

Summer 2024 Recreation Programs

How to Register for a Program?

Online at whitby.ca/active

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

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

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

Register In Person

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

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

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

Refunds, Transfers and Registration Policies

Refund Policy/Early Course Withdraw Policy

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

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

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

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

Missed Classes

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

Refunds, Withdrawals and Transfers

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

Subsidized Program Guide

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

(#) Does not qualify for the Access Program

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

(%) Does not qualify for Canadian Tire Jumpstart grants

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

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Preschool Programs

General Interest

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.

54859	30mos-5yrs	Whitby Civic Rec Complex	9 weeks
Fri	Jul 5-Aug 30	9:15am-11:15am	\$158.56

Ready for School (%)

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

54411	4-5yrs	Brooklin CC&L	18 classes
Tue,Thu	Jul 2-Aug 29	12:45pm-2:45pm	\$317.12
54851	4-5yrs	Whitby Civic Rec Complex	16 classes
Mon,Wed	Jul 3-Aug 28	9:15am-11:15am	\$281.89

Themed Activity Days - Hello Summer! (%)

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

54870	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Jul 5-Jul 5	11:30am-12:30pm	\$8.81

Themed Activity Days- Beach Fun (%)

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

54871	30mos-5yrs	Whitby Civic Rec Complex	1 day
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Fri	Jul 26-Jul 26	11:30am-12:30pm	\$8.81
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Themed Activity Days- Butterflies, bugs and insects (%)

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

54874	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Aug 16-Aug 16	11:30am-12:30pm	\$8.81

Themed Activity Days- Dr. Seuss (%)

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

54872	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Aug 9-Aug 9	11:30am-12:30pm	\$8.81

Themed Activity Days- Get ready for School! (%)

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

54880	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Aug 30-Aug 30	11:30am-12:30pm	\$8.81

Themed Activity Days- Mini Artists (%)

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

54875	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Jul 19-Jul 19	11:30am-12:30pm	\$8.81

Themed Activity Days- Princesses and Superheroes (%)

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

54876	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Jul 12-Jul 12	11:30am-12:30pm	\$8.81

Themed Activity Days- Summer Picnic (%)

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

54873	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Aug 2-Aug 2	11:30am-12:30pm	\$8.81

Themed Activity Days- Zoo animals (%)

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

54878	30mos-5yrs	Whitby Civic Rec Complex	1 day
Fri	Aug 23-Aug 23	11:30am-12:30pm	\$8.81

Tot Science (%)

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

54881	3-5yrs	Whitby Civic Rec Complex	9 weeks
Wed	Jul 3-Aug 28	11:30am-12:15pm	\$79.28

Leagues and Sporting Groups

Parent and Tot Basketball

Children will partner with their parents to learn foundational skills for basketball in a fun environment. Using child-size nets and basketballs, kids will be introduced to skills like dribbling, shooting, passing and catching while also learning basic rules. This program will have structured learning and free-play for you and your little one.

56066	3-5yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	10:15am-10:55am	\$59.46

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.

56068	3-5yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	11:45am-12:25pm	\$59.46

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.

56067	2-3yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	11:00am-11:40am	\$59.46

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.

56065	2-4yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	9:30am-10:10am	\$59.46

Parent and Tot Rookie Sports (%)

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

56064	18-30mos	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	9:00am-9:25am	\$39.64

Children 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 4-6 years old. This program is by registration only.

56255	4-6yrs	Whitby Civic Rec Complex	11 weeks
Sun	Jul 14-Sep 22	10:00am-10:55am	\$78.92

Taekwondo 7-11 YRS

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

56256	7-11yrs	Whitby Civic Rec Complex	11 weeks
Sun	Jul 14-Sep 22	11:00am-11:55am	78.92

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.

56060	7-9yrs	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	6:00pm-6:25pm	\$39.64

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.

56061	10-12yrs	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	6:30pm-7:25pm	\$79.28

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.

56070	6-8yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	3:00pm-3:55pm	\$79.28

Basketball – Kids

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

56074	9-11yrs	Brooklin CC&L	9 weeks
Thu	Jul 4-Aug 29	5:00pm-5:55pm	\$79.28
56071	9-11yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	4:00pm-4:55pm	\$79.28

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.

56069	6-8rs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	2:00pm-2:55pm	\$79.28

Pickleball - Parent and Child Beginner

This program is designed for youth beginners who are ready to play, alongside their parent. Some instruction will be provided. Rules and gameplay experience is recommended. Players will rotate through games each class. Parent to youth ratio is 1:1. It is recommended you bring your own paddle, as paddles are limited. Program fee includes registration for both people.

