

Spring 2025 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy/Early Course Withdraw Policy

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

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

Camps/Workshops: Transfers and withdrawals from camps, workshops and P.A. Day

programs can be requested up to four days prior to the start date of a program. A full credit, subject to an administration fee, will be provided. A \$10 fee is applied to all course withdrawals.

Missed Classes

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

Refunds, Withdrawals and Transfers

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

Station Gallery

Refund Policy/Early Course Withdraw Policy

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

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

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

55+ Programs

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

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Preschool Programs

General Interest

123 Come learn with me (%)

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

60513	30mos-5yrs	Brooklin CC&L	10 weeks
Wed	Apr 9-Jun 11	11:30am-12:15pm	\$90.74

ABC Come learn with me (%)

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

60466	30mos-5yrs	Brooklin CC&L	10 weeks
Tue	Apr 8-Jun 10	11:30am-12:15pm	\$90.74

Craft and Play (%)

Each week participants will make a craft, meet new friends and learn through play. Register for 1 or all 10 weeks! Please note this is not a parent and tot class.

60486	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Apr 7-Apr 7	5:20pm-6:20pm	\$9.07
60490	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Apr 14-Apr 14	5:20pm-6:20pm	\$9.07
60491	30mos-5yrs	Whitby Civic Rec	1 class

Mon	Apr 28-Apr 28	5:20pm-6:20pm	\$9.07
60492	30mos-5yrs	Whitby Civic Rec	1 class
Mon	May 5-May 5	5:20pm-6:20pm	\$9.07
60493	30mos-5yrs	Whitby Civic Rec	1 class
Mon	May 12-May 12	5:20pm-6:20pm	\$9.07
60494	30mos-5yrs	Whitby Civic Rec	1 class
Mon	May 26-May 26	5:20pm-6:20pm	\$9.07
60495	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jun 2-Jun 2	5:20pm-6:20pm	\$9.07
60496	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jun 9-Jun 9	5:20pm-6:20pm	\$9.07
60497	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jun 16-Jun 16	5:20pm-6:20pm	\$9.07
60498	30mos-5yrs	Whitby Civic Rec	1 class
Mon	Jun 23-Jun 23	5:20pm-6:20pm	\$9.07

Learning Adventures - Zoo Animals(%)

Each week participants will engage in a themed, hands on learning activity focusing on zoo animals. Circle time and free play is included in this program

60512	30mos-5yrs	Whitby Civic Rec	5 weeks
Tue	Apr 8-May 6	5:30pm-7:00pm	\$68.05
60932	30mos-5yrs	Whitby Civic Rec	5 weeks
Tue	May 13-June 10	5:30pm-7:00pm	\$68.05

Paint and Play (%)

Each week participants will paint a new masterpiece, meet new friends and learn through play. Register for 1 or all 10 weeks! Please note this is not a parent and tot class.

60487	3-6yrs	Whitby Civic Rec	1 class
Mon	Apr 7-Apr 7	6:25pm-7:30pm	\$9.83
60499	3-6yrs	Whitby Civic Rec	1 class
Mon	Apr 14-Apr 14	6:25pm-7:30pm	\$9.83

60500	3-6yrs	Whitby Civic Rec	1 class
Mon	Apr 28-Apr 28	6:25pm-7:30pm	\$9.83
60501	3-6yrs	Whitby Civic Rec	1 class
Mon	May 5-May 5	6:25pm-7:30pm	\$9.83
60502	3-6yrs	Whitby Civic Rec	1 class
Mon	May 12-May 12	6:25pm-7:30pm	\$9.83
60503	3-6yrs	Whitby Civic Rec	1 class
Mon	May 26-May 26	6:25pm-7:30pm	\$9.83
60505	3-6yrs	Whitby Civic Rec	1 class
Mon	Jun 2-Jun 2	6:25pm-7:30pm	\$9.83
60508	3-6yrs	Whitby Civic Rec	1 class
Mon	Jun 9-Jun 9	6:25pm-7:30pm	\$9.83
60509	3-6yrs	Whitby Civic Rec	1 class
Mon	Jun 16-Jun 16	6:25pm-7:30pm	\$9.83
60511	3-6yrs	Whitby Civic Rec	1 class
Mon	Jun 23-Jun 23	6:25pm-7:30pm	\$9.83

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.

60470	18mos-3yrs	Brooklin CC&L	10 weeks
Mon	Apr 7-Jun 16	11:30am-12:15pm	\$90.74

Messy Family Fun (%)

Each week participants and caregivers will create a new messy art project. Story time, songs and movement games may also be included.

60555	18mos-5yrs	Brooklin CC&L	9 weeks
Fri	Apr 11-Jun 13	9:15am-10:00am	\$90.74

Parent and Tot Theme Days- Beach Day (%)

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!

60471	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jun 13-Jun 13	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Bugs and Insects (%)

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!

60472	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 30-May 30	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Bumble Bees (%)

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!

60473	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jun 6-Jun 6	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Earth Day (%)

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!

60475	18mos-4yrs	Brooklin CC&L	1 class
Fri	Apr 25-Apr 25	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Hello Spring (%)

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!

60474	18mos-4yrs	Brooklin CC&L	1 class
Fri	Apr 11-Apr 11	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Hello Summer (%)

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!

60476	18mos-4yrs	Brooklin CC&L	1 class
Fri	Jun 20-Jun 20	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Let's plant a flower (%)

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!

60477	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 23-May 23	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Take me out to the Ball Game (%)

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!

60478	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 2-May 2	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- The Very Hungry Caterpillar (%)

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!

60479	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 9-May 9	11:30am-12:15pm	\$9.07

Parent and Tot Theme Days- Woodland 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!

60480	18mos-4yrs	Brooklin CC&L	1 class
Fri	May 16-May 16	11:30am-12:15pm	\$9.07

Play and Learn (%)

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

60488	30mos-5yrs	Whitby Civic Rec	10 weeks
Thu	Apr 10-Jun 12	9:15am-11:15am	\$181.47

Ready for School (%)

If your child is heading off to kindergarten soon, this is the perfect class to get them ready for school! It introduces children to the fundamentals of science, math, and language. It also introduces fine and gross motor skills taught in school by using structured circle and table activities in a fun-filled and positive atmosphere. In preparation for Kindergarten, this program promotes independence and socialization skills. Children should be toilet trained and out of diapers in order to join this class. Children must be 4 by December 31, 2025, in order to register for this program.

60437	4-5yrs	Brooklin CC&L	20 classes
Mon,Wed	Apr 7-Jun 18	9:15am-11:15am	\$362.94
60464	4-5yrs	Whitby Civic Rec	20 classes
Mon,Wed	Apr 7-Jun 18	9:15am-11:15am	\$362.94
60436	4-5yrs	Brooklin CC&L	20 classes
Tue,Thu	Apr 8-Jun 12	9:15am-11:15am	\$362.94
60722	4-5yrs	Brooklin CC&L	10 weeks
Wed	Apr 9-Jun 11	12:45am-2:45am	\$181.47
60438	4-5yrs	Brooklin CC&L	10 weeks
Fri	Apr 11-Jun 20	9:15am-11:15am	\$181.47

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.

60489	30mos-5yrs	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	11:30am-12:15pm	\$90.74

Leagues and Sporting Groups

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.

60607	2-4yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	9:30am-10:10am	\$74.85

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.

60604	3-5yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	10:15am-10:55am	\$74.85

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.

60605	3-5yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	11:45am-12:25pm	\$74.85

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.

60606	2-3yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	11:00am-11:40am	\$74.85

Children's Programs

Fitness

Taekwondo 4-6 YRS

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

60121	4-6yrs	Whitby Civic Rec	9 weeks
Sun	Apr 13-Jun 22	10:00am-10:55am	\$73.16

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.

60128	7-11yrs	Whitby Civic Rec	9 weeks
Sun	Apr 13-Jun 22	11:00am-11:55am	\$73.16

Computer & Technology

Engineering For Kids - Aerospace (#@%)

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

60527	8-12yrs	Brooklin CC&L	7 weeks
Thu	Apr 3-May 15	7:00pm-8:00pm	\$266.00

Engineering For Kids - Civil (#@%)

Get ready to raise the skyline as we learn all about the exciting field of civil engineering. This camp will teach students the foundations of civil engineering as they explore concepts, such as tension and compression, structurally strong geometric shapes, and the importance of a strong foundation and core. Each day students will use the EFK Engineering Design Process to take on captivating challenges that lay the groundwork

for understanding the essential principles of structural design and construction. This camp is sure to tower above the rest and inspire the next generation of civil engineers.

60678	4-7yrs	Brooklin CC&L	6 weeks
Thu	May 22-Jun 26	5:30pm-6:30pm	\$210.00

Engineering For Kids - Civil (#@%)

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

60679	8-12yrs	Brooklin CC&L	6 weeks
Thu	May 22-Jun 26	7:00pm-8:00pm	\$228.00

Engineering For Kids - Environmental (#@%)

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

60526	4-7yrs	Brooklin CC&L	7 weeks
Thu	Apr 3-May 15	5:30pm-6:30pm	\$254.00

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

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

60467	8-13yrs	Brooklin CC&L	8 weeks
Wed	Apr 9-May 28	7:30pm-9:00pm	\$298.00

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!

60468	6-11yrs	Brooklin CC&L	8 weeks
Wed	Apr 9-May 28	4:50pm-5:50pm	\$198.00

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 ifs, 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.

60469	8-12yrs	Brooklin CC&L	8 weeks
Wed	Apr 9-May 28	5:55pm-7:25pm	\$298.00

Leagues and Sporting Groups

Badminton - Basics for Kids

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

60561	7-9yrs	Brooklin CC&L	11 weeks
Wed	Apr 9-Jun 18	6:00pm-6:25pm	\$49.90

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.

60582	10-12yrs	Brooklin CC&L	11 weeks
Wed	Apr 9-Jun 18	6:30pm-7:25pm	\$96.90

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.

60591	6-8yrs	Brooklin CC&L	12 weeks
Sat	Apr 5-Jun 21	3:00pm-3:55pm	\$96.90
60586	6-8yrs	Brooklin CC&L	11 weeks
Tue	Apr 8-Jun 17	5:00pm-5:55pm	\$96.90

Basketball – Kids

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

60593	9-11yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	4:00pm-4:55pm	\$96.90
60592	9-11yrs	Brooklin CC&L	11 weeks
Thu	Apr 10-Jun 19	5:00pm-5:55pm	\$96.90

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.

60602	6-8yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	2:00pm-2:55pm	\$96.90
60603	6-8yrs	Brooklin CC&L	9 weeks
Mon	Apr 7-Jun 16	7:45pm-8:40pm	\$79.29

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.

60615	3-5yrs	Brooklin CC&L	10 weeks
Mon	Mar 31-Jun 16	5:30pm-6:30pm	\$212.50
60616	5-8yrs	Brooklin CC&L	10 weeks
Mon	Mar 31-Jun 16	6:30pm-7:30pm	\$212.50
60617	3-5yrs	Heydenshore Pavilion	11 weeks

Wed	Apr 2-Jun 11	5:30pm-6:30pm	\$233.75
60645	5-8yrs	Heydenshore Pavilion	11 weeks
Wed	Apr 2-Jun 11	6:30pm-7:30pm	\$233.75
60612	3-5yrs	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	9:45am-10:45am	\$212.50
60613	5-8yrs	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	10:45am-11:45am	\$212.50
60614	3-5yrs	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	11:45am-12:45pm	\$212.50

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

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

60643	2-3yrs	Brooklin CC&L	11 weeks
Mon	Mar 31-Jun 16	4:45pm-5:30pm	\$212.50
60644	2-3yrs	Heydenshore Pavilion	11 weeks
Wed	Apr 2-Jun 11	4:45pm-5:30pm	\$233.75
60642	2-3yrs	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	9:00am-9:45am	\$212.50

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

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

60646	3-5yrs	Whitby Civic Rec	6 weeks
Thu	May 15-Jun 19	6:00pm-7:00pm	\$161.50
60647	5-8yrs	Whitby Civic Rec	6 weeks
Thu	May 15-Jun 19	7:00pm-8:00pm	\$161.50
60648	3-5yrs	Whitby Civic Rec	6 weeks
Thu	May 15-Jun 19	6:00pm-7:00pm	\$161.50
60649	5-8yrs	Whitby Civic Rec	6 weeks

Thu	May 15-Jun 19	7:00pm-8:00pm	\$161.50
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Sportball - Outdoor Parent and Child Soccer/T-Ball (#@%)

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

60650	2-3yrs	Whitby Civic Rec	6 weeks
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Thu	May 15-Jun 19	5:15pm-6:00pm	\$161.50
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60652	2-3yrs	Whitby Civic Rec	6 weeks
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Thu	May 15-Jun 19	5:15pm-6:00pm	\$161.50
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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.

60663	9-13yrs	McKinney Centre	1 class
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Sun	May 4-May 4	9:00am-3:00pm	\$71.00
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60664	9-13yrs	Brooklin CC&L	1 class
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Fri	Jun 6-Jun 6	9:00am-3:00pm	\$71.00
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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.

60117	11-15yrs	Whitby Civic Rec	10 weeks
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Sat	Apr 12-Jun 21	4:30pm-5:45pm	\$90.18
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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.

59960	11-15yrs	Brooklin CC&L	11 weeks
Tue	Apr 8-Jun 17	4:30pm-5:15pm	\$99.20

Youth Strength & Conditioning

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

60116	11-16yrs	Whitby Civic Rec	10 weeks
Sat	Apr 12-Jun 21	12:30pm-1:25pm	\$90.18

General Interest

Game On!

Come play and socialize in a fun environment every other Thursday for Game On! Each session, youth will participate in a variety of activities including video and board games. They will explore new games as well as taking it back to the classics. Tournaments and prizes will also be included.

60666	12-18yrs	Brooklin CC&L	6 weeks
Thu	Apr 3-Jun 12	4:30pm-5:30pm	Free
60667	12-18yrs	McKinney Centre	6 weeks
Tues	Apr 1-Jun 10	4:30pm-5:30pm	Free
60668	12-18yrs	Henry Street H.S.	6 weeks
Thu	Apr 3-Jun 12	4:30pm-5:30pm	Free

Youth Paint & Sip

Join us to unwind with some hot cocoa or tea every other Thursday for Youth Paint & Sip! Whether it be water colour sunsets or acrylic landscapes, take on a new art style each session. No experience is required, just bring yourself!

60669	12-18yrs	McKinney Centre	5 weeks
Tues	Apr 8-Jun 3	4:30pm-5:30pm	Free
60670	12-18yrs	Brooklin CC&L	5 weeks
Thu	Apr 10-Jun 5	4:30pm-5:30pm	Free
60671	12-18yrs	Henry Street H.S.	5 weeks
Thu	Apr 10-Jun 5	4:30pm-5:30pm	Free

Leadership and Training

Babysitting Course (#@%)

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

60662	11-16yrs	Brooklin CC&L	1 class
Sat	May 3-May 3	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.

60583	11-15yrs	Brooklin CC&L	11 weeks
Wed	Apr 9-Jun 18	7:30pm-8:25pm	\$96.90

Basketball – Youth

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

60597	11-14yrs	Brooklin CC&L	11 weeks
Sat	Apr 5-Jun 21	5:00pm-5:55pm	\$96.90
60596	11-14yrs	Brooklin CC&L	11 weeks
Thu	Apr 10-Jun 19	6:00pm-6:55pm	\$96.90

Adult Programs

Fitness

ABT-Abs/Butt/Thighs

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

59951	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	10:15am-11:10am	\$99.20
60261	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	1:30pm-2:25pm	\$90.18

Ball Fit

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

60101	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	11:15am-12:10pm	\$99.20

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!

60106	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 9-Jun 18	7:30pm-8:25pm	\$99.20

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.

60113	14yrs+	Whitby Civic Rec	10 weeks
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Fri	Apr 11-Jun 20	11:15am-12:10pm	\$90.18
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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!

59692	14yrs+	Brooklin CC&L	10 weeks
Mon	Apr 7-Jun 23	6:00pm-6:55pm	\$90.18
60268	14yrs+	Brooklin CC&L	11 weeks
Thu	Apr 10-Jun 19	6:00pm-6:55pm	\$99.20

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.

