge on how to use a computer keyboard, mouse and web browser required

57433	8-12yrs	Station Gallery	4 weeks
Sun	Oct 27-Nov 17	1:30pm-3:30pm	\$150/\$160

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

In this introductory drawing course, students will learn to sketch under the guidance of experienced instructor, Patrick Hickman. Students will be introduced to shading techniques, cartooning, and drawing from observation, though fun and diverse drawing activities. As one of the most important elements of art creation, participants in this class will gain valuable skills that will inform their creative practice for years to come. *All materials provided *Suitable for all levels of expertise

57434	8-12yrs	Station Gallery	6 weeks
Tue	Oct 1-Nov 5	4:00pm-5:00pm	\$110/\$120

KAW - Splash 'n' Swirl: Pour Painting with Lucy V. (#@%)

Dive into a world of vibrant colours and swirling creativity at our Kids' Pour Painting Workshop! Participants will drive the process from start to finish as they create their own colours, and pick the perfect palette to make their paintings pop! We'll be pouring onto wood panels, learning exciting techniques such as the flip cup pour, dirty pour, and hand-swirling patterns. Our experimental afternoon will be full of "WOW" moments as students develop their unique paintings and enjoy the beautiful messes made along the way! *All materials provided *Suitable for all levels of expertise *Dress for mess *Paintings will need to dry at the gallery & be picked up at a later date

57472	8-12yrs	Station Gallery	1 class
Sun	Oct 27-Oct 27	1:00pm-3:00pm	\$50/\$55

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

Join our relaxing and fun painting class where you can hone your artistic talents and bond with other young creatives. Experiment with acrylics, watercolours, gouache, and water-soluble oil paints to craft stunning artworks. Delve into various painting techniques in a welcoming atmosphere, where you'll receive expert guidance to help your paintings stand out. *All materials provided *Suitable for all levels of expertise * No class on Friday, October 11th

56535	12-17yrs	Station Gallery	6 weeks
Fri	Oct 4-Nov 15	7:00pm-9:00pm	\$185/\$195

YAW - Intro to Printmaking with Gabe Gilbert (#@%)

You can make anything you set your mind to in this introductory printmaking workshop hosted by recent OCAD graduate, Gabe Gilbert! Participants will explore the art of two-layer prints, crafting subjects ranging from favorite animals and video game scenes, to colourful icons and abstract forms. Gabe will teach you all the basics of printmaking from creating a graphic to revealing your image in ink. Regardless of your skill level, you'll leave this workshop feeling like a printmaking pro! *All materials provided *Suitable for all levels of expertise

57709	12-17yrs	Station Gallery	2 weeks
Sun	Nov 10-Nov 17	12:00pm-3:00pm	\$105/\$115

All Ages

Family Funday (#@%)

Join us for Family Funday on the first Sunday of every month. A free drop-in event where families can unleash their creativity through art making together! *For SG Patrons only *Patron cards can be purchased at the gallery

57474	All Ages	Station Gallery	3 weeks
Sun	Oct 6-Dec 1	1:00pm-3:00pm	Free

Sampler Sunday (#@%)

Join us to explore and sample the diverse array of adult programs we offer and meet the instructors who will be delivering them this fall! This is a free event. No registration is required. Just drop-in anytime from 1 - 3pm and try out some of our upcoming adult programs!

57476	All Ages	Station Gallery	1 class
Sun	Sep 15-Sep 15	1:00pm-3:00pm	Free