56177	9-12yrs	Brooklin CC&L	7 weeks
Mon	Jul 8-Aug 26	5:15pm-5:55pm	\$91.58

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

Children will participate in a different sport each week. The focus of this program is gross motor skills development. Parents are required to remain at the field during the classes.

55359	3-5yrs	Brooklin Memorial Park	9 weeks
Tue	Jul 2-Aug 27	10:00am-11:00am	\$191.25
55357	3-5yrs	Heydenshore Pavilion	7 weeks
Mon	Jul 8-Aug 26	10:00am-11:00am	\$148.75
55358	5-7yrs	Heydenshore Pavilion	7 weeks
Mon	Jul 8-Aug 26	11:00am-12:00pm	\$148.75

Sportball - Outdoor Coach and Child Soccer (#@)

Classes are dedicated to skill development and play in an exciting, non-competitive environment. Parents are required to remain at the field during the classes.

55360	3-5yrs	Whitby Civic Rec Complex	9 weeks
Thu	Jul 4-Aug 29	6:00pm-7:00pm	\$223.25
55361	5-8yrs	Whitby Civic Rec Complex	9 weeks
Thu	Jul 4-Aug 29	7:00pm-8:00pm	\$223.25

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.

55364	4-6yrs	Brooklin Memorial Park	9 weeks
Tue	Jul 2-Aug 27	11:00am-12:00pm	\$223.25
55362	3-5yrs	Whitby Civic Rec Complex	7 weeks
Mon	Jul 8-Aug 26	6:00pm-7:00pm	\$180.75
55363	5-8yrs	Whitby Civic Rec Complex	7 weeks
Mon	Jul 8-Aug 26	7:00pm-8:00pm	\$180.75
55365	3-5yrs	Whitby Civic Rec Complex	7 weeks
Mon	Jul 8-Aug 26	6:00pm-7:00pm	\$180.75
55366	5-8yrs	Whitby Civic Rec Complex	7 weeks
Mon	Jul 8-Aug 26	7:00pm-8:00pm	\$180.75

Sportball - Outdoor 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.

55368	2-3yrs	Brooklin Memorial Park	9 weeks
Tue	Jul 2-Aug 27	9:15am-10:00am	\$191.25
55367	2-3yrs	Heydenshore Pavilion	7 weeks
Mon	Jul 8-Aug 26	9:15am-10:00am	\$148.75

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

Children play with parents and are taught the fundamental skills necessary to excel in soccer. Classes are dedicated to skill development and play in an exciting, non-competitive environment.

55369	2-3yrs	Whitby Civic Rec Complex	9 weeks
Thu	Jul 4-Aug 29	5:15pm-6:00pm	\$223.25

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.

55370	2-3yrs	Whitby Civic Rec Complex	7 weeks
Mon	Jul 8-Aug 26	5:15pm-6:00pm	\$180.75
55371	2-3yrs	Whitby Civic Rec Complex	7 weeks
Mon	Jul 8-Aug 26	5:15pm-6:00pm	\$180.75

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.

56168	9-13yrs	McKinney Centre	1 day
Wed	Jul 17-Jul 17	9:00am-3:00pm	\$71.00
56175	9-13yrs	Whitby Civic Rec Complex	3 days
Wed-Fri	Aug 14-Aug 16	9:30am-12:00pm	\$71.00

Fitness

Teen Weight Training

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

56260	11-14yrs	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	4:15pm-5:30pm	\$108.51

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.

56271	11-15yrs	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	12:30pm-1:25pm	\$86.81

Leadership and Training

Babysitting Course (#@%)

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

56171	11-16yrs	Whitby Civic Rec Complex	1 day
Thu	Jul 18-Jul 18	9:00am-5:00pm	\$76.00
56178	11-16yrs	Centennial Building	1 day
Thu	Aug 8-Aug 8	9:00am-5:00pm	\$76.00
56176	11-16yrs	Whitby Civic Rec Complex	3 days
Wed-Fri	Aug 14-Aug 16	1:00pm-4:00pm	\$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.

56062	11-15yrs	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	7:30pm-8:25pm	\$79.28

Basketball – Youth

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

56075	11-14yrs	Brooklin CC&L	9 weeks
Thu	Jul 4-Aug 29	6:00pm-6:55pm	\$79.28
56072	11-14yrs	Brooklin CC&L	9 weeks
Sat	Jul 6-Aug 31	5:00pm-5:55pm	\$79.28

Pickleball - Parent and Youth Beginner

This program is designed for youth beginners who are ready to play, alongside their parent. Some instruction will be provided. Rules and gameplay experience is recommended. Players will rotate through games each class. Parent to youth ratio is 1:1. It is recommended you bring your own paddle, as paddles are limited. Program fee includes registration for both people.