60105	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	6:30pm-7:25pm	\$99.20

Boot Camp

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

60254	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	7:30pm-8:25pm	\$99.20
60255	14yrs+	Brooklin CC&L	11 weeks
Wed	Apr 9-Jun 18	5:30pm-6:25pm	\$99.20
60256	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	10:15am-11:10am	\$99.20

Cardio and Core

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

60445	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	5:30pm-6:25pm	\$99.20

Cardio Sculpt

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

60118	14yrs+	Brooklin CC&L	10 weeks
Sat	Apr 12-Jun 21	10:30am-11:25am	\$90.18

Circuit Training

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

60112	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	9:00am-9:55am	\$90.18

Dance Fit

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

59952	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	11:15am-12:10pm	\$99.20
60259	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	12:15pm-1:10pm	\$90.18

Full Body Fitness

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

59950	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	6:15am-7:10am	\$99.20

Gentle Yoga

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

59690	14yrs+	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	6:30pm-7:25pm	\$90.18
60242	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	9:00am-9:55am	\$99.20
60243	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	9:00am-9:55am	\$99.20
60244	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	6:30pm-7:25pm	\$99.20
60245	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	6:30pm-7:25pm	\$90.18

Kettlebell Conditioning

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

60483	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	3:00pm-3:55pm	\$99.20

Latin Dance Fit

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

59691	14yrs+	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	7:30pm-8:25pm	\$90.18
60898	14yrs+	Brooklin BCC&L	10 weeks
Wed	Apr 9-Jun 18	6:30pm-7:25pm	\$90.18
60264	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 12-Jun 21	10:30am-11:25am	\$90.18

Light and Lively 1

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

60465	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	1:15pm-2:10pm	\$99.20

Light and Lively 2

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.

60458	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	12:15pm-1:10pm	\$99.20

Low Impact

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

59603	14yrs+	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	10:15am-11:10am	\$90.18

Mom and Baby Fitness

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

60100	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	1:30pm-2:25pm	\$99.20

Pilates

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

59604	14yrs+	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	11:15am-12:10pm	\$90.18

Pilates for Seniors Level 1

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

60482	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	9:00am-9:55am	\$99.20

Pilates for Seniors Level 2

This Pilates program will increase abdominal and back strength, functional stability, and flexibility while expanding your body awareness. This class is designed for those that have completed level 1

60441	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	2:30pm-3:25pm	\$90.18

Power Yoga

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

59605	14yrs+	Whitby Civic Rec	10 weeks
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Mon	Apr 7-Jun 23	12:30pm-1:25pm	\$90.18
60260	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	7:30pm-8:25pm	\$99.20

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.

59695	14yrs+	Brooklin CC&L	11 weeks
Mon	Apr 7-Jun 23	8:00pm-8:55pm	\$90.18

Rock Body

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

59961	14yrs+	Brooklin CC&L	11 weeks
Tue	Apr 8-Jun 17	6:00pm-6:55pm	\$99.20
60257	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	5:30pm-6:25pm	\$99.20
60258	14yrs+	Brooklin CC&L	11 weeks
Thu	Apr 10-Jun 19	1:45pm-2:40pm	\$99.20

Sculpt & Stretch

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

60109	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	1:30pm-2:25pm	\$99.20

Stretch & Core

A strong flexible core underpins almost everything you do! This is a total body stretch and will target each of the major muscle groups using some gentle mobilizing

movements to warm the muscles. Along with stretching you will be completing some core exercises to help build and strengthen your core. All fitness levels are welcome.

59956	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	6:15pm-7:10pm	\$99.20

Spin and Strength

Get a fit start to your day with this spinning and body sculpting interval class. This is a great program if you feel an hour on the spin bike is too long.

60462	14yrs+	Whitby Civic Rec	11 weeks
Thurs	Apr 10-Jun 19	5:30pm-6:25pm	\$99.20
60107	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	6:15am-7:10am	\$99.20

Spinning

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

59606	14yrs+	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	5:30pm-6:15pm	\$90.18
60440	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	5:30pm-6:25pm	\$99.20
60262	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	5:30pm-6:15pm	\$90.18
60263	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 12-Jun 21	8:00am-8:55am	\$90.18

Step and Sculpt

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

59957	14yrs+	Whitby Civic Rec	11 weeks
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Tue	Apr 8-Jun 17	6:30pm-7:25pm	\$99.20
60246	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	9:00am-9:55am	\$99.20
60247	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	6:30pm-7:25pm	\$99.20
60248	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	10:15am-11:10am	\$90.18
60249	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 12-Jun 21	9:00am-9:55am	\$90.18

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.

59958	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	7:30pm-8:25pm	\$99.20
60266	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 12-Jun 21	11:30am-12:25pm	\$90.18

Strength & Core

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

60097	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	6:15am-7:10am	\$99.20

Strength & Stretch

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

59602	14yrs+	Whitby Civic Rec	10 weeks
Mon	Apr 7-Jun 23	9:00am-9:55am	\$90.18

Stretch and Myofascial Release (SMR)

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

59953	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	12:15pm-1:10pm	\$99.20
60250	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	10:15am-11:10am	\$99.20
60251	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	12:15pm-1:10pm	\$99.20
60252	14yrs+	Brooklin CC&L	11 weeks
Thu	Apr 10-Jun 19	2:45pm-3:40pm	\$99.20

Tap Dance -Beginner

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

59954	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	1:30pm-2:55pm	\$99.20

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. ****Please be advised that this course does not qualify for discounts**

60111	14yrs+	Whitby Civic Rec	11 weeks
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Thu	Apr 10-Jun 19	7:30pm-8:30pm	\$99.20
60267	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 12-Jun 21	11:45am-12:45pm	\$90.18

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!

60103	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	4:30pm-5:15pm	\$99.20

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.

60110	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	4:30pm-5:15pm	\$99.20

Xpress Circuit

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

60897	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	4:30pm-5:15pm	\$99.20

Yoga Flow

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

59959	14yrs+	Whitby Civic Rec	11 weeks
Tue	Apr 8-Jun 17	5:00pm-5:55pm	\$99.20
60253	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	12:30pm-1:25pm	\$99.20

Zumba Fit

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

59962	14yrs+	Brooklin CC&L	11 weeks
Tue	Apr 8-Jun 17	7:00pm-7:55pm	\$99.20
60463	14yrs+	Whitby Civic Rec	11 weeks
Wed	Apr 9-Jun 18	7:00pm-7:55pm	\$99.20
60108	14yrs+	Whitby Civic Rec	11 weeks
Thu	Apr 10-Jun 19	11:15am-12:10pm	\$99.20

Leagues and Sporting Groups

Badminton – Adult

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

60560	15yrs+	Brooklin CC&L	11 weeks
Wed	Apr 9-Jun 18	8:30pm-9:55pm	\$99.22

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.

60584	18yrs+	Brooklin CC&L	9 weeks
Mon	Apr 7-Jun 16	8:45pm-10:10pm	\$81.18

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.

60608	16yrs+	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	5:30pm-6:25pm	\$90.20
60610	16yrs+	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	7:30pm-8:25pm	\$90.20

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.

60611	16yrs+	Brooklin CC&L	10 weeks
Sun	Apr 6-Jun 22	6:30pm-7:25pm	\$90.20

All Ages

Taekwondo 12+ YRS

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

60114	12yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	5:30pm-6:25pm	\$90.18
60129	12yrs+	Whitby Civic Rec	9 weeks
Sun	Apr 13-Jun 22	12:00pm-12:55pm	\$73.16

Taekwondo for Women

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. Introduction to the sport, fundamental skills and

structure are covered in the curriculum. This is a Women only program and is by registration only.

60115	16yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 11-Jun 20	6:30pm-7:25pm	\$90.18

Swimming 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.

59843	13yrs+	Whitby Civic Rec	10 weeks
Mon	Mar 31-Jun 16	9:00am-9:45am	\$92.32
60344	13yrs+	Whitby Civic Rec	10 weeks
Mon	Mar 31-Jun 16	9:45am-10:30am	\$92.32
60345	13yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	8:45am-9:30am	\$92.32
60346	13yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	7:15pm-8:00pm	\$92.32
60347	13yrs+	Whitby Civic Rec	10 weeks
Thu	Apr 3-Jun 5	9:00am-9:45am	\$92.32
60348	13yrs+	Whitby Civic Rec	10 weeks
Thu	Apr 3-Jun 5	9:45am-10:30am	\$92.32
60350	13yrs+	Whitby Civic Rec	10 weeks
Thu	Apr 3-Jun 5	7:15pm-8:00pm	\$92.32
60351	13yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	8:45am-9:30am	\$92.32
60353	13yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	1:15pm-2:00pm	\$92.32

Aquafit - Deep Water

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

59804	13yrs+	Anne Ottenbrite Pool	8 weeks
Tue	Apr 15-Jun 3	9:00am-9:45am	\$73.86
59805	13yrs+	Anne Ottenbrite Pool	8 weeks
Tue	Apr 15-Jun 3	9:45am-10:30am	\$73.86
59806	13yrs+	Anne Ottenbrite Pool	8 weeks
Wed	Apr 16-Jun 4	9:00am-9:45am	\$73.86
59807	13yrs+	Anne Ottenbrite Pool	8 weeks
Wed	Apr 16-Jun 4	9:45am-10:30am	\$73.86
59808	13yrs+	Anne Ottenbrite Pool	8 weeks
Wed	Apr 16-Jun 4	8:00pm-8:45pm	\$73.86
59809	13yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	9:00am-9:45am	\$73.86
59810	13yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	9:45am-10:30am	\$73.86

Aquafit- Low Impact

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

59844	13yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	8:45am-9:30am	\$92.32

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.

59724	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	7:15pm-8:00pm	\$98.06

59728	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	8:00pm-8:45pm	\$98.06
59729	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	7:30pm-8:15pm	\$98.06
59730	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:30pm-9:15pm	\$98.06
59731	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:30pm-9:15pm	\$98.06

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.

59829	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	2:00pm-2:45pm	\$122.58
60047	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	1:30pm-2:15pm	\$122.58
60048	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	2:15pm-3:00pm	\$122.58
60183	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	1:30pm-2:15pm	\$122.58
60184	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	2:15pm-3:00pm	\$122.58
60237	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-12:45pm	\$122.58
60238	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-12:45pm	\$122.58

Adult Swimmer 2 - Intermediate – AOP

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

59725	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	8:00pm-8:45pm	\$98.06
59732	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	8:45pm-9:30pm	\$98.06
59733	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	7:30pm-8:15pm	\$98.06
59734	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:15pm-9:00pm	\$98.06
59735	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:15pm-9:00pm	\$98.06

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.

59830	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	2:00pm-2:45pm	\$122.58
60049	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	1:30pm-2:15pm	\$122.58
60185	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	2:15pm-3:00pm	\$122.58
60186	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	3:00pm-3:45pm	\$122.58
60239	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-12:45pm	\$122.58
60240	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-12:45pm	\$122.58

Adult Swimmer 3 - Advanced – AOP

These advanced swimmers will complete 50 to 100 metres of front crawl, back crawl, and breaststroke, and swim a continuous 300-metre (12 length) workout. Upon

completion, swimmers that are interested, the next step is Aquatic Leadership. For more information visit our website.

59726	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	8:45pm-9:30pm	\$98.06
59736	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	7:30pm-8:15pm	\$98.06
59737	14yrs+	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:15pm-9:00pm	\$98.06

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.

59831	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	2:00pm-2:45pm	\$122.58
60050	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	2:15pm-3:00pm	\$122.58
60187	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	1:30pm-2:15pm	\$122.58
60188	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	3:00pm-3:45pm	\$122.58
60241	14yrs+	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-12:45pm	\$122.58

Fitness Swimmer – AOP

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

59803	15yrs+	Anne Ottenbrite Pool	8 weeks
Wed	Apr 16-Jun 4	8:00am-9:00am	\$98.06

Fitness Swimmer – CRC

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

59832	15yrs+	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	4:30pm-5:30pm	\$122.58

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.

59727	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	8:00pm-8:30pm	\$303.06
59738	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	8:30pm-9:00pm	\$303.06
59739	14yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	9:00pm-9:30pm	\$303.06

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.

59833	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	9:30am-10:00am	\$378.82
59922	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	10:00am-10:30am	\$378.82
59923	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	10:30am-11:00am	\$378.82
59924	14yrs+	Whitby Civic Rec	10 weeks
Tue	Apr 1-Jun 3	11:00am-11:30am	\$378.82
60044	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	1:30pm-2:00pm	\$378.82

60045	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	2:00pm-2:30pm	\$378.82
60046	14yrs+	Whitby Civic Rec	10 weeks
Wed	Apr 2-Jun 4	2:30pm-3:00pm	\$378.82
60181	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	3:00pm-3:30pm	\$378.82
60182	14yrs+	Whitby Civic Rec	10 weeks
Fri	Apr 4-Jun 13	3:00pm-3:30pm	\$378.82

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.

59834	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	12:00pm-12:30pm	\$378.82
60336	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	12:30pm-1:00pm	\$378.82
60337	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	12:30pm-1:00pm	\$378.82
60338	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	1:00pm-1:30pm	\$378.82
60339	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	1:30pm-2:00pm	\$378.82

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.

8 classes

Anne Ottenbrite Pool

\$90.78

59550	Mon	Apr 14-Jun 16	5:30pm-6:00pm
59552	Mon	Apr 14-Jun 16	6:00pm-6:30pm

59553	Mon	Apr 14-Jun 16	7:30pm-8:00pm
59554	Mon	Apr 14-Jun 16	8:00pm-8:30pm
59555	Tue	Apr 15-Jun 3	6:00pm-6:30pm
59556	Tue	Apr 15-Jun 3	7:00pm-7:30pm
59557	Tue	Apr 15-Jun 3	8:00pm-8:30pm
59558	Wed	Apr 16-Jun 4	6:00pm-6:30pm
59559	Wed	Apr 16-Jun 4	6:30pm-7:00pm
59560	Wed	Apr 16-Jun 4	7:00pm-7:30pm
59561	Wed	Apr 16-Jun 4	7:30pm-8:00pm
59562	Thu	Apr 17-Jun 5	6:00pm-6:30pm
59563	Thu	Apr 17-Jun 5	7:00pm-7:30pm
59564	Thu	Apr 17-Jun 5	8:00pm-8:30pm
59565	Thu	Apr 17-Jun 5	8:00pm-8:30pm
59566	Sat	Apr 26-Jun 21	10:00am-10:30am
59567	Sat	Apr 26-Jun 21	11:00am-11:30am
59568	Sat	Apr 26-Jun 21	12:00pm-12:30pm
59569	Sun	Apr 27-Jun 22	9:00am-9:30am
59570	Sun	Apr 27-Jun 22	10:00am-10:30am
59571	Sun	Apr 27-Jun 22	11:00am-11:30am
59572	Sun	Apr 27-Jun 22	12:00pm-12:30pm
59573	Sun	Apr 27-Jun 22	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

\$113.48

59837	Mon	Mar 31-Jun 16	4:30pm-5:00pm
59862	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59863	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59864	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59865	Mon	Mar 31-Jun 16	6:30pm-7:00pm

59866	Mon	Mar 31-Jun 16	6:30pm-7:00pm
59867	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59932	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59933	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59934	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59935	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59936	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59937	Tue	Apr 1-Jun 3	6:30pm-7:00pm
59938	Tue	Apr 1-Jun 3	6:30pm-7:00pm
60021	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60022	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60023	Wed	Apr 2-Jun 4	5:00pm-5:30pm
60024	Wed	Apr 2-Jun 4	5:30pm-6:00pm
60025	Wed	Apr 2-Jun 4	5:30pm-6:00pm
60026	Wed	Apr 2-Jun 4	6:00pm-6:30pm
60027	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60028	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60029	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60030	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60073	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60074	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60075	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60076	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60077	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60078	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60079	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60158	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60159	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60160	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60161	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60162	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60163	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60164	Fri	Apr 4-Jun 13	6:30pm-7:00pm

60165	Fri	Apr 4-Jun 13	6:30pm-7:00pm
60222	Sat	Apr 5-Jun 21	9:00am-9:30am
60223	Sat	Apr 5-Jun 21	9:00am-9:30am
60224	Sat	Apr 5-Jun 21	9:30am-10:00am
60225	Sat	Apr 5-Jun 21	10:00am-10:30am
60226	Sat	Apr 5-Jun 21	10:30am-11:00am
60227	Sat	Apr 5-Jun 21	11:00am-11:30am
60228	Sat	Apr 5-Jun 21	11:30am-12:00pm
60229	Sat	Apr 5-Jun 21	11:30am-12:00pm
60311	Sun	Apr 6-Jun 22	9:00am-9:30am
60312	Sun	Apr 6-Jun 22	9:30am-10:00am
60313	Sun	Apr 6-Jun 22	10:00am-10:30am
60314	Sun	Apr 6-Jun 22	10:30am-11:00am
60315	Sun	Apr 6-Jun 22	11:00am-11:30am
60316	Sun	Apr 6-Jun 22	11:30am-12:00pm
60317	Sun	Apr 6-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$90.78

59551	Mon	Apr 14-Jun 16	6:30pm-7:00pm
59574	Mon	Apr 14-Jun 16	7:00pm-7:30pm
59575	Mon	Apr 14-Jun 16	7:30pm-8:00pm
59576	Mon	Apr 14-Jun 16	8:00pm-8:30pm
59577	Mon	Apr 14-Jun 16	8:00pm-8:30pm
59578	Tue	Apr 15-Jun 3	6:30pm-7:00pm
59579	Tue	Apr 15-Jun 3	7:00pm-7:30pm
59580	Tue	Apr 15-Jun 3	7:30pm-8:00pm
59581	Tue	Apr 15-Jun 3	8:00pm-8:30pm
59582	Wed	Apr 16-Jun 4	5:30pm-6:00pm

59583	Wed	Apr 16-Jun 4	6:00pm-6:30pm
59584	Wed	Apr 16-Jun 4	7:00pm-7:30pm
59585	Wed	Apr 16-Jun 4	7:00pm-7:30pm
59586	Wed	Apr 16-Jun 4	7:30pm-8:00pm
59587	Thu	Apr 17-Jun 5	6:30pm-7:00pm
59588	Thu	Apr 17-Jun 5	7:00pm-7:30pm
59589	Thu	Apr 17-Jun 5	7:30pm-8:00pm
59590	Thu	Apr 17-Jun 5	8:00pm-8:30pm
59591	Sat	Apr 26-Jun 21	9:00am-9:30am
59592	Sat	Apr 26-Jun 21	10:30am-11:00am
59593	Sat	Apr 26-Jun 21	11:30am-12:00pm
59594	Sun	Apr 27-Jun 22	10:30am-11:00am
59595	Sun	Apr 27-Jun 22	11:00am-11:30am
59596	Sun	Apr 27-Jun 22	11:30am-12:00pm
59597	Sun	Apr 27-Jun 22	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

\$113.48

59838	Mon	Mar 31-Jun 16	4:30pm-5:00pm
59869	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59870	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59871	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59872	Mon	Mar 31-Jun 16	6:30pm-7:00pm
59873	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59939	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59940	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59941	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59942	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59943	Tue	Apr 1-Jun 3	6:30pm-7:00pm

60033	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60034	Wed	Apr 2-Jun 4	5:00pm-5:30pm
60035	Wed	Apr 2-Jun 4	5:30pm-6:00pm
60036	Wed	Apr 2-Jun 4	6:00pm-6:30pm
60037	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60038	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60039	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60040	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60080	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60081	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60082	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60083	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60084	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60085	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60166	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60167	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60168	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60169	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60170	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60171	Fri	Apr 4-Jun 13	6:30pm-7:00pm
60230	Sat	Apr 5-Jun 21	9:00am-9:30am
60231	Sat	Apr 5-Jun 21	9:30am-10:00am
60232	Sat	Apr 5-Jun 21	10:00am-10:30am
60233	Sat	Apr 5-Jun 21	10:30am-11:00am
60234	Sat	Apr 5-Jun 21	10:30am-11:00am
60235	Sat	Apr 5-Jun 21	11:00am-11:30am
60236	Sat	Apr 5-Jun 21	11:30am-12:00pm
60320	Sun	Apr 6-Jun 22	9:00am-9:30am
60321	Sun	Apr 6-Jun 22	9:30am-10:00am
60322	Sun	Apr 6-Jun 22	10:00am-10:30am
60323	Sun	Apr 6-Jun 22	10:30am-11:00am
60324	Sun	Apr 6-Jun 22	11:00am-11:30am
60325	Sun	Apr 6-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$93.43

59598	Mon	Apr 14-Jun 16	5:30pm-6:15pm
59609	Mon	Apr 14-Jun 16	6:15pm-7:00pm
59610	Mon	Apr 14-Jun 16	7:00pm-7:45pm
59611	Tue	Apr 15-Jun 3	6:00pm-6:45pm
59612	Tue	Apr 15-Jun 3	6:45pm-7:30pm
59613	Tue	Apr 15-Jun 3	7:30pm-8:15pm
59614	Wed	Apr 16-Jun 4	5:30pm-6:15pm
59615	Wed	Apr 16-Jun 4	6:15pm-7:00pm
59616	Wed	Apr 16-Jun 4	7:00pm-7:45pm
59617	Thu	Apr 17-Jun 5	6:00pm-6:45pm
59618	Thu	Apr 17-Jun 5	6:45pm-7:30pm
59619	Thu	Apr 17-Jun 5	7:30pm-8:15pm
59620	Sat	Apr 26-Jun 21	9:00am-9:45am
59621	Sat	Apr 26-Jun 21	9:45am-10:30am
59622	Sat	Apr 26-Jun 21	10:30am-11:15am
59623	Sat	Apr 26-Jun 21	11:15am-12:00pm
59624	Sun	Apr 27-Jun 22	9:00am-9:45am
59625	Sun	Apr 27-Jun 22	10:30am-11:15am
59626	Sun	Apr 27-Jun 22	11:15am-12:00pm
59627	Sun	Apr 27-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$93.43

59599	Mon	Apr 14-Jun 16	5:30pm-6:15pm
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59628	Mon	Apr 14-Jun 16	6:15pm-7:00pm
59629	Mon	Apr 14-Jun 16	7:00pm-7:45pm
59630	Mon	Apr 14-Jun 16	7:45pm-8:30pm
59631	Tue	Apr 15-Jun 3	6:00pm-6:45pm
59632	Tue	Apr 15-Jun 3	6:45pm-7:30pm
59633	Tue	Apr 15-Jun 3	7:30pm-8:15pm
59634	Wed	Apr 16-Jun 4	5:30pm-6:15pm
59635	Wed	Apr 16-Jun 4	6:15pm-7:00pm
59636	Wed	Apr 16-Jun 4	7:00pm-7:45pm
59637	Thu	Apr 17-Jun 5	6:00pm-6:45pm
59638	Thu	Apr 17-Jun 5	6:45pm-7:30pm
59639	Thu	Apr 17-Jun 5	7:30pm-8:15pm
59640	Thu	Apr 17-Jun 5	7:30pm-8:15pm
59641	Sat	Apr 26-Jun 21	9:00am-9:45am
59642	Sat	Apr 26-Jun 21	10:30am-11:15am
59643	Sat	Apr 26-Jun 21	11:15am-12:00pm
59644	Sat	Apr 26-Jun 21	12:00pm-12:45pm
59645	Sun	Apr 27-Jun 22	9:00am-9:45am
59646	Sun	Apr 27-Jun 22	9:45am-10:30am
59647	Sun	Apr 27-Jun 22	10:30am-11:15am
59648	Sun	Apr 27-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$93.43

59600	Mon	Apr 14-Jun 16	5:30pm-6:15pm
59649	Mon	Apr 14-Jun 16	7:00pm-7:45pm
59650	Mon	Apr 14-Jun 16	7:45pm-8:30pm
59651	Tue	Apr 15-Jun 3	6:00pm-6:45pm
59652	Tue	Apr 15-Jun 3	6:45pm-7:30pm

59653	Tue	Apr 15-Jun 3	7:30pm-8:15pm
59654	Wed	Apr 16-Jun 4	5:30pm-6:15pm
59655	Wed	Apr 16-Jun 4	6:15pm-7:00pm
59656	Wed	Apr 16-Jun 4	7:00pm-7:45pm
59657	Thu	Apr 17-Jun 5	6:00pm-6:45pm
59658	Thu	Apr 17-Jun 5	6:45pm-7:30pm
59659	Thu	Apr 17-Jun 5	7:30pm-8:15pm
59660	Sat	Apr 26-Jun 21	9:00am-9:45am
59661	Sat	Apr 26-Jun 21	9:45am-10:30am
59662	Sat	Apr 26-Jun 21	10:30am-11:15am
59663	Sat	Apr 26-Jun 21	12:00pm-12:45pm
59664	Sun	Apr 27-Jun 22	9:00am-9:45am
59665	Sun	Apr 27-Jun 22	9:45am-10:30am
59666	Sun	Apr 27-Jun 22	11:15am-12:00pm
59667	Sun	Apr 27-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$93.43

59601	Mon	Apr 14-Jun 16	6:15pm-7:00pm
59668	Mon	Apr 14-Jun 16	7:45pm-8:30pm
59669	Tue	Apr 15-Jun 3	6:00pm-6:45pm
59670	Tue	Apr 15-Jun 3	6:45pm-7:30pm
59671	Tue	Apr 15-Jun 3	7:30pm-8:15pm
59672	Wed	Apr 16-Jun 4	5:30pm-6:15pm
59673	Wed	Apr 16-Jun 4	6:15pm-7:00pm
59674	Wed	Apr 16-Jun 4	7:00pm-7:45pm
59675	Thu	Apr 17-Jun 5	6:00pm-6:45pm
59676	Thu	Apr 17-Jun 5	6:45pm-7:30pm

59677	Thu	Apr 17-Jun 5	7:30pm-8:15pm
59678	Sat	Apr 26-Jun 21	9:45am-10:30am
59679	Sat	Apr 26-Jun 21	11:15am-12:00pm
59680	Sat	Apr 26-Jun 21	12:00pm-12:45pm
59681	Sun	Apr 27-Jun 22	9:45am-10:30am
59682	Sun	Apr 27-Jun 22	10:30am-11:15am
59683	Sun	Apr 27-Jun 22	12:00pm-12:45pm

Children Private Swimming Lessons

Private Swimming Lessons- AOP (#@)

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

8 classes		Anne Ottenbrite Pool	\$303.06
59748	Mon	Apr 14-Jun 16	6:00pm-6:30pm
59749	Mon	Apr 14-Jun 16	7:00pm-7:30pm
59750	Thu	Apr 17-Jun 5	6:00pm-6:30pm
59751	Thu	Apr 17-Jun 5	6:30pm-7:00pm
59752	Thu	Apr 17-Jun 5	7:00pm-7:30pm
59753	Thu	Apr 17-Jun 5	7:30pm-8:00pm
59754	Sat	Apr 26-Jun 21	9:30am-10:00am
59755	Sat	Apr 26-Jun 21	10:00am-10:30am
59756	Sat	Apr 26-Jun 21	10:30am-11:00am
59757	Sat	Apr 26-Jun 21	11:00am-11:30am
59758	Sat	Apr 26-Jun 21	11:30am-12:00pm
59759	Sat	Apr 26-Jun 21	12:00pm-12:30pm
59760	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59761	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59762	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59763	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59764	Sat	Apr 26-Jun 21	5:00pm-5:30pm
59765	Sat	Apr 26-Jun 21	5:00pm-5:30pm

59766	Sat	Apr 26-Jun 21	5:00pm-5:30pm
59767	Sat	Apr 26-Jun 21	5:00pm-5:30pm
59768	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59769	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59770	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59771	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59772	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59773	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59774	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59775	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59776	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59777	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59778	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59779	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59780	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59781	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59782	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59783	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59784	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59785	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59786	Sun	Apr 27-Jun 22	9:00am-9:30am
59787	Sun	Apr 27-Jun 22	11:00am-11:30am
59788	Sun	Apr 27-Jun 22	11:30am-12:00pm
59789	Sun	Apr 27-Jun 22	12:00pm-12:30pm
59790	Sun	Apr 27-Jun 22	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

\$378.82

59842	Mon	Mar 31-Jun 16	4:00pm-4:30pm
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59874	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59875	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59876	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59877	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59878	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59879	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59880	Mon	Mar 31-Jun 16	4:00pm-4:30pm
59881	Mon	Mar 31-Jun 16	4:30pm-5:00pm
59882	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59883	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59884	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59919	Tue	Apr 1-Jun 3	11:00am-11:30am
59920	Tue	Apr 1-Jun 3	1:30pm-2:00pm
59944	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59945	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59946	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59947	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59948	Tue	Apr 1-Jun 3	6:30pm-7:00pm
60042	Wed	Apr 2-Jun 4	9:30am-10:00am
60043	Wed	Apr 2-Jun 4	10:00am-10:30am
60086	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60087	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60088	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60089	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60090	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60173	Fri	Apr 4-Jun 13	10:00am-10:30am
60174	Fri	Apr 4-Jun 13	10:30am-11:00am
60175	Fri	Apr 4-Jun 13	11:00am-11:30am
60176	Fri	Apr 4-Jun 13	11:00am-11:30am
60177	Fri	Apr 4-Jun 13	2:30pm-3:00pm
60178	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60179	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60180	Fri	Apr 4-Jun 13	6:30pm-7:00pm

60328	Sun	Apr 6-Jun 22	12:00pm-12:30pm
60329	Sun	Apr 6-Jun 22	12:00pm-12:30pm
60330	Sun	Apr 6-Jun 22	12:30pm-1:00pm
60331	Sun	Apr 6-Jun 22	12:30pm-1:00pm
60332	Sun	Apr 6-Jun 22	1:00pm-1:30pm
60333	Sun	Apr 6-Jun 22	1:00pm-1:30pm
60334	Sun	Apr 6-Jun 22	1:30pm-2:00pm
60335	Sun	Apr 6-Jun 22	1:30pm-2:00pm

Children Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@)

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

8 classes		Anne Ottenbrite Pool	\$185.13
59684	Mon	Apr 14-Jun 16	5:30pm-6:00pm
59698	Sat	Apr 26-Jun 21	9:00am-9:30am
59699	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59700	Sat	Apr 26-Jun 21	5:00pm-5:30pm
59701	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59702	Sun	Apr 27-Jun 22	9:00am-9:30am

Semi-Private Swimmer 1 - CRC (#@)

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

10 classes		Whitby Civic Rec	\$231.41
59835	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59868	Mon	Mar 31-Jun 16	7:00pm-7:30pm
60031	Wed	Apr 2-Jun 4	6:00pm-6:30pm
60032	Wed	Apr 2-Jun 4	7:00pm-7:30pm

60318	Sun	Apr 6-Jun 22	12:00pm-12:30pm
60319	Sun	Apr 6-Jun 22	1:00pm-1:30pm

Semi-Private Swimmer 2 - AOP (#@)

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

8 classes		Anne Ottenbrite Pool	\$185.13
59685	Mon	Apr 14-Jun 16	6:00pm-6:30pm
59703	Sat	Apr 26-Jun 21	9:30am-10:00am
59704	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59705	Sat	Apr 26-Jun 21	5:00pm-5:30pm
59706	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59707	Sun	Apr 27-Jun 22	9:30am-10:00am

Semi-Private Swimmer 2 - CRC (#@)

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

10 classes		Whitby Civic Rec	\$231.41
59836	Mon	Mar 31-Jun 16	6:30pm-7:00pm
60041	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60172	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60326	Sun	Apr 6-Jun 22	12:30pm-1:00pm
60327	Sun	Apr 6-Jun 22	1:30pm-2:00pm

Semi-Private Swimmer 3 - AOP (#@)

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

8 classes		Anne Ottenbrite Pool	\$185.13
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59686	Mon	Apr 14-Jun 16	6:30pm-7:00pm
59708	Sat	Apr 26-Jun 21	10:00am-10:30am
59709	Sat	Apr 26-Jun 21	5:00pm-5:30pm
59710	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59711	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59712	Sun	Apr 27-Jun 22	10:00am-10:30am

Semi-Private Swimmer 4 - AOP (#@)

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

8 classes

Anne Ottenbrite Pool

\$185.13

59687	Mon	Apr 14-Jun 16	7:00pm-7:30pm
59713	Sat	Apr 26-Jun 21	10:30am-11:00a
59714	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59715	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59716	Sun	Apr 27-Jun 22	10:30am-11:00am

Semi-Private Swimmer 5- AOP (#@)

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

8 classes

Anne Ottenbrite Pool

\$185.13

59688	Mon	Apr 14-Jun 16	7:30pm-8:00pm
59717	Sat	Apr 26-Jun 21	11:00am-11:30am
59718	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59719	Sat	Apr 26-Jun 21	7:00pm-7:30pm
59723	Sun	Apr 27-Jun 22	11:00am-11:30am

Semi-Private Swimmer 6 - AOP (#@)

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

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

8 classes		Anne Ottenbrite Pool	\$185.13
59689	Mon	Apr 14-Jun 16	8:00pm-8:30pm
59720	Sat	Apr 26-Jun 21	11:30am-12:00pm
59721	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59722	Sun	Apr 27-Jun 22	11:30am-12:00pm

Preschool Group Swimming Lessons

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

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

8 classes		Anne Ottenbrite Pool	\$90.78
59470	Mon	Apr 14-Jun 16	5:30pm-6:00pm
59473	Tue	Apr 15-Jun 3	6:00pm-6:30pm
59474	Wed	Apr 16-Jun 4	5:30pm-6:00pm
59475	Sat	Apr 26-Jun 21	9:00am-9:30am
59476	Sun	Apr 27-Jun 22	9:00am-9:30am

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

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	\$113.48
59826	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59885	Tue	Apr 1-Jun 3	9:30am-10:00am
59886	Tue	Apr 1-Jun 3	1:30pm-2:00pm
59887	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59980	Wed	Apr 2-Jun 4	10:30am-11:00am
59981	Wed	Apr 2-Jun 4	2:00pm-2:30pm
59982	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60051	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60119	Fri	Apr 4-Jun 13	9:30am-10:00am

60120	Fri	Apr 4-Jun 13	1:30pm-2:00pm
60122	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60189	Sat	Apr 5-Jun 21	9:00am-9:30am
60190	Sat	Apr 5-Jun 21	10:30am-11:00am
60271	Sun	Apr 6-Jun 22	9:30am-10:00am
60272	Sun	Apr 6-Jun 22	10:30am-11:00am

Parent and Tot 2 - AOP (%) 12mos-24mos

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.