56181	12-16yrs	Brooklin CC&L	7 weeks
Mon	Jul 8-Aug 26	6:00pm-6:55pm	\$122.11

Swimming Programs

Adults

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.

56275	13 yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jun 25-Aug 27	10:30am-11:15am	\$89.63
56277	13 yrs+	Whitby Civic Rec Complex	10 weeks
Tue	Jun 25-Aug 27	7:15pm-8:00pm	\$89.63
56278	13 yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Jun 27-Aug 29	10:30am-11:15am	\$89.63
56279	13 yrs+	Whitby Civic Rec Complex	10 weeks
Thu	Jun 27-Aug 29	7:15pm-8:00pm	\$89.63
56280	13 yrs+	Whitby Civic Rec Complex	8 weeks
Sat	Jul 6-Aug 31	1:15pm-2:00pm	\$71.68

Aquafit – Deep Water

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

56276	13 yrs+	Anne Ottenbrite Pool	8 weeks
Mon	Jun 24-Aug 26	8:00am-8:45am	\$71.68
56281	13 yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jun 26-Aug 28	8:00am-8:45am	\$89.63
56289	13 yrs+	Anne Ottenbrite Pool	10 weeks
Wed	Jun 26-Aug 28	8:00pm-8:45pm	\$89.63
56282	13 yrs+	Anne Ottenbrite Pool	10 weeks
Fri	Jun 28-Aug 30	8:00am-8:45am	\$89.63

Adult Group Swimming Lessons

Adult Swimmer 1 - Beginner – AOP

14yrs+

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

4 classes

Anne Ottenbrite Pool

\$47.60

56283	Sat	Jul 6-Jul 27	1:15pm-2:00pm
56293	Sat	Jul 6-Jul 27	1:15pm-2:00pm

56294	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56295	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56296	Sat	Jul 6-Jul 27	2:45pm-3:30pm
56348	Sun	Jul 7-Jul 28	5:00pm-5:45pm
56349	Sun	Jul 7-Jul 28	5:00pm-5:45pm
56350	Sun	Jul 7-Jul 28	5:00pm-5:45pm
56352	Sun	Jul 7-Jul 28	5:45pm-6:30pm
56353	Sun	Jul 7-Jul 28	5:45pm-6:30pm
56354	Sun	Jul 7-Jul 28	6:30pm-7:15pm
56355	Sun	Jul 7-Jul 28	6:30pm-7:15pm
56357	Sun	Jul 7-Jul 28	7:15pm-8:00pm
56359	Sun	Jul 7-Jul 28	7:15pm-8:00pm
56297	Sat	Aug 3-Aug 24	1:15pm-2:00pm
56298	Sat	Aug 3-Aug 24	1:15pm-2:00pm
56299	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56300	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56301	Sat	Aug 3-Aug 24	2:45pm-3:30pm
56380	Sun	Aug 4-Aug 25	5:00pm-5:45pm
56381	Sun	Aug 4-Aug 25	5:00pm-5:45pm
56382	Sun	Aug 4-Aug 25	5:00pm-5:45pm
56383	Sun	Aug 4-Aug 25	5:45pm-6:30pm
56384	Sun	Aug 4-Aug 25	5:45pm-6:30pm
56385	Sun	Aug 4-Aug 25	6:30pm-7:15pm
56386	Sun	Aug 4-Aug 25	6:30pm-7:15pm
56387	Sun	Aug 4-Aug 25	7:15pm-8:00pm
56388	Sun	Aug 4-Aug 25	7:15pm-8:00pm

Adult Swimmer 1 - Beginner – CRC

14yrs+

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

4 classes		Whitby Civic Rec Complex	\$47.60
56346	Sun	Jul 7-Jul 28	1:00pm-1:45pm
56351	Sun	Jul 7-Jul 28	1:00pm-1:45pm
56356	Sun	Jul 7-Jul 28	1:45pm-2:30pm
56358	Sun	Jul 7-Jul 28	1:45pm-2:30pm
56360	Sun	Aug 4-Aug 25	1:00pm-1:45pm
56361	Sun	Aug 4-Aug 25	1:00pm-1:45pm
56363	Sun	Aug 4-Aug 25	1:45pm-2:30pm
56364	Sun	Aug 4-Aug 25	1:45pm-2:30pm