8 classes		Anne Ottenbrite Pool	\$90.78
59471	Mon	Apr 14-Jun 16	6:00pm-6:30pm
59477	Tue	Apr 15-Jun 3	6:30pm-7:00pm
59478	Wed	Apr 16-Jun 4	6:00pm-6:30pm
59479	Sat	Apr 26-Jun 21	9:30am-10:00am
59480	Sun	Apr 27-Jun 22	9:30am-10:00am

Parent and Tot 2 - CRC (%) 12mos-24mos

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	\$113.48
59827	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59845	Mon	Mar 31-Jun 16	6:30pm-7:00pm
59888	Tue	Apr 1-Jun 3	10:00am-10:30am
59889	Tue	Apr 1-Jun 3	11:00am-11:30am
59890	Tue	Apr 1-Jun 3	2:00pm-2:30pm
59891	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59892	Tue	Apr 1-Jun 3	6:30pm-7:00pm
59983	Wed	Apr 2-Jun 4	9:30am-10:00am
59984	Wed	Apr 2-Jun 4	1:30pm-2:00pm
59985	Wed	Apr 2-Jun 4	2:00pm-2:30pm
59986	Wed	Apr 2-Jun 4	5:00pm-5:30pm
60052	Thu	Apr 3-Jun 5	6:00pm-6:30pm

60123	Fri	Apr 4-Jun 13	10:00am-10:30am
60124	Fri	Apr 4-Jun 13	2:00pm-2:30pm
60125	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60191	Sat	Apr 5-Jun 21	9:30am-10:00am
60192	Sat	Apr 5-Jun 21	11:00am-11:30am
60273	Sun	Apr 6-Jun 22	10:00am-10:30am
60274	Sun	Apr 6-Jun 22	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.

8 classes		Anne Ottenbrite Pool	\$90.78
59472	Mon	Apr 14-Jun 16	6:30pm-7:00pm
59481	Tue	Apr 15-Jun 3	7:00pm-7:30pm
59482	Wed	Apr 16-Jun 4	6:30pm-7:00pm
59483	Sat	Apr 26-Jun 21	10:00am-10:30am
59484	Sun	Apr 27-Jun 22	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	\$113.48
59828	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59893	Tue	Apr 1-Jun 3	10:30am-11:00am
59894	Tue	Apr 1-Jun 3	11:00am-11:30am
59895	Tue	Apr 1-Jun 3	2:00pm-2:30pm
59896	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59987	Wed	Apr 2-Jun 4	10:00am-10:30am
59988	Wed	Apr 2-Jun 4	1:30pm-2:00pm
59989	Wed	Apr 2-Jun 4	5:30pm-6:00pm
60053	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60126	Fri	Apr 4-Jun 13	10:30am-11:00am
60127	Fri	Apr 4-Jun 13	2:00pm-2:30pm

60130	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60131	Fri	Apr 4-Jun 13	6:30pm-7:00pm
60193	Sat	Apr 5-Jun 21	10:00am-10:30am
60194	Sat	Apr 5-Jun 21	11:30am-12:00pm
60275	Sun	Apr 6-Jun 22	9:00am-9:30am
60276	Sun	Apr 6-Jun 22	11:30am-12:00pm

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.

8 classes

Anne Ottenbrite Pool

\$90.78

59485	Mon	Apr 14-Jun 16	5:30pm-6:00pm
59494	Mon	Apr 14-Jun 16	6:00pm-6:30pm
59495	Tue	Apr 15-Jun 3	6:00pm-6:30pm
59496	Tue	Apr 15-Jun 3	6:30pm-7:00pm
59497	Tue	Apr 15-Jun 3	7:30pm-8:00pm
59498	Wed	Apr 16-Jun 4	5:30pm-6:00pm
59499	Wed	Apr 16-Jun 4	6:30pm-7:00pm
59500	Thu	Apr 17-Jun 5	6:00pm-6:30pm
59501	Thu	Apr 17-Jun 5	6:30pm-7:00pm
59502	Sat	Apr 26-Jun 21	9:00am-9:30am
59503	Sat	Apr 26-Jun 21	10:00am-10:30am
59504	Sat	Apr 26-Jun 21	12:00pm-12:30pm
59505	Sun	Apr 27-Jun 22	9:00am-9:30am
59506	Sun	Apr 27-Jun 22	10:00am-10:30am
59507	Sun	Apr 27-Jun 22	10:30am-11:00am
59508	Sun	Apr 27-Jun 22	11:00am-11:30am
59509	Sun	Apr 27-Jun 22	12:00pm-12:30pm
60485	Sun	Apr 27-Jun 22	12:30pm-1:00pm

Preschool 1 – CRC

3-5yrs

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

10 classes

Whitby Civic Rec

\$113.48

59816	Mon	Mar 31-Jun 16	4:30pm-5:00pm
59846	Mon	Mar 31-Jun 16	4:30pm-5:00pm
59847	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59848	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59849	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59850	Mon	Mar 31-Jun 16	6:30pm-7:00pm
59851	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59897	Tue	Apr 1-Jun 3	9:30am-10:00am
59898	Tue	Apr 1-Jun 3	10:00am-10:30am
59899	Tue	Apr 1-Jun 3	10:30am-11:00am
59900	Tue	Apr 1-Jun 3	1:30pm-2:00pm
59901	Tue	Apr 1-Jun 3	2:30pm-3:00pm
59902	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59903	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59904	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59905	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59906	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59907	Tue	Apr 1-Jun 3	6:30pm-7:00pm
59990	Wed	Apr 2-Jun 4	9:30am-10:00am
59991	Wed	Apr 2-Jun 4	11:00am-11:30am
59992	Wed	Apr 2-Jun 4	2:30pm-3:00pm
59993	Wed	Apr 2-Jun 4	4:30pm-5:00pm
59994	Wed	Apr 2-Jun 4	5:00pm-5:30pm
59995	Wed	Apr 2-Jun 4	5:30pm-6:00pm
59996	Wed	Apr 2-Jun 4	5:30pm-6:00pm
59997	Wed	Apr 2-Jun 4	6:00pm-6:30pm
59998	Wed	Apr 2-Jun 4	6:00pm-6:30pm

59999	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60000	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60054	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60055	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60056	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60057	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60058	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60059	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60060	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60132	Fri	Apr 4-Jun 13	9:30am-10:00am
60133	Fri	Apr 4-Jun 13	10:00am-10:30am
60134	Fri	Apr 4-Jun 13	1:30pm-2:00pm
60135	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60136	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60137	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60138	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60139	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60140	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60141	Fri	Apr 4-Jun 13	6:30pm-7:00pm
60195	Sat	Apr 5-Jun 21	9:00am-9:30am
60196	Sat	Apr 5-Jun 21	9:00am-9:30am
60197	Sat	Apr 5-Jun 21	9:30am-10:00am
60198	Sat	Apr 5-Jun 21	10:00am-10:30am
60199	Sat	Apr 5-Jun 21	10:00am-10:30am
60200	Sat	Apr 5-Jun 21	10:30am-11:00am
60201	Sat	Apr 5-Jun 21	11:00am-11:30am
60202	Sat	Apr 5-Jun 21	11:00am-11:30am
60203	Sat	Apr 5-Jun 21	11:30am-12:00pm
60277	Sun	Apr 6-Jun 22	9:00am-9:30am
60278	Sun	Apr 6-Jun 22	9:00am-9:30am
60279	Sun	Apr 6-Jun 22	9:30am-10:00am
60280	Sun	Apr 6-Jun 22	9:30am-10:00am
60281	Sun	Apr 6-Jun 22	10:00am-10:30am

60282	Sun	Apr 6-Jun 22	10:00am-10:30am
60283	Sun	Apr 6-Jun 22	10:30am-11:00am
60284	Sun	Apr 6-Jun 22	11:00am-11:30am
60285	Sun	Apr 6-Jun 22	11:00am-11:30am
60286	Sun	Apr 6-Jun 22	11:30am-12:00pm
60287	Sun	Apr 6-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$90.78

59486	Mon	Apr 14-Jun 16	5:30pm-6:00pm
59511	Mon	Apr 14-Jun 16	6:30pm-7:00pm
59512	Mon	Apr 14-Jun 16	7:30pm-8:00pm
59513	Tue	Apr 15-Jun 3	6:30pm-7:00pm
59514	Tue	Apr 15-Jun 3	7:00pm-7:30pm
59515	Wed	Apr 16-Jun 4	5:30pm-6:00pm
59516	Wed	Apr 16-Jun 4	6:30pm-7:00pm
59517	Thu	Apr 17-Jun 5	6:30pm-7:00pm
59518	Sat	Apr 26-Jun 21	9:00am-9:30am
59519	Sat	Apr 26-Jun 21	9:30am-10:00am
59520	Sat	Apr 26-Jun 21	10:30am-11:00am
59521	Sun	Apr 27-Jun 22	9:30am-10:00am
59522	Sun	Apr 27-Jun 22	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

\$113.48

59817	Mon	Mar 31-Jun 16	4:30pm-5:00pm
59852	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59853	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59854	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59855	Mon	Mar 31-Jun 16	6:30pm-7:00pm
59856	Mon	Mar 31-Jun 16	7:00pm-7:30pm
59908	Tue	Apr 1-Jun 3	9:30am-10:00am
59909	Tue	Apr 1-Jun 3	10:00am-10:30am
59910	Tue	Apr 1-Jun 3	10:30am-11:00am
59911	Tue	Apr 1-Jun 3	1:30pm-2:00pm
59912	Tue	Apr 1-Jun 3	2:30pm-3:00pm
59913	Tue	Apr 1-Jun 3	4:30pm-5:00pm
59914	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59915	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59916	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59917	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59918	Tue	Apr 1-Jun 3	6:30pm-7:00pm
60002	Wed	Apr 2-Jun 4	9:30am-10:00am
60003	Wed	Apr 2-Jun 4	10:00am-10:30am
60004	Wed	Apr 2-Jun 4	2:30pm-3:00pm
60005	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60006	Wed	Apr 2-Jun 4	5:00pm-5:30pm
60007	Wed	Apr 2-Jun 4	5:30pm-6:00pm
60008	Wed	Apr 2-Jun 4	6:00pm-6:30pm
60009	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60061	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60062	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60063	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60064	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60065	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60066	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60142	Fri	Apr 4-Jun 13	9:30am-10:00am
60143	Fri	Apr 4-Jun 13	10:00am-10:30am

60144	Fri	Apr 4-Jun 13	2:00pm-2:30pm
60145	Fri	Apr 4-Jun 13	4:30pm-5:00pm
60146	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60147	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60148	Fri	Apr 4-Jun 13	6:00pm-6:30pm
60149	Fri	Apr 4-Jun 13	6:30pm-7:00pm
60204	Sat	Apr 5-Jun 21	9:00am-9:30am
60205	Sat	Apr 5-Jun 21	9:30am-10:00am
60206	Sat	Apr 5-Jun 21	9:30am-10:00am
60207	Sat	Apr 5-Jun 21	10:00am-10:30am
60208	Sat	Apr 5-Jun 21	10:30am-11:00am
60209	Sat	Apr 5-Jun 21	10:30am-11:00am
60210	Sat	Apr 5-Jun 21	11:00am-11:30am
60211	Sat	Apr 5-Jun 21	11:30am-12:00pm
60212	Sat	Apr 5-Jun 21	11:30am-12:00pm
60290	Sun	Apr 6-Jun 22	9:00am-9:30am
60291	Sun	Apr 6-Jun 22	9:30am-10:00am
60292	Sun	Apr 6-Jun 22	9:30am-10:00am
60293	Sun	Apr 6-Jun 22	10:00am-10:30am
60294	Sun	Apr 6-Jun 22	10:30am-11:00am
60295	Sun	Apr 6-Jun 22	10:30am-11:00am
60296	Sun	Apr 6-Jun 22	11:00am-11:30am
60297	Sun	Apr 6-Jun 22	11:00am-11:30am
60298	Sun	Apr 6-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$90.78

59487	Mon	Apr 14-Jun 16	7:00pm-7:30pm
59523	Tue	Apr 15-Jun 3	6:00pm-6:30pm

59524	Tue	Apr 15-Jun 3	7:30pm-8:00pm
59525	Wed	Apr 16-Jun 4	6:00pm-6:30pm
59526	Wed	Apr 16-Jun 4	7:00pm-7:30pm
59527	Thu	Apr 17-Jun 5	6:00pm-6:30pm
59528	Thu	Apr 17-Jun 5	7:30pm-8:00pm
59529	Sat	Apr 26-Jun 21	9:30am-10:00am
59530	Sat	Apr 26-Jun 21	10:30am-11:00am
59531	Sat	Apr 26-Jun 21	11:30am-12:00pm
59532	Sun	Apr 27-Jun 22	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

\$113.48

59818	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59857	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59858	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59859	Mon	Mar 31-Jun 16	6:30pm-7:00pm
59925	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59926	Tue	Apr 1-Jun 3	5:30pm-6:00pm
59927	Tue	Apr 1-Jun 3	6:00pm-6:30pm
59928	Tue	Apr 1-Jun 3	6:30pm-7:00pm
60011	Wed	Apr 2-Jun 4	10:00am-10:30am
60012	Wed	Apr 2-Jun 4	5:00pm-5:30pm
60013	Wed	Apr 2-Jun 4	6:00pm-6:30pm
60014	Wed	Apr 2-Jun 4	6:30pm-7:00pm
60067	Thu	Apr 3-Jun 5	4:30pm-5:00pm
60068	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60069	Thu	Apr 3-Jun 5	6:00pm-6:30pm
60151	Fri	Apr 4-Jun 13	2:30pm-3:00pm
60152	Fri	Apr 4-Jun 13	4:30pm-5:00pm

60153	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60154	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60155	Fri	Apr 4-Jun 13	6:30pm-7:00pm
60213	Sat	Apr 5-Jun 21	9:00am-9:30am
60214	Sat	Apr 5-Jun 21	9:30am-10:00am
60215	Sat	Apr 5-Jun 21	10:00am-10:30am
60216	Sat	Apr 5-Jun 21	10:30am-11:00am
60217	Sat	Apr 5-Jun 21	11:30am-12:00pm
60300	Sun	Apr 6-Jun 22	9:00am-9:30am
60301	Sun	Apr 6-Jun 22	9:30am-10:00am
60302	Sun	Apr 6-Jun 22	10:00am-10:30am
60303	Sun	Apr 6-Jun 22	10:30am-11:00am
60304	Sun	Apr 6-Jun 22	11:00am-11:30am
60305	Sun	Apr 6-Jun 22	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.

8 classes

Anne Ottenbrite Pool

\$90.78

59488	Mon	Apr 14-Jun 16	6:30pm-7:00pm
59533	Wed	Apr 16-Jun 4	7:30pm-8:00pm
59534	Thu	Apr 17-Jun 5	7:00pm-7:30pm
59535	Sat	Apr 26-Jun 21	11:00am-11:30am
59536	Sun	Apr 27-Jun 22	10:00am-10:30am
59537	Sun	Apr 27-Jun 22	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

\$113.48

59819	Mon	Mar 31-Jun 16	4:30pm-5:00pm
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59860	Mon	Mar 31-Jun 16	5:00pm-5:30pm
59861	Mon	Mar 31-Jun 16	6:00pm-6:30pm
59929	Tue	Apr 1-Jun 3	5:00pm-5:30pm
59930	Tue	Apr 1-Jun 3	6:00pm-6:30pm
60015	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60016	Wed	Apr 2-Jun 4	5:00pm-5:30pm
60017	Wed	Apr 2-Jun 4	6:00pm-6:30pm
60018	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60070	Thu	Apr 3-Jun 5	5:00pm-5:30pm
60071	Thu	Apr 3-Jun 5	6:30pm-7:00pm
60156	Fri	Apr 4-Jun 13	5:00pm-5:30pm
60218	Sat	Apr 5-Jun 21	10:00am-10:30am
60219	Sat	Apr 5-Jun 21	11:00am-11:30am
60308	Sun	Apr 6-Jun 22	9:00am-9:30am
60309	Sun	Apr 6-Jun 22	10:00am-10:30am

Preschool 5 – AOP

3-5yrs

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

8 classes

Anne Ottenbrite Pool

\$90.78

59489	Mon	Apr 14-Jun 16	7:00pm-7:30pm
59538	Tue	Apr 15-Jun 3	8:00pm-8:30pm
59539	Wed	Apr 16-Jun 4	7:30pm-8:00pm
59540	Sat	Apr 26-Jun 21	12:00pm-12:30pm
59541	Sun	Apr 27-Jun 22	11:30am-12:00pm

Preschool 5 – CRC

3-5yrs

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

10 classes

Whitby Civic Rec

\$113.48

59820	Mon	Mar 31-Jun 16	5:30pm-6:00pm
59931	Tue	Apr 1-Jun 3	5:30pm-6:00pm
60019	Wed	Apr 2-Jun 4	5:30pm-6:00pm
60020	Wed	Apr 2-Jun 4	7:00pm-7:30pm
60072	Thu	Apr 3-Jun 5	5:30pm-6:00pm
60157	Fri	Apr 4-Jun 13	5:30pm-6:00pm
60220	Sat	Apr 5-Jun 21	9:30am-10:00am
60221	Sat	Apr 5-Jun 21	11:00am-11:30am
60310	Sun	Apr 6-Jun 22	10:30am-11:00am

Preschool 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.

8 classes		Anne Ottenbrite Pool	\$185.13
59490	Sat	Apr 26-Jun 21	11:00am-11:30am
59542	Sat	Apr 26-Jun 21	4:30pm-5:00pm
59543	Sat	Apr 26-Jun 21	5:30pm-6:00pm
59544	Sat	Apr 26-Jun 21	6:30pm-7:00pm
59791	Sat	Apr 26-Jun 21	6:00pm-6:30pm
59545	Sun	Apr 27-Jun 22	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	\$231.41
59821	Mon	Mar 31-Jun 16	4:30pm-5:00pm
60001	Wed	Apr 2-Jun 4	4:30pm-5:00pm
60288	Sun	Apr 6-Jun 22	12:00pm-12:30pm

[60289](#)

Sun

Apr 6-Jun 22

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.

8 classes

Anne Ottenbrite Pool

\$185.13

[59491](#)

Sat

Apr 26-Jun 21

11:30am-12:00pm

[59546](#)

Sat

Apr 26-Jun 21

4:30pm-5:00pm

[59547](#)

Sat

Apr 26-Jun 21

6:00pm-6:30pm

[60484](#)

Sat

Apr 26-Jun 21

5:00pm-5:30pm

[59548](#)

Sun

Apr 27-Jun 22

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

\$231.41

[59822](#)

Mon

Mar 31-Jun 16

5:00pm-5:30pm

[60010](#)

Wed

Apr 2-Jun 4

5:00pm-5:30pm

[60150](#)

Fri

Apr 4-Jun 13

5:00pm-5:30pm

[60299](#)

Sun

Apr 6-Jun 22

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.

8 classes

Anne Ottenbrite Pool

\$185.13

[59492](#)

Sat

Apr 26-Jun 21

12:00pm-12:30pm

[59549](#)

Sat

Apr 26-Jun 21

5:30pm-6:00pm

Semi-Private 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 are a focus. Deep water entries and exits are introduced. For more information visit our website.

10 classes		Whitby Civic Rec	\$231.41
59823	Mon	Mar 31-Jun 16	5:30pm-6:00pm
60306	Sun	Apr 6-Jun 22	12:30pm-1:00pm
60307	Sun	Apr 6-Jun 22	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.

8 classes		Anne Ottenbrite Pool	\$185.13
59493	Sun	Apr 27-Jun 22	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	\$231.41
59824	Sun	Apr 6-Jun 22	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

59825	Sun	Apr 6-Jun 22	1:30pm-2:00pm
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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.

59839	14-19yrs	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-1:00pm	\$122.58
60340	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	12:00pm-1:00pm	\$122.58

Teen Swimmer 1- Beginner- AOP

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

59740	14-19yrs	Anne Ottenbrite Pool	8 weeks
Mon	Apr 14-Jun 16	8:30pm-9:30pm	\$98.06
59743	14-19yrs	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	7:30pm-8:30pm	\$98.06

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.

59840	14-19yrs	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-1:00pm	\$122.58
60341	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	12:00pm-1:00pm	\$122.58
60342	14-19yrs	Whitby Civic Rec	10 weeks

Sun	Apr 6-Jun 22	1:00pm-2:00pm	\$122.58
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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.

59741	14-19yrs	Anne Ottenbrite Pool	8 weeks
Mon	Apr 14-Jun 16	8:30pm-9:30pm	\$98.06
59744	14-19yrs	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	7:30pm-8:30pm	\$98.06
59745	14-19yrs	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:30pm-9:30pm	\$98.06

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.

59841	14-19yrs	Whitby Civic Rec	10 weeks
Sat	Apr 5-Jun 21	12:00pm-1:00pm	\$122.58
60343	14-19yrs	Whitby Civic Rec	10 weeks
Sun	Apr 6-Jun 22	1:00pm-2:00pm	\$122.58

Teen Swimmer 3- Advanced- AOP

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

59742	14-19yrs	Anne Ottenbrite Pool	8 weeks
Mon	Apr 14-Jun 16	8:30pm-9:30pm	\$98.06
59746	14-19yrs	Anne Ottenbrite Pool	8 weeks

Sat	Apr 26-Jun 21	7:30pm-8:30pm	\$98.06
59747	14-19yrs	Anne Ottenbrite Pool	8 weeks
Sat	Apr 26-Jun 21	8:30pm-9:30pm	\$98.06

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.

59795	14yrs+	Anne Ottenbrite Pool	9 weeks
Thu	Apr 17-Jun 12	7:00pm-10:00pm	\$226.91
59800	14yrs+	Anne Ottenbrite Pool	8 weeks
Sun	Apr 27-Jun 22	11:30am-3:00pm	\$226.91

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.

59796	13yrs+	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	7:00pm-9:00pm	\$217.95
59799	13yrs+	Anne Ottenbrite Pool	8 weeks
Sun	Apr 27-Jun 22	1:30pm-3:30pm	\$217.95

Bronze Star

Bronze Star is an excellent preparation for success in Bronze Medallion. Participants develop problem solving and decision making skills as individuals and partners. They learn CPR and develop water smart confidence, and the lifesaving skills needed to be their own personal lifeguard. Students who achieve this award can register in Bronze

Medallion/Emergency First Aid and CPR 'B'. The minimum prerequisite for this program is Swimmer 6 and 10 years of age. Canadian Swim Patrol is recommended.

59797	10-13yrs	Anne Ottenbrite Pool	8 weeks
Fri	Apr 25-Jun 13	6:45pm-8:00pm	\$122.18
59798	10-13yrs	Anne Ottenbrite Pool	8 weeks
Sun	Apr 27-Jun 22	2:15pm-3:30pm	\$122.18

Canadian Swim Patrol 1- Rookie

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

59792	8-13yrs	Anne Ottenbrite Pool	8 weeks
Mon	Apr 14-Jun 16	7:30pm-8:30pm	\$97.94

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.

59793	8-13yrs	Anne Ottenbrite Pool	8 weeks
Tue	Apr 15-Jun 3	7:30pm-8:30pm	\$97.94

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.

59794	8-13yrs	Anne Ottenbrite Pool	8 weeks
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Sun	Apr 27-Jun 22	12:00pm-1:00pm	\$97.94
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NL & 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.

59801	15yrs+	Anne Ottenbrite Pool	10 weeks
Tue	Apr 15-Jun 17	5:30pm-10:30pm	\$373.64

Swim for Life & Lifesaving & Emergency First Aid Instructor

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

59802	15yrs+	Anne Ottenbrite Pool	8 weeks
Mon	Apr 14-Jun 16	5:30pm-10:30pm	\$448.06

55+ Programs

55+ Memberships

All 55+ classes require a 55+ Recreation Membership to register. Get yours in-person at the 55+ Recreation Centre or Brooklin CC&L or join online at whitby.ca/getactive.

Memberships cost \$22.86 (plus hst) per year for people aged 55-89. Memberships are free for residents age 90+.

New Members Orientation

Join the New Members Committee for treats and information about 55+ Recreation Services. Learn about 55+ programs and meet new people.

60368	55yrs+	Whitby 55+ Rec	1 class
Wed	May 28-May 28	10:00am-11:00am	Free

Creative Arts

Acrylic Painting - Advanced Open Studio with Marni (%)

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

60384	55yrs+	Whitby 55+ Rec	7 weeks
Wed	May 7-Jun 18	10:00am-12:00pm	\$40.08

Acrylic Painting - Introduction with Marni (%)

This course is intended for students new to painting (or still learning) how to work with the acrylic 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. The viewing of art works by master artists for analysis and appreciation will be explored in relation to studio work. Supplies required: See list on online notes and on your receipt. List also available at Brooklin CC&L and Whitby 55+ Rec.

60385	55yrs+	Whitby 55+ Rec	6 weeks
Tue	May 13-Jun 17	1:00pm-3:00pm	\$34.35

Cable Knitting with Tara (%)

Learn the basics of turning a rib into a cable while making a coffee cup cozy. Pattern supplied. Please bring at least 50 grams of DK weight wool, 4 mm needles and a cable needle.

60684	55yrs+	Brooklin CC&L	1 class
Thu	May 22-May 22	10:00am-1:00pm	\$31.83

Fiber Hoop Spring Project with Tara (%)

This class is for all the crafty people that need a little "Spring" in your day. We will be using an Embroidery Hoop, Linen, floss, wool, and beads to create a beautiful four-part exploration of the life cycle of a Lilac Bush. We will cover some simple embroidery

stitches and techniques to create this stunning piece that can be hung on the wall when it's done for all to enjoy! Tara Bergeron our instructor will be providing a kit for a fee of \$30. Kit Includes: Hoop, linen, floss, yarn, wool, felt, beads, templates, lilac twigs and notes. Tools needed: Scissors, Darning needle for Yarn, embroidery needles or other large eyed needles, pencil, ruler.

60686	55yrs+	Brooklin CC&L	3 weeks
Thu	Jun 5-Jun 19	10:00am-12:00pm	\$42.44

Instructed Acrylic Painting with David (%)

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

60386	55yrs+	Whitby 55+ Rec	1 class
Tue	Apr 15-Apr 15	9:30am-11:30am	\$31.83
60387	55yrs+	Whitby 55+ Rec	1 class
Tue	May 13-May 13	9:30am-11:30am	\$31.83

Pen and Ink with Water Media Urban Landscape with Chrissie (%)

Explore the magic and versatility of pen and ink with water media. In this workshop mark-making and expressive lines will bring your landscape drawing to life. Learn how to communicate the textures, architecture, perspective and essence of the urban landscape. Look forward to leaving with new knowledge and inspiration to take your pen and ink artwork to the next level. All materials are provided by the instructor.

60451	55yrs+	Whitby 55+ Rec	1 class
Tue	Apr 8-Apr 8	9:30am-11:30am	\$31.83

Pen and Ink with Watercolour Bird with Chrissie (%)

Bring this special avian creature to life using pen and ink techniques and a splash of bold colour using traditional watercolour and watercolour pencils. Learn how to create contrast and interest using varied line weights, textures and values with pen and ink. All materials are provided by the instructor.

60452	55yrs+	Whitby 55+ Rec	1 class
Tue	May 27-May 27	9:30am-11:30am	\$31.83

Spiral Stitch Bracelet with Tara (%)

This class will have the student learning how to make a beautiful seed bead bracelet, using a beading needle and thread. Materials cost of \$20 will make 2 bracelets or one Necklace. Please see list of materials required on online notes and on your receipt or purchase supplies directly from the instructor the day of workshop. List also available at the Brooklin CC&L or the 55+ Recreation Centre.

60681	55yrs+	Brooklin CC&L	1 class
Thu	Apr 24-Apr 24	10:00am-1:00pm	\$31.83

Watercolour Workshop: Part One with Marni (%)

This workshop is ideal for the beginner student and those wanting to learn more about the diversity of acrylic paint. Various watercolour techniques and demonstrations will be introduced and then practiced by the students. Then applying the learned techniques, students will create a land and waterscape painting they can feel proud to take home. All supplies are provided.

60587	55yrs+	Whitby 55+ Rec	1 class
Tue	May 6-May 6	1:00pm-3:00pm	\$35.00

Watercolour Workshop: Part Two with Marni (%)

This workshop is best suited for the students who participated in the Part One Watercolour Workshop as students will apply knowledge and techniques learned in the previous workshop. A broader colour palette will be introduced. Colour theory and more techniques will be demonstrated. Application will be applied to the subject of landscape painting, including trees and a setting sun. All supplies are provided.

60588	55yrs+	Whitby 55+ Rec	1 class
Tue	Jun 24-Jun 24	1:00pm-3:00pm	\$35.00

Wire Earrings 101 with Tara (%)

Learn the basics on how to make lots of fun wire earrings. Students will complete 5 pairs of earrings using wire, findings, and glass and crystal beads. Materials cost of \$20 can be paid to instructor day of workshop.

60685	55yrs+	Brooklin CC&L	1 class
Thu	May 8-May 8	10:00am-12:00pm	\$21.85

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.

60674	55yrs+	Centennial Building	9 weeks
Fri	Apr 4-Jun 13	12:15pm-1:15pm	\$38.37

Cardio Dance with Shari (%)

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

59607	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	2:15pm-3:15pm	\$51.16

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.

60519	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 17-Jun 19	10:00am-11:00am	\$42.63

Dance Fitness with Shari (%)

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

59608	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	1:45pm-2:45pm	\$51.16

60393	55yrs+	Centennial Building	12 weeks
Tue	Apr 1-Jun 17	3:15pm-4:15pm	\$51.16

Dance Flow with Alison (%)

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

60510	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	9:00am-10:00am	\$51.16

Get Your Groove On with Tracy (%)

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

60460	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	11:30am-12:30pm	\$51.16

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.

60094	55yrs+	Whitby 55+ Rec	11 weeks
Wed	Apr 9-Jun 18	10:30am-11:30am	\$46.89

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.

60506	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	11:30am-12:30pm	\$51.16

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.

60507	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	10:15am-11:15am	\$51.16

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.

60589	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	1:30pm-2:30pm	\$42.63

Fitness

Arthritis Exercise with Karel (%)

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

60098	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	1:45pm-2:45pm	\$38.37
60099	55yrs+	Whitby 55+ Rec	11 weeks
Tue	Apr 8-Jun 17	12:30pm-1:30pm	\$46.89
60515	55yrs+	Brooklin CC&L	8 weeks
Mon	Apr 14-Jun 16	9:15am-10:15am	\$34.10

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.

60389	55yrs+	Centennial Building	11 weeks
Tue	Apr 15-Jun 24	9:00am-10:00am	\$46.89
60539	55yrs+	Whitby 55+ Rec	10 weeks
Thu	Apr 17-Jun 19	9:00am-10:00am	\$42.63

Arthritis Exercise with Tracy (%)

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

60449	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	10:30am-11:30am	\$51.16
60459	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	1:00pm-2:00pm	\$51.16
60453	55yrs+	Whitby 55+ Rec	9 weeks
Fri	Apr 4-Jun 13	9:30am-10:30am	\$38.37

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.

60516	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	12:15pm-1:15pm	\$42.63

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.

60390	55yrs+	Centennial Building	9 weeks
Mon	Apr 14-Jun 23	9:00am-10:00am	\$38.37

Build Your Own Bones with Roberta (%)

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

60517	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	11:20am-12:20pm	\$42.63

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.

60534	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	1:30pm-2:30pm	\$42.63

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.

60391	55yrs+	Centennial Building	9 weeks
Mon	Apr 14-Jun 23	10:15am-11:15am	\$38.37

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.

60392	55yrs+	Centennial Building	12 weeks
Wed	Apr 2-Jun 18	9:00am-10:00am	\$51.16

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.

60430	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	2:00pm-3:00pm	\$51.16
60429	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	11:30am-12:30pm	\$38.37

Core Strength and Stretch with Sharon (%)

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

60595	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	11:30am-12:30pm	\$42.63

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.

60394	55yrs+	Centennial Building	11 weeks
Tue	Apr 15-Jun 24	10:15am-11:15am	\$46.89
60540	55yrs+	Whitby 55+ Rec	8 weeks
Fri	Apr 25-Jun 13	9:00am-10:00am	\$34.10

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.

60397	55yrs+	Centennial Building	12 weeks
Wed	Apr 2-Jun 18	10:15am-11:15am	\$51.16

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.

60398	55yrs+	Centennial Building	10 weeks
Thu	Apr 3-Jun 19	11:30am-12:30pm	\$42.63

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.

60446	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	9:15am-10:15am	\$51.16

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.

60431	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	9:00am-10:00am	\$38.37

Osteo Weight Training - Level 1 with Kathy (%)

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

60432	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	11:30am-12:30pm	\$51.16

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.

60522	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	9:00am-10:00am	\$42.63

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.