Adult Swimmer 2 - Intermediate – AOP **14yrs+**

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

4 classes		Anne Ottenbrite Pool	\$47.60
56284	Sat	Jul 6-Jul 27	1:15pm-2:00pm
56302	Sat	Jul 6-Jul 27	2:45pm-3:30pm
56362	Sun	Jul 7-Jul 28	5:00pm-5:45pm
56368	Sun	Jul 7-Jul 28	5:45pm-6:30pm
56369	Sun	Jul 7-Jul 28	6:30pm-7:15pm
56370	Sun	Jul 7-Jul 28	6:30pm-7:15pm
56371	Sun	Jul 7-Jul 28	7:15pm-8:00pm
56303	Sat	Aug 3-Aug 24	1:15pm-2:00pm
56304	Sat	Aug 3-Aug 24	2:45pm-3:30pm
56372	Sun	Aug 4-Aug 25	5:00pm-5:45pm
56374	Sun	Aug 4-Aug 25	5:45pm-6:30pm
56375	Sun	Aug 4-Aug 25	6:30pm-7:15pm
56376	Sun	Aug 4-Aug 25	6:30pm-7:15pm
56378	Sun	Aug 4-Aug 25	7:15pm-8:00pm

Adult Swimmer 2 - Intermediate – CRC

14yrs+

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

4 classes

Whitby Civic Rec Complex

\$47.60

56287	Sun	Jul 7-Jul 28	1:00pm-1:45pm
56365	Sun	Jul 7-Jul 28	1:00pm-1:45pm
56366	Sun	Jul 7-Jul 28	1:45pm-2:30pm
56367	Sun	Jul 7-Jul 28	1:45pm-2:30pm

Adult Swimmer 3 - Advanced – AOP

14yrs+

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

4 classes

Anne Ottenbrite Pool

\$47.60

56285	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56305	Sat	Jul 6-Jul 27	2:45pm-3:30pm
56389	Sun	Jul 7-Jul 28	5:45pm-6:30pm
56392	Sun	Jul 7-Jul 28	7:15pm-8:00pm
56306	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56307	Sat	Aug 3-Aug 24	2:45am-3:30am
56393	Sun	Aug 4-Aug 25	5:45pm-6:30pm
56394	Sun	Aug 4-Aug 25	7:15pm-8:00pm

Adult Swimmer 3 - Advanced – CRC

14yrs+

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

4 classes

Whitby Civic Rec Complex

\$47.60

56288	Sun	Jul 7-Jul 28	1:00pm-1:45pm
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56373	Sun	Jul 7-Jul 28	1:45pm-2:30pm
56377	Sun	Aug 4-Aug 25	1:00pm-1:45pm
56379	Sun	Aug 4-Aug 25	1:45pm-2:30pm

Adult Private Swimming Lessons

Private Adult Swimmer – AOP

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

4 classes		Anne Ottenbrite Pool	\$147.11
56290	Sat	Jul 6-Jul 27	1:00pm-1:45pm
56308	Sat	Jul 6-Jul 27	1:00pm-1:45pm
56309	Sat	Jul 6-Jul 27	1:00pm-1:45pm
56310	Sat	Jul 6-Jul 27	1:00pm-1:45pm
56311	Sat	Jul 6-Jul 27	1:30pm-2:15pm
56312	Sat	Jul 6-Jul 27	1:30pm-2:15pm
56313	Sat	Jul 6-Jul 27	1:30pm-2:15pm
56314	Sat	Jul 6-Jul 27	1:30pm-2:15pm
56315	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56316	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56317	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56318	Sat	Jul 6-Jul 27	2:00pm-2:45pm
56319	Sat	Jul 6-Jul 27	2:30pm-3:15pm
56320	Sat	Jul 6-Jul 27	2:30pm-3:15pm
56321	Sat	Jul 6-Jul 27	2:30pm-3:15pm
56322	Sat	Jul 6-Jul 27	2:30pm-3:15pm
56323	Sat	Jul 6-Jul 27	3:00pm-3:45pm
56324	Sat	Jul 6-Jul 27	3:00pm-3:45pm
56325	Sat	Jul 6-Jul 27	3:00pm-3:45pm
56326	Sat	Jul 6-Jul 27	3:00pm-3:45pm
56327	Sat	Aug 3-Aug 24	1:00pm-1:45pm
56328	Sat	Aug 3-Aug 24	1:00pm-1:45pm
56329	Sat	Aug 3-Aug 24	1:00pm-1:45pm