60531	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 17-Jun 19	9:45am-10:45am	\$42.63

Stretch and Relax with Nicole (%)

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

60096	55yrs+	Whitby 55+ Rec	11 weeks
Tue	Apr 8-Jun 17	4:30pm-5:30pm	\$46.89

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.

60433	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	12:45pm-1:45pm	\$51.16

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.

60541	55yrs+	Whitby 55+ Rec	10 weeks
Thu	Apr 17-Jun 19	10:15am-11:15am	\$42.63

Total Body Stretch with Dennis (%)

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

60525	55yrs+	Brooklin CC&L	9 weeks
Fri	Apr 25-Jun 20	9:45am-10:45am	\$38.37

Total Body Workout with Dennis (%)

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

60524	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	9:00am-10:00am	\$42.63

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.

60447	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	10:30am-11:30am	\$51.16
60448	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	11:45am-12:45pm	\$51.16

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.

60435	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	11:30am-12:30pm	\$51.16
60434	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	10:15am-11:15am	\$38.37

Twenty, Twenty, Twenty with Roberta (%)

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

60518	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	10:10am-11:10am	\$42.63
60532	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 17-Jun 19	11:15am-12:15pm	\$42.63

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.

60454	55yrs+	Whitby 55+ Rec	9 weeks
Fri	Apr 4-Jun 13	10:45am-11:45am	\$38.37
60675	55yrs+	Centennial Building	9 weeks

Fri	Apr 4-Jun 13	1:30pm-2:30pm	\$38.37
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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.

60530	55yrs+	Brooklin CC&L	10 weeks
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Thu	Apr 17-Jun 19	8:30am-9:30am	\$42.63
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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.

60521	55yrs+	Brooklin CC&L	10 weeks
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Tue	Apr 15-Jun 17	1:45pm-2:45pm	\$42.63
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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.

60450	55yrs+	Whitby 55+ Rec	12 weeks
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Wed	Apr 2-Jun 18	9:15am-10:15am	\$51.16
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60461	55yrs+	Whitby 55+ Rec	12 weeks
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Thu	Apr 3-Jun 19	2:15pm-3:15pm	\$51.16
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Yin Yoga with Judy (%)

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

60427	55yrs+	Whitby 55+ Rec	8 weeks
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Fri	Apr 25-Jun 13	11:00am-12:00pm	\$34.10
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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.

60413	55yrs+	Centennial Building	9 weeks
Thu	Apr 24-Jun 19	10:15am-11:15am	\$38.37

Yoga - Beginner with Pam (%) *NEW

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

60661	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	2:00pm-3:00pm	\$51.16

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.

60415	55yrs+	Centennial Building	19 weeks
Tue	Apr 22-Jun 17	12:45pm-1:45pm	\$38.37
60414	55yrs+	Centennial Building	9 weeks
Thu	Apr 24-Jun 19	9:00am-10:00am	\$38.37

Yoga - Chair with Pam (%)

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.

60102	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	3:30pm-4:30pm	\$38.37

Yoga - Dynamic with Mag (%)

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

60416	55yrs+	Centennial Building	11 weeks
Fri	Apr 4-Jun 20	10:15am-11:15am	\$446.89

Yoga - Gentle Flow with Donna (%)

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

60523	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	10:00am-11:00am	\$42.63

Yoga - Intermediate with Mag (%)

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

59693	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	10:15am-11:15am	\$51.16

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.

60565	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	10:15am-11:15am	\$42.63

Yoga - Relax and Restore with Roberta (%)

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

60533	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 17-Jun 19	12:30pm-1:30pm	\$42.63

Yoga - Rise and Shine with Donna (%)

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

60562	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	8:45am-9:45am	\$42.63

Yoga - Rise and Shine with Mag (%)

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

59694	55yrs+	Whitby 55+ Rec	12 weeks
Wed	Apr 2-Jun 18	9:00am-10:00am	\$51.16

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.

60417	55yrs+	Centennial Building	12 weeks
Thu	Apr 3-Jun 19	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.

59697	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	9:00am-10:00am	\$51.16
59696	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	9:00am-10:00am	\$38.37

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.

60428	55yrs+	Whitby 55+ Rec	9 weeks
Tue	Apr 22-Jun 17	11:15am-12:15pm	\$38.37

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.

60536	55yrs+	Brooklin CC&L	8 weeks
Mon	Apr 14-Jun 16	11:15am-12:15pm	\$34.10

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.

60419	55yrs+	Centennial Building	11 weeks
Fri	Apr 4-Jun 20	9:00am-10:00am	\$46.89

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.

60529	55yrs+	Brooklin CC&L	9 weeks
Fri	Apr 25-Jun 20	11:00am-12:00pm	\$38.37

Yoga- Rise and Shine with Dennis (%)

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

60528	55yrs+	Brooklin CC&L	9 weeks
Fri	Apr 25-Jun 20	8:30am-9:30am	\$38.37

Yogalates with Deb (%)

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

60520	55yrs+	Brooklin CC&L	9 weeks
Mon	Apr 14-Jun 16	6:00pm-7:00pm	\$38.37

Yogalates with Judy (%)

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.

60563v	55yrs+	Whitby 55+ Rec	6 weeks
Thu	Apr 24-May 29	11:45am-12:45pm	\$25.58

On the Ball with Mag (%)

Join this class on a stability ball to increase both strength and flexibility while sharpening the reflexes and calming the nervous system. ****Bring your own stability ball****.

60420	55yrs+	Centennial Building	12 weeks
Tue	Apr 1-Jun 17	11:30am-12:30pm	\$51.16

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.

60095	55yrs+	Whitby 55+ Rec	11 weeks
Tue	Apr 8-Jun 17	3:15pm-4:15pm	\$46.89

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.

60421	55yrs+	Centennial Building	10 weeks
Mon	Mar 31-Jun 16	11:30am-12:30pm	\$42.63

Zumba Toning with Carolina (%)

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

60422	55yrs+	Centennial Building	12 weeks
Wed	Apr 2-Jun 18	11:30am-12:30pm	\$51.16

Zumba with Sharon (%)

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.

60590	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	10:15am-11:15am	\$42.63

General Interest

55+ 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.

60269	55yrs+	Whitby 55+ Rec	6 weeks
Wed	Apr 2-Jun 18	1:00pm-3:30pm	\$10.00

Chess - Absolute Beginner with Kevin (%)

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

60514	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	3:30pm-5:30pm	\$57.25

Golf - Level 1 (%)

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

60676	55yrs+	Harmony Creek Golf Centre	6 weeks
Tue	May 13-Jun 17	12:00pm-1:00pm	\$50.00

Golf - Level 3 (%)

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

60677	55yrs+	Harmony Creek Golf Centre	6 weeks
Tue	May 13-Jun 17	12:00pm-1:00pm	\$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.

60425	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	3:30pm-4:30pm	\$51.16

History (%)

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

60395	55yrs+	Centennial Building	7 weeks
Mon	Apr 7-Jun 2	2:15pm-3:45pm	\$38.63

Kung Fu Sword with Ron (%)

Discover something new and exciting. Our Kung Fu Sword program is tailored specifically for seniors to ensure a safe and enjoyable experience. This class includes interactive routines that enhance coordination, balance, strength and the cultivation of breath control and concentration techniques. We practice with toy foam swords in a secure and fun setting. Join Ron, an instructor with 52 years of teaching experience. Ready to embark on this unique journey? Enroll Now!

60396	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	10:30am-11:30am	\$51.16

Writing with April - Autobiography/Memoir (%)

If you've ever considered sharing your life stories by writing an autobiography or memoir, this class will help you get started. You will be provided with instructions on where to begin and how to set challenges and deadlines to get a few chapters written. Time will be spent in class suggesting topics, brainstorming discussions and for optional reading of your stories. Everyone's got a story to tell. Let's get yours started.

60550	55yrs+	Brooklin CC&L	5 weeks
Thu	Apr 17-May 15	10:00am-12:00pm	\$8.00

Writing with April - Storytelling (%)

Are you looking for a weekly writing challenge? This class is perfect for those who enjoy telling a tale and leaving with homework to write another one. There will be a discussion period to inspire further writing, trying different styles and genres, or research for an essay. Everyone has a story to tell. Let's do this together. You do not have to have writing experience. All you need is enthusiasm, a pen and paper!

60552	55yrs+	Brooklin CC&L	5 weeks
Thu	May 22-Jun 19	10:00am-12:00pm	\$8.00

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.

60535	55yrs+	Brooklin CC&L	8 weeks
Mon	Apr 14-Jun 16	12:30pm-1:30pm	\$34.10

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.

60381	55yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	4:00pm-5:30pm	\$66.23
60380	55yrs+	Whitby 55+ Rec	10 weeks
Fri	Apr 4-Jun 13	9:30am-11:00am	\$55.19

Rise and Shine 55+ Walking Group

Join our free walking group. Register each session to participate and then drop in at the Heydenshore Playground Parking on Tuesdays and Thursdays. 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.

60369	55yrs+	Town of Whitby	26 classes
Tue,Thu	Mar 25-Jun 19	9:00am-10:00am	Free
60370	55yrs+	Town of Whitby	26 classes
Tue,Thu	Mar 25-Jun 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.

60382	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	9:00am-10:00am	\$38.37
60383	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	10:15am-11:15am	\$38.37

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.

60542	40yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	6:00pm-7:00pm	\$42.63

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.

60572	40yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	5:00pm-6:00pm	\$51.16

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, more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have. You must have completed Tai Chi - Level 1 previously.

60573	40yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	6:00pm-7:00pm	\$51.16

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, more confidence and stamina. You must have completed Tai Chi - Level 1 previously.

60543	40yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	7:00pm-8:30pm	\$55.19

Tai Chi - Level 3 with Mary Grace and Rick (%) *NEW

This Level 3 Tai Chi class is for those who have taken both the Level 1 and Level 2 classes. The focus will be on learning the remaining moves of the 108 moves of the full Tai Chi set, and refining student's understanding of all moves to a deeper level.

60574	40yrs+	Whitby 55+ Rec	12 weeks
Tue	Apr 1-Jun 17	7:00pm-8:00pm	\$51.16

The Ideas Café

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

60548	55yrs+	Brooklin CC&L	9 weeks
Mon	Apr 14-Jun 16	9:30am-11:00am	Free

Language

French - Beginner Part 4 with Maurice (%)

The French Beginner Part 4 class is designed for participants who have a basic but limited knowledge of French and those who have completed the French Beginner Part 3 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.

60558	55yrs+	Whitby 55+ Rec	10 weeks
Thu	Apr 3-Jun 5	10:00am-11:00am	\$45.63

French - Intermediate with Maurice (%)

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

60559	55yrs+	Whitby 55+ Rec	10 weeks
Thu	Apr 3-Jun 5	11:15am-12:15pm	\$45.63

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.

60091	55yrs+	Whitby 55+ Rec	10 weeks
Tue	Apr 1-Jun 3	9:00am-10:30am	Free. \$58.19

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.

60092	55yrs+	Whitby 55+ Rec	9 weeks
Mon	Apr 7-Jun 16	9:00am-10:30am	\$49.67

Spanish - Intermediate with Tony (%)

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

60093	55yrs+	Whitby 55+ Rec	10 weeks
Tue	Apr 1-Jun 3	10:45am-12:15pm	\$58.19

Leagues and Sporting Groups

Badminton League (%)

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

60564	55yrs+	Brooklin CC&L	9 weeks
Mon	Apr 14-Jun 16	9:00am-11:30am	\$20.30
60567	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	9:00am-11:30am	\$24.63
60568	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	9:00am-11:30am	\$24.63

Pickleball - All Levels (%)

This Pickleball League is designed for those who already know how to play the game and keep score as no formal instruction will be given. This league combines Beginner, Intermediate and Advanced levels of players. Price includes ball fee. Due to the high demand for pickleball programs, registration is limited to 2 classes per session per person to accommodate as many players as possible.

60569	55yrs+	Brooklin CC&L	10 weeks
Thu	Apr 17-Jun 19	9:00am-11:00am	\$24.63

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

60400	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 31-Jun 16	2:00pm-4:00pm	\$24.63

Pickleball - Level 1 and 2 (%)

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

60405	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Apr 2-Jun 11	11:30am-1:30pm	\$26.79
60403	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 31-Jun 16	11:30am-1:30pm	\$24.63
60401	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Apr 1-Jun 17	6:00pm-8:00pm	\$28.96
60404	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Apr 1-Jun 17	11:30am-1:30pm	\$28.96
60406	55yrs+	Heydenshore Pavilion	11 weeks
Wed	Apr 2-Jun 11	2:00pm-4:00pm	\$26.79
60402	55yrs+	Heydenshore Pavilion	11 weeks
Thu	Apr 3-Jun 19	6:00pm-8:00pm	\$26.79

Pickleball - Level 2 (%)

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

60407	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 31-Jun 16	6:00pm-8:00pm	\$24.63
60409	55yrs+	Heydenshore Pavilion	10 weeks
Mon	Mar 31-Jun 16	9:00am-11:00am	\$24.63
60408	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Apr 1-Jun 17	2:00pm-4:00pm	\$28.96
60571	55yrs+	Brooklin CC&L	10 weeks
Wed	Apr 16-Jun 18	3:00pm-5:15pm	\$24.63

Pickleball - Level 2 and Level 3 (%)

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

60410	55yrs+	Heydenshore Pavilion	12 weeks
Tue	Apr 1-Jun 17	9:00am-11:00am	\$28.96
60575	55yrs+	Brooklin CC&L	10 weeks
Tue	Apr 15-Jun 17	12:00pm-2:15pm	\$24.63
60585	55yrs+	Brooklin CC&L	9 weeks
Fri	Apr 25-Jun 20	8:00am-10:00am	\$22.44

Pickleball - Level 3 (%)

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

60399	55yrs+	Heydenshore Pavilion	10 weeks
Fri	Apr 4-Jun 20	12:00pm-2:00pm	\$24.63
60576	55yrs+	Brooklin CC&L	10 weeks

Wed	Apr 16-Jun 18	12:30pm-2:45pm	\$24.63
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Tennis League

Join the Whitby 55+ Tennis League for recreational tennis and some planned tournaments. Days of play are Tuesday and Thursday 8:00 - 10:00 a.m. and Friday 7:00 - 9:00 a.m.

** An additional \$10 ball fee will be collected on the first day of play by the convenor. **

60726	55yrs+	Iroquois Park Sports Centre	\$21.63
Tue/Thur	May 13- Sept 12	8:00am-10:00am	18 weeks
and Fri		7:00am-9:00am	18 weeks

Leisure Programs

Book Club

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

60544	55yrs+	Brooklin CC&L	3 weeks
Mon	Apr 14-Jun 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!

60545	55yrs+	Brooklin CC&L	1 class
Mon	Apr 28-Apr 28	1:00pm-3:00pm	\$1.00
60546	55yrs+	Brooklin CC&L	1 class
Mon	May 26-May 26	1:00pm-3:00pm	\$1.00
60547	55yrs+	Brooklin CC&L	1 class
Mon	Jun 16-Jun 16	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.

60423	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	1:00pm-2:00pm	\$51.16

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.

60424	55yrs+	Whitby 55+ Rec	12 weeks
Thu	Apr 3-Jun 19	2:15pm-3:15pm	\$51.16

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.

60554	55yrs+	Brooklin CC&L	8 weeks
Thu	Apr 17-Jun 5	2:30pm-3:30pm	\$34.10

Ukulele - Level 2 with Arlene (%)

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

60556	55yrs+	Brooklin CC&L	8 weeks
Thu	Apr 17-Jun 5	1:00pm-2:00pm	\$34.10

Sciences

Biology Walk with Wilf - Spring Wildflowers (%)

Walk from the north end of Cullen Central Park along the asphalt trail into Heber Down Conservation Area. This walk will be led by an experienced guide. Meet at the north end of the Cullen Central Park parking lot. Rain Date: Thursday, May 8.

60692	55yrs+	Cullen Central Park	1 class
Tue	May 6-May 6	9:30am-11:30am	\$8.00

55+ Special Events

Murder Mystery Social (%)

Join us for our first 55+ Murder Mystery Social. A murder has taken place on the beaches of Flamingo Island and its up to you to catch the killer. 55+ Recreation Centre. Food and refreshments included. Sponsored by Amica Taunton.

60457	55yrs+	Whitby 55+ Rec	1 event
Fri	Mar 28-Mar 28	2:00pm-4:00pm	\$15.00

Spring Social (%)

Join us for an afternoon of dancing. Light refreshments will be served. Pre-registration is required. Sponsored by V!VA Whitby Shores.

60378	55yrs+	Whitby 55+ Rec	1 event
Fri	May 23-May 23	2:00pm-4:00pm	\$10.00

Step into Style (%)

Join us for our first 55+ Fashion and Fun Social Event! Featuring a fashion show and accessory swap! Bring between 1 to 3 accessories to swap to update your spring style and declutter your closet at the same time. Accessories must be in good condition and may include any of the following: scarves, hats, necklaces, bracelets, and purses. Refreshments included. Sponsored by V!VA Whitby Shores.

60929	55yrs+	Brooklin CC&L	1 event
Tue	April1-April 1	6:00pm-8:00pm	\$10.00

Wellness and Lifestyle

Estate Planning

Learn about the financial aspects of planning your estate. Review ways to minimize probate fees, set up joint accounts with adult children, estate donation to charity, and other strategies to ensure an easy, tax-efficient transition of your wealth to the next generation. Presented by John from Retirement Income Group.

59459	All Ages	Whitby 55+ Rec	1 class
Thu	Apr 10-Apr 10	10:00am-12:00pm	Free

Living a Healthy Life with Diabetes Workshop

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

60705	55yrs+	Whitby 55+ Rec	6 weeks
Tue	Apr 15-May 20	9:30am-12:00pm	Free

Managing Stress

Join us for a Powerful Tools for Caregivers workshop and information session on Managing Stress. Caregiving and stress go hand-in-hand. Dealing with anxiety can be a challenge, but it's easier when you're prepared. In this 1.5-hour session, caregivers will explore some of the signs and sources of their stress, understand the consequences of neglecting stress, and learn practical stress-reducing actions. You will also learn more about the free 6-Week Powerful Tools for Caregivers Workshop and experience some stress-reducing activities firsthand. Don't miss this chance to empower yourself as a caregiver!

60725	All Ages	Whitby 55+ Rec	1 class
Thu	Apr 17-Apr 17	10:00am-11:30am	Free

Downsizing in Retirement

John from Retirement Income Group will review pros and cons of downsizing, how the money impacts your retirement income, how to invest the money, tax treatment and different types of properties you can move into. There will also be stories of people who downsized in retirement and how it impacted them.

59460	All Ages	Whitby 55+ Rec	1 class
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Thu Apr 24-Apr 24 10:00am-11:00am Free

Living a Healthy Life with Chronic Pain Workshop

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

[60706](#) 55yrs+ Whitby 55+ Rec 6 weeks
Thu May 1-Jun 5 9:30am-12:00pm Free

Retirement Income Management

Learn what happens to investments when you retire, what to consider when deciding to start your CPP pension, and investment and withdrawal strategies to build your retirement income. It is common for a retiree to have to manage 5 to 10 different investment accounts and sources of income. Each having different tax treatment withdrawal rules and impact government benefits differently. This session will give you an overview of considerations when deciding how to manage your retirement income. Presented by the Retirement Income Group.

[59461](#) All Ages Whitby 55+ Rec 1 class
Thu May 8-May 8 10:00am-12:00pm Free

Station Gallery Programs

Adult

Art Workshops

Acrylic Pour Painting with Izzat Vaid (#@%)

During this immersive two-day art workshop, participants will embark on a journey into the enchanting realm of fluid art. Using various techniques, including open-up pouring with acrylic paint, water, and floetrol, attendees will discover the transformative power of textures in their artistic creations. Perfect for artists of all levels, this workshop offers the chance to experiment, innovate, and leave with unique masterpieces that reflect your personal style. *Suitable for all levels of expertise *Supply Lists will be available for download upon registration

60704	16yrs+	Station Gallery	2 classes
Sun,Sat	May 24-May 25	12:00pm-4:00pm	\$170/\$180

AAW - Adding Figures in Watercolour with Hi-Sook (#@%)

Add literal life and energy to your paintings with the addition of small figures! This workshop will help you develop your understanding of basic human anatomy and movements. The use of gesture drawing will help participants build their confidence before painting their figures within a full scene. Our experienced instructor, Hi-Sook Barker, will provide a complete demonstration followed by ample time for participants to complete their own artworks. *Elementary painting experience recommended *Supply Lists will be available for download upon registration

60630	16yrs+	Station Gallery	1 class
Sat	Apr 26-Apr 26	12:00pm-4:00pm	\$100/\$110

AAW - Art-Inspired Writing with Jessica Moore (#@%)

Join us on a walk-through of Station Gallery, where we'll use artwork to inspire creative writing! Ekphrastic writing uses language to bring art to vivid life, describing our emotional connection to what the work represents. This class is part writing workshop, part gallery treasure hunt! You will learn the fundamentals of ekphrastic writing, discover and discuss examples of the genre, and then explore Station Gallery to write about the works of art showcased there. This class is open to all writers, new and experienced. *Suitable for all levels of experience *Participants are encouraged to bring their own notebook and preferred writing materials

60695	16yrs+	Station Gallery	1 class
Tue	May 27-May 27	7:00pm-9:00pm	\$50/\$55

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

Unleash your creativity at Paint Night! Join us for an evening of artistic expression as you paint, sip, and socialize with friends. Our friendly instructors will help you create your own masterpiece in a fun and relaxed atmosphere surrounded by inspiring artworks in our galleries. *All materials provided - canvas, acrylic paint and a beverage *Cash bar and light refreshments available

60688	19yrs+	Station Gallery	1 class
Thu	Apr 10-Apr 10	7:00pm-9:00pm	\$45/\$50
60689	19yrs+	Station Gallery	1 class
Fri	May 2-May 2	7:00pm-9:00pm	\$45/\$50

AAW – Create Your Own Planter: Pottery Workshop (#@%)

Whether you're looking to add a personal touch to your home or craft a thoughtful gift, this two-part workshop is perfect for celebrating the season of growth! In the first session, you'll learn basic hand-building techniques to shape and customize your unique planter. In the second session, you'll bring your design to life by adding vibrant colours and patterns with our selection of glazes. After your artwork is fired in our kiln, you'll leave with a beautiful, handmade planter that's perfect for showcasing your favorite spring blooms or greenery. *All materials provided *Suitable for all levels of expertise

60721	16yrs+	Station Gallery	2 classes
Sun	Apr 13-Apr 27	2:00pm-4:00pm	\$140/\$150

AAW – Crochet Emotional Support Pickles (#@%)

Calling all budding crochet enthusiasts! In this 2-part workshop, we'll create adorable, crocheted pickles that are sure to bring a smile to your face and a little whimsy to your day. You'll learn the basics of crochet, including how to read a pattern, master essential stitches, sew in your ends, and more. Whether you're here for the pickles or the craft, join us at Station Gallery and discover the joy of crochet! *All materials provided *Suitable for all levels of expertise

60627	12yrs+	Station Gallery	2 classes
Sun	May 4-May 25	12:30pm-3:30pm	\$75/\$80

AAW – Embroidered Florals with Yunting Li (#@%)

Join Station Gallery's exhibiting artist Yunting Li for a relaxing embroidery workshop, where you'll learn the art of stitching delicate floral designs. Perfect for beginners, this workshop covers essential embroidery techniques to bring botanical patterns to life. Unwind, get creative, and leave with a beautifully embroidered piece to cherish or gift! *Suitable for all levels of expertise *Some materials provided – Student Supply Lists will be available to download upon registration

60903	12yrs+	Station Gallery	1 class
Sun	Apr 6-Apr 6	1:00pm-4:00pm	\$100/\$110

AAW - Figure Drawing with Ivana (#@%)

This class offers an opportunity to explore the human form through live model drawing, focusing on anatomy, proportion, gesture, and the subtle details of weight, texture, shape, and tonal value. Whether you're a beginner or an experienced artist, you'll develop one of the most valuable and versatile skills in art: drawing the human body. Welcoming participants of all levels, this workshop encourages you to create a series of

expressive charcoal or conte drawings from direct observation. *Model may be nude or clothed based on personal preference *Suitable for all levels of expertise *Some materials provided – Student Supply Lists will be available to download upon registration

60693	18yrs+	Station Gallery	1 class
Sun	Jun 8-Jun 8	1:00pm-4:00pm	\$100/\$110

AAW - Mastering Reflections in Watercolour w Hi-Sook (#@%)

Reflections create an authenticity and mood that are vital in works featuring water. This workshop will guide participants in painting convincing portrayals of this feature, primarily utilizing the wet-on-wet watercolour technique. Hi-Sook will provide a complete demonstration and will be happy to offer assistance while class participants complete their own paintings! *Elementary painting experience recommended *Student Supply Lists will be available to download upon registration

60683	16yrs+	Station Gallery	1 class
Sat	May 31-May 31	12:00pm-4:00pm	\$100/\$110

AAW – Mandala Painting Workshop (#@%)

Discover the meditative art of mandala painting! In this workshop we'll explore the sacred history of mandalas across ancient religions and new age mysticism, examining their structure, symbolism, and geometric foundations. Through guided exercises, you'll learn elements of design and intuitive techniques to build intricate mandalas while engaging in mindfulness practices that deepen creativity and focus. Whether you're a beginner or experienced artist, this class offers a relaxing space for self-expression and exploration. *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60729	16yrs+	Station Gallery	1 class
Sun	Jun 8-Jun 8	1:00pm-3:00pm	\$45/\$50

AAW - Mother's Day Card Workshop with Dianne Darch (#@%)

Join us for a special Mother's Day card-making workshop with Dianne Darch! Dive into the creative world of pen, ink, and watercolour as you craft a beautiful, handmade card. Under Dianne's expert guidance, you'll learn how to use pen strokes to create intricate details, textures, and contrast, all while working with a provided project outline—no drawing skills needed! Once your design takes shape, you'll bring it to life with watercolours, adding vibrant colour and depth to your card. This is the perfect opportunity to explore your artistic side and create a heartfelt gift for Mother's Day. *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60702	16yrs+	Station Gallery	1 class
Sat	May 3-May 3	12:00pm-4:00pm	\$100/\$110

AAW - Mugs for Mom: Pottery Workshop with Paulette (#%@)

With Mother's Day right around the corner, you'll have the perfect gift after participating in this mug-making workshop! In the first session, you'll explore basic hand-building techniques to shape and personalize your mugs with your own creative touch. Then, in the second session, you'll add vibrant colours and designs using our selection of glazes. This workshop is all about slowing down, getting creative, and crafting something meaningful for the mother-figure in your life, or to enjoy in your own home! *All materials provided *Suitable for all levels of expertise

60628	16yrs+	Station Gallery	2 classes
Sun	Apr 13-Apr 27	10:30am-12:30pm	\$140/\$150

AAW - Nature's Palette: Landscape Painting w Varshitha (#%@)

Immerse yourself in the beauty of nature in this beginner acrylic painting workshop! In this session, you'll learn how to bring stunning landscapes to life using acrylics, guided step-by-step by Varshitha. Explore the secrets of colour blending, texture creation, and capturing light, to paint breathtaking scenes that pop off the canvas. Whether you're a beginner or a seasoned artist, this workshop will inspire you to see the world through an artist's eyes. *Student Supply Lists will be available to download upon registration *Suitable for all levels of expertise *Each session features new subject matter

60629	16yrs+	Station Gallery	1 class
Sun	May 11-May 11	12:00pm-4:00pm	\$100/\$110

60680	16yrs+	Station Gallery	1 class
Sat	Jun 7-Jun 7	12:00pm-4:00pm	\$100/\$110

AAW – Oracle Card Design (#@%)

Dive into your creativity and intuition in this oracle card-making workshop! Explore different oracle decks, learn to interpret their meanings, and connect imagery to messages. Through a guided intuitive art session, you'll incorporate symbols and themes that reflect your personal goals and intentions. By the end, you'll complete your first oracle card and gain the skills to continue building your own deck. *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60728	16yrs+	Station Gallery	1 class
Sun	Apr 27-Apr 27	1:00pm-3:00pm	\$45/\$50

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

Our popular painting workshop is back again! Follow along with artist and musician Chas Burke as he guides you through his captivating approach to colour theory, inspired by the interplay of music and art. Both music and art make use of hue, value, temperature, composition, and design; referencing the methods of famous composers, participants will explore how to harmonize and balance their colours to make expressive and cohesive paintings to proudly take home and cherish. *Suitable for all levels of expertise *No music experience required *Student Supply Lists will be available to download upon registration

60694	16yrs+	Station Gallery	2 classes
Sun	Jun 1-Jun 8	1:00pm-4:00pm	\$120/\$130

AAW - Painting En Plein Air with Ivana (#@%)

Have you ever wanted to paint a landscape outdoors just like the Masters? Set up your palette, easel, paints, and painting surface to complete a painting the same day you start! Focusing on foundational techniques of composition, colour mixing, and brushwork, beginners will learn how to capture the world around them in a satisfying and fulfilling way. Advanced learners will be able to refine their skills, grasping contrasts of light and shadow. Whether you work with oil paint, acrylics, or mixed media, this class offers the calming atmosphere of the environs around Station Gallery to bring the studio into nature's backyard. *Suitable for all levels of experience *Student Supply Lists will be available to download upon registration *Participants are welcome to bring their own lunch or snacks

60690	16yrs+	Station Gallery	1 class
Sun	May 25-May 25	11:00am-3:00pm	\$100/\$110

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

In this 2-day workshop, students will transform an image of their choosing into a painted portrait, using realism as their guide. Mixing and manipulating skin colours and structures of the face will be demonstrated and discussed, along with hair. The importance of backgrounds and contexts will also be highlighted, and examples will be provided to inspire creative choices. As we proceed, students will be encouraged to add their own intuitive responses and interpretations to their work. The lively pace of this workshop will surely make for an engaging and enjoyable experience! *Elementary – Intermediate painting experience required *Participants bring their own materials, oil or acrylic *Student Supply Lists will be available to download upon registration

60631	16yrs+	Station Gallery	2 classes
Sun,Sat	Apr 12-Apr 13	12:00pm-4:00pm	\$140/\$150

AAW - Spring Blooms in Watercolour with Hi-Sook (#@%)

Learn how to paint transparent florals that glow! Enhance your ability to capture floral subject matter by understanding the forms of different florals and how to perceive and paint correct values. This workshop will cover colour mixing and the four basic washes of the watercolour medium. Hi-Sook will provide a complete demonstration followed by ample time for participants to complete their own artworks. *Elementary painting experience recommended * Student Supply Lists will be available to download upon registration

60682	16yrs+	Station Gallery	1 class
Sat	May 10-May 10	12:00pm-4:00pm	\$100/\$110

AAW – Summer Vision Board Workshop (#@%)

Bring your dreams to life in this vision board making workshop! You'll create a personalized piece of artwork that serves as a powerful visual representation of your goals. Along the way, you'll learn practical techniques to break down your goals into achievable, actionable steps. All materials are provided, including a selection of inspiring images. However, to make your vision board truly unique to you, feel free to bring personal images that reflect your goals and the things you want to manifest this summer! *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60730	16yrs+	Station Gallery	1 class
Sun	May 31-May31	1:00pm-3:00pm	\$45/\$50

AAW - The Art of Oil Pastels with Jean (#@%)

Think oil pastels are just for kids? Think again! This beginner-friendly course invites adults to explore the rich potential of oil pastels, a favourite medium of many professional artists. Under the expert guidance of Jean Jiang, you'll learn blending, layering, and texturing techniques to create vibrant, expressive works of art. Whether you're a complete beginner or looking to refresh your skills, this course will inspire your creativity and show you how versatile and sophisticated oil pastels can be! *Suitable for all levels of expertise *Some materials provided *Student Supply Lists will be available to download upon registration

60691	16yrs+	Station Gallery	1 class
Sat	Apr 12-Apr 12	12:00pm-3:00pm	\$95/\$100

Curator Lectures

CL – Art Talk: It’s About Time (#@%)

Art exists in time as well as space. Time implies change and movement; movement implies the passage of time. Artists have historically been mindful of temporality in their work, while contemporary artists take the concept further by incorporating time into their work as if it were an element of art. Join SG Curator, Olex Wlasenko in this one-hour presentation on how time figures in visual culture and beyond... *This is a drop-in event – registration not required

60732	16yrs+	WPL, Central Branch	1 class
Mon	Apr 14-Apr 14	7:00pm-8:00pm	Free

CL – Movie Magic — Film Noir + ART (#@%)

Join movie buff Tim Westhead to find out what’s beyond the silver screen! Enjoy discovering new, and re-discovering classic, film noir that explores the darker side, as well as vivid examples of “Art Noir,” so you can make your love for film and art a more rewarding experience! Please bring some non-perishable food donations for The Deacon’s Cupboard, Whitby’s food bank. *This is a drop-in event – registration not required

60733	16yrs+	Station Gallery	1 class
Wed	Apr 23-Apr 23	7:00pm-9:00pm	Free

CL – Still in Time | The Prints of Jacques Hnizdovsky (#@%)

As a paragon of woodcut printmakers, Jacques Hnizdovsky contributed an astonishing body of inventive and compelling imagery. The artist ignited a resurgence and enthusiasm around time-honoured printmaking technique. In this solo posthumous project, we follow an astounding trajectory of one artist’s personal passage through tone and form, style and content. *This is a drop-in event – registration not required

60731	16yrs+	Station Gallery	1 class
Wed	Mar 26-Mar 26	7:00pm-8:00pm	Free

CL – The Birth of a Station (#@%)

Witches’ hats, an unsolved murder, graffiti in the attic—Whitby’s historic railway station contains many eerie secrets. Join SG Curator Olex as he uncovers the mysteries preserved in the Station Gallery’s heritage building legacy.