56330	Sat	Aug 3-Aug 24	1:00pm-1:45pm
56331	Sat	Aug 3-Aug 24	1:30pm-2:15pm
56332	Sat	Aug 3-Aug 24	1:30pm-2:15pm
56333	Sat	Aug 3-Aug 24	1:30pm-2:15pm
56334	Sat	Aug 3-Aug 24	1:30pm-2:15pm
56335	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56336	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56337	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56338	Sat	Aug 3-Aug 24	2:00pm-2:45pm
56339	Sat	Aug 3-Aug 24	2:30pm-3:15pm
56340	Sat	Aug 3-Aug 24	2:30pm-3:15pm
56341	Sat	Aug 3-Aug 24	2:30pm-3:15pm
56342	Sat	Aug 3-Aug 24	2:30pm-3:15pm
56343	Sat	Aug 3-Aug 24	3:00pm-3:45pm
56344	Sat	Aug 3-Aug 24	3:00pm-3:45pm
56345	Sat	Aug 3-Aug 24	3:00pm-3:45pm
56347	Sat	Aug 3-Aug 24	3:00pm-3:45pm

Preschool Group Swimming Lessons

Parent and Tot 1 - AOP (%)

4-12months

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

4 Classes	Anne Ottenbrite Pool	\$44.07
54410	Tue-Fri Jul 2-Jul 5	10:00am-10:30am
54678	Mon Jul 29-Aug 26	6:00pm-6:30pm
55203	Sat Jul 6-Jul 27	9:00am-9:30am
55213	Sun Jul 7-Jul 28	9:00am-9:30am
54677	Mon Jun 24-Jul 22	6:00pm-6:30pm
54418	Tue-Fri Aug 6-Aug 9	10:00am-10:30am
55204	Sat Aug 3-Aug 24	9:00am-9:30am
55214	Sun Aug 4-Aug 25	9:00am-9:30am
5 Classes	Anne Ottenbrite Pool	\$55.09

54679	Tue	Jun 25-Jul 23	6:00pm-6:30pm
54681	Wed	Jun 26-Jul 24	6:00pm-6:30pm
54683	Thu	Jun 27-Jul 25	6:00pm-6:30pm
54414	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54415	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54416	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54417	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
54680	Tue	Jul 30-Aug 27	6:00pm-6:30pm
54682	Wed	Jul 31-Aug 28	6:00pm-6:30pm
54419	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54420	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54421	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am
54684	Thu	Aug 1-Aug 29	6:00pm-6:30pm

Parent and Tot 1 - CRC (%)

4-12months

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

4 Classes	Whitby Civic Rec Complex	\$44.07	
54917	Mon	Jun 24-Jul 22	6:00pm-6:30pm
54432	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
55769	Sat	Jul 6-Jul 27	9:00am-9:30am
55770	Sat	Jul 6-Jul 27	10:30am-11:00am
55872	Sun	Jul 7-Jul 28	9:30am-10:00am
55873	Sun	Jul 7-Jul 28	10:30am-11:00am
54932	Mon	Jul 29-Aug 26	6:00pm-6:30pm
55775	Sat	Aug 3-Aug 24	9:00am-9:30am
55776	Sat	Aug 3-Aug 24	10:30am-11:00am
55874	Sun	Aug 4-Aug 25	9:30am-10:00am
55875	Sun	Aug 4-Aug 25	10:30am-11:00am
54441	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
5 Classes	Whitby Civic Rec Complex	\$55.09	
55123	Tue	Jun 25-Jul 23	5:30pm-6:00pm

55125	Tue	Jun 25-Jul 23	6:00pm-6:30pm
55389	Wed	Jun 26-Jul 24	6:00pm-6:30pm
55567	Thu	Jun 27-Jul 25	5:00pm-5:30pm
55688	Fri	Jun 28-Jul 26	5:30pm-6:00pm
54437	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
54438	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am
54439	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54440	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
55129	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55130	Tue	Jul 30-Aug 27	6:00pm-6:30pm
55391	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55571	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55691	Fri	Aug 2-Aug 30	5:30pm-6:00pm
54442	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54443	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
56083	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am

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

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

4 Classes	Anne Ottenbrite Pool	\$44.07	
54685	Mon	Jun 24-Jul 22	6:30pm-7:00pm
55206	Sat	Aug 3-Aug 24	9:30am-10:00am
55212	Sun	Aug 4-Aug 25	9:30am-10:00am
54427	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
54686	Mon	Jul 29-Aug 26	6:30pm-7:00pm
54422	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55205	Sat	Jul 6-Jul 27	9:30am-10:00am
55211	Sun	Jul 7-Jul 28	9:30am-10:00am
5 Classes	Anne Ottenbrite Pool	\$55.09	
54687	Tue	Jun 25-Jul 23	6:30pm-7:00pm
54689	Wed	Jun 26-Jul 24	6:30pm