60734	16yrs+	WPL, Central Branch	1 class
Mon	Apr 28-Apr 28	7:00pm-8:00pm	Free

Language

AAC - Poetry Foundations with Jessica Moore (#@%)

In this class, participants will dive into the essentials of writing poetry, exploring both structural and creative components behind the craft. You'll explore a selection of poetic forms, discovering their unique rules and rhythms. Alongside form, we'll play with language, experimenting with poetic devices, word choice, meter, and how these elements work together to create meaning and emotion. Whether you're new to poetry or looking to refine your skills, this course will offer a space to develop your voice and unlock the power of poetic expression. *Suitable for all levels of experience

*Participants are encouraged to bring their own notebook or electronic device

60696	16yrs+	Station Gallery	4 weeks
Tue	Apr 22-May 13	7:00pm-9:00pm	\$130/\$140

Music and Drama

AAC – Band Chops with Rob Tardik (#@%)

Do you dream of being on stage and energizing a live crowd through music? Take your instrument skills to the next level by joining the Band Chops program to implement the skills you have attained on your guitar, vocals, bass, keyboards or drums within an ensemble setting. Learn how to play in a band and collaborate with your fellow musicians in synergy to create music to move people. Regardless of whether you are a rookie or an experienced player, Band Chops is your gateway into the exciting world of playing in a band, culminating in a live performance this summer at Station Gallery.

*Bring your own instrument *Basic music experience required

60900	19+yrs	Station Gallery	6 classes
Sun	May 25-Jun 29	2:00pm-4:00pm	\$190/\$200

Visual Arts

AAC - Art as Therapy with Bobby McBride (#@%)

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

60697	16yrs+	Station Gallery	4 weeks
Thu	May 1-May 22	7:00pm-9:00pm	\$85/\$90

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

Join us for an enlightening six-week beginner acrylic painting course where you can unleash your creativity! Throughout this course, you'll explore essential techniques such as colour mixing, materials, brushwork, and layering, while diving into various art styles and history. Don't worry if you've never painted before, our instructors will guide you through the process, helping you build confidence in your skills. By the end of the course, you'll leave with a collection of your own creations and the tools to continue your painting journey! *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60653	16yrs+	Station Gallery	6 weeks
Tue	Apr 22-May 27	7:00pm-9:00pm	\$190/\$200

AAC - Beginner Acrylic Painting with Jean Jiang (#@%)

Join us for an enlightening six-week beginner acrylic painting course where you can unleash your creativity! Throughout this course, you'll explore essential techniques such as colour mixing, brushwork, and layering. Don't worry if you've never painted before, our instructors will guide you through the process, helping you build confidence in your skills. By the end of the course, you'll leave with a collection of your own creations and the tools to continue your painting journey! *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60618	16yrs+	Station Gallery	6 weeks
Wed	Apr 23-May 28	1:00pm-3:00pm	\$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. *Last session is 3 hours long to include glazing *All materials provided *Suitable for all levels of expertise

60619	16yrs+	Station Gallery	6 weeks
Thu	Apr 24-May 29	1:30pm-3:30pm	\$225/\$270
60620	16yrs+	Station Gallery	6 weeks
Thu	Apr 24-May 29	6:30pm-8:30pm	\$225/\$270

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

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 *We suggest taking two sessions of Hand Building Pottery Level 1 before advancing to Level 2 *Last session is 3 hours long to include glazing

60621	16yrs+	Station Gallery	6 weeks
Tue	Apr 22-May 27	1:30pm-3:30pm	\$225/\$270
60622	16yrs+	Station Gallery	6 weeks
Tue	Apr 22-May 27	6:30pm-8:30pm	\$225/\$270

AAC - Intermediate Painting: Still-Life in Oils (#@%)

Join us for a captivating six-week course where we'll dive deep into the timeless art of still-life painting. Guided step-by-step, you'll learn to create luminous, rich oil paintings using techniques inspired by the old Flemish masters, all while adapting them to modern approaches. Each class focuses on refining skills such as sketching, colour mixing, creating harmony and contrast, as well as specificity to help you bring ordinary objects to life. This class offers a supportive, collaborative environment where artists of all levels can grow, refine their techniques, and leave with a stunning finished piece. *Elementary – Intermediate painting experience recommended *Student Supply Lists will be available to download upon registration

60654	16yrs+	Station Gallery	6 weeks
Tue	Apr 22-May 27	7:00pm-9:00pm	\$190/\$200

AAC - Intermediate Painting: Urban Landscapes (#@%)

This course is perfect for students interested in exploring contemporary, urban landscape painting in oil or acrylics. Subjects may include cityscapes, highways, architecture, and rural settings, with a strong emphasis on experimentation and non-traditional colour application. Students will have the opportunity to select a reference photo and create a landscape painting using layering techniques. Through discussions and in-class demonstrations, this course will cover foundational processes, colour application, composition, and perspective. With a relaxed and flexible approach, the class includes creative warm-up exercises and group discussions to help ease any painting anxiety. Students are encouraged to experiment, take risks, and express their individuality! *Intermediate – Advanced painting experience required *Participants bring their own materials, oil or acrylic *Student Supply Lists will be available to download upon registration

60655	16yrs+	Station Gallery	6 weeks
Fri	Apr 25-May 30	7:00pm-9:00pm	\$210/\$225

AAC - Introduction to Drawing with Ivana Tovilla-Batiz (#@%)

Discover the joy of drawing in this introductory class for adults! Explore a mixed-media approach as you work with charcoal, conte, graphite, and more to create dynamic and expressive artworks. Through guided exercises and hands-on practice, you'll build confidence in your drawing skills while experimenting with different tools and techniques. Whether you're a total beginner or looking to reconnect with art, this class offers a relaxed and supportive environment to explore your creativity! *Suitable for all levels of expertise *Some materials provided – Student Supply Lists will be available to download upon registration

60656	16yrs+	Station Gallery	6 weeks
Fri	Apr 25-May 30	4:00pm-6:00pm	\$190/\$200

AAC - Introduction to Fused Glass with Collin (#@%)

Discover the world of glass with this introductory course for adults! This engaging course will guide you through the basics of working with fused glass, including cutting techniques, layering, slumping, and safe handling practices. You'll explore your creativity as you design and create beautiful, unique scenes and objects in glass. Instructor Collin Walsh will provide information and support regarding this captivating and enigmatic material, ensuring a rewarding experience for all skill levels. *Suitable for all levels of expertise *Some materials provided – *Student Supply Lists will be available to download upon registration *No class May 18th

60703	16yrs+	Station Gallery	5 weeks
Sun	Apr 27-Jun 1	1:00pm-4:00pm	\$210/\$225

AAC - Introduction to Printmaking with Gabe Gilbert (#@%)

Discover the art of printmaking in this engaging 6-week class led by Gabe Gilbert! Dive into techniques like linoblock and intaglio printing while focusing on subjects of your choice. Gabe will guide you through the entire process – from designing your graphic and carving your block, to bringing your image to life in ink. Perfect for all skill levels, this class will leave you feeling confident and inspired to create your own stunning prints!* Suitable for all levels of expertise *Some materials provided – Student Supply Lists will be available to download upon registration

60657	16yrs+	Station Gallery	6 weeks
Thu	Apr 24-May 29	7:00pm-9:00pm	\$210/\$225

AAC - Introduction to Watercolour with Dianne Darch (#@%)

Discover the art of watercolour painting in this inspiring 6-week class with Dianne Darch. Whether you're a complete beginner or looking to refresh your skills, this course offers a supportive and creative environment to explore this versatile medium. Each week, Dianne will guide you through the materials needed and the essential techniques such as basic washes, water control, colour mixing and blending needed to paint a realistic image in watercolour. You'll work through a series of exercises and small projects which will help you to gain confidence along the way. By the end of the class, you'll have a collection of notes and projects for reference and will have gained the fundamental skills to continue your watercolour journey. * Student Supply Lists will be available to download upon registration *Suitable for all levels of expertise

60701	16yrs+	Station Gallery	6 weeks
Tue	Apr 22-May 27	1:30pm-3:30pm	\$190/\$200

AAC - Oil Painting for Beginners with Chelsea Frattura (#@%)

This class will provide students of any skill level with the knowledge they need to get started in oil painting! Health and safety, tools, techniques, composition and process will be covered through discussion, in-class demonstrations and hands-on learning. Each session is designed to build your confidence and skills, allowing you to express yourself freely on canvas. By the end of the course, you'll have a collection of beautiful paintings and the foundational knowledge to continue developing your oil painting practice. *Suitable for all levels of expertise *Student Supply Lists will be available to download upon registration

60623	16yrs+	Station Gallery	6 weeks
Thu	Apr 24-May 29	7:00pm-9:00pm	\$190/\$200

AAC - Open Studio (#@%)

Work alongside and be inspired by other practicing artists from the community in this drop-in program. Participants can drop by Station Gallery to work on their artwork for a few hours, or spend the whole day creating in our spacious, well-lit studios. We offer a Social Space and a Quiet Zone, so whether you'd like to collaborate with others, or work independently, we've got a space for you! *For SG Patrons only *Patron cards can be purchased at the gallery *Bring your own materials *No pre-registration required *No class May 19th

60624	16yrs+	Station Gallery	24 classes
Mon,Thu	Apr 24-Jun 9	10:00am-3:00pm	Free

AAC - Pottery Wheel Level 1 (#@%)

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

60625	16yrs+	Station Gallery	6 weeks
Sat	Apr 26-Jun 7	2:00pm-4:00pm	\$285/\$300
60901	16yrs+	Station Gallery	6 weeks
Fri	Apr 25-May 30	1:30pm-3:30pm	\$285/\$300
60626	16yrs+	Station Gallery	6 weeks
Fri	Apr 25-May 30	6:30pm-8:30pm	\$285/\$300

AAC - Pottery Wheel Level 2 (#@%)

Designed for experienced ceramicists looking to refine their wheel-throwing skills and push their creative boundaries. Emphasis will be placed on consistency, advanced surface decoration, and glaze application to enhance texture and depth. Through personalized guidance, you'll develop greater control over the medium, allowing you to craft sophisticated and expressive ceramic works. *All materials provided *We suggest taking two sessions of Pottery Wheel Level 1 before advancing to Level 2 *No class May 19th

60902	16yrs+	Station Gallery	6 weeks
Mon	Apr 28-Jun 9	1:00pm-4:00pm	\$355/\$375

Children

Kids Art Classes

KAC - Artscapes (#@%)

Join Artscapes at Station Gallery and unleash your creativity! Each week, our students will explore new materials and playful techniques to create artworks inspired by the world around them. From painting and drawing to experimenting with collage and sculpture, every project is an adventure in self-expression. Get ready to make colourful

masterpieces, learn new skills, and discover the joy of creating art in your own unique way! *All materials provided *Suitable for all levels of expertise *New projects each session *No class May 17th

60634	8-12yrs	Station Gallery	6 weeks
Sat	Apr 26-Jun 7	1:30pm-3:30pm	\$165/\$175
60633	8-12yrs	Station Gallery	6 weeks
Fri	Apr 25-May 30	4:00pm-6:00pm	\$165/\$175

KAC - Artventures (#@%)

Get ready for a creative adventure where kids will explore the exciting world of art! Each week, students will follow step-by-step demonstrations from our friendly and supportive instructors to create a unique project they'll take home with them. We'll experiment with various painting and drawing materials, sculptural elements, and decorative techniques, offering a well-rounded introduction to art. *All materials provided *New projects each session *Suitable for all levels of expertise *No class May 17th or 18th

60635	4-7yrs	Station Gallery	6 weeks
Sat	Apr 26-Jun 7	10:30am-11:30am	\$120/\$130
60636	4-7yrs	Station Gallery	6 weeks
Thu	Apr 24-May 29	4:00pm-5:00pm	\$120/\$130
60638	4-7yrs	Station Gallery	6 weeks
Sun	Apr 27-Jun 8	10:30am-11:30am	\$120/\$130
60637	4-7yrs	Station Gallery	6 weeks
Tue	Apr 22-May 27	4:00pm-5:00pm	\$120/\$130

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

Come join us at the gallery for a fun and exciting pottery class for kids! In this beginner-friendly class, young artists will develop a collection of hand-built pottery projects. They will learn how to use tools to shape and add texture to clay, and they will have the opportunity to paint their designs to add their own unique flair. This class is a great way for kids to explore their creativity, learn new skills, and have fun with clay! *All materials provided *New projects each session *Suitable for all levels of expertise

60639	8-12yrs	Station Gallery	6 weeks
Thu	Apr 24-May 29	4:00pm-6:00pm	\$165/\$175

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

Embark on an exciting journey into the world of 3D printing! Guided by instructor Mike Knowles, students will explore current 3D printing technology and its real-world applications. Participants will have the opportunity to use online design software to create 3D printed objects like keychains and figurines that they can take home and proudly display. Imagination and technology come together 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 *No class April 20th

60640	8-12yrs	Station Gallery	4 weeks
Sun	Apr 6-May 4	2:00pm-4:00pm	\$150/\$160

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

Let's learn to draw together! In this beginner drawing course, participants will explore shading techniques, cartooning, and drawing from observation through a variety of fun and engaging activities. As one of the foundational skills in art, this class will help students develop techniques that will support their creative growth for years to come! *All materials provided *New projects each session *Suitable for all levels of expertise

60641	8-12yrs	Station Gallery	6 weeks
Tue	Apr 22-May 27	4:30pm-5:30pm	\$110/\$120

Family

Parent & Tot

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

Our mini art club for toddlers is the place to make art, make a mess, and make new friends. You and your child will explore creative possibilities while making beautiful works of art together. Bring a playful spirit and wear your favourite art-friendly clothes! *All materials provided *We strongly recommend a limit of one caregiver per child *No class May 18th

60651	2-4yrs	Station Gallery	6 weeks
Sun	Apr 27-Jun 8	10:30am-11:30am	\$110/\$120

Youth

Music and Drama

YAC – Band Chops: Youth, with Rob Tardik (#@%)

Do you dream of being on stage and energizing a live crowd through music? Take your instrument skills to the next level by joining the Band Chops program to implement the skills you have attained on your guitar, vocals, bass, keyboards or drums within an ensemble setting. Learn how to play in a band and collaborate with your fellow musicians in synergy to create music to move people. Regardless of whether you are a rookie or an experienced player, Band Chops is your gateway into the exciting world of playing in a band, culminating in a live performance this summer at Station Gallery.

*Bring your own instrument *Basic music experience required

60899	14-19yrs	Station Gallery	6 classes
Sun	May 25-Jun 29	12:00pm-2:00pm	\$175/\$185

Visual Arts

YAC - Manga Drawing 101 with Hannah White (#@%)

We invite you to explore the fun, exciting world of manga cartooning in a hands-on, interactive environment! Over the course of 4 sessions, you'll learn key manga techniques including character proportions, facial expressions, and how to master cartoon anatomy. We'll also cover essential skills like linework, inking, and shading to bring your characters to life. Whether you're creating a hero, a villain, or something entirely unique, you will be provided with personalized feedback to help you refine your style and storytelling! *All materials provided *Suitable for all levels of expertise

60660	11-15yrs	Station Gallery	4 weeks
Fri	May 9-May 30	6:30pm-8:30pm	\$150/\$160

YAC - Teen Art Studio: Drawing with Varshitha R. (#@%)

In this open-studio course, participants may follow along with instructor-led projects each week, or bring in their own artworks from home to complete during class time. Students will use graphite, pastels, coloured pencils, and ink to create vibrant artworks that are perfect for a growing portfolio, or to display on your walls at home. Whether you're just starting or have previous experience, this class is designed to spark your imagination and sharpen your skills! *All materials are provided, though students are welcome to bring materials from home if pursuing personal projects *Suitable for all levels of expertise

60659	13-17yrs	Station Gallery	6 weeks
Thu	May 1-June 5	7:00pm-9:00pm	\$175/\$185

YAC - Teen Art Studio: Painting with Bronwyn Gauley (#@%)

Join our relaxing and fun open-studio style 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. Participants may follow along with instructor-led projects each week, or bring in their own artworks from home to complete during class time. No matter what you choose to create, you'll receive expert guidance to help your paintings stand out! *All materials are provided, though students are welcome to bring materials from home if pursuing personal projects *Suitable for all levels of expertise

[60658](#)

14-17yrs

Station Gallery

6 weeks

Fri

May 2-Jun 6

7:00pm-9:00pm

\$175/\$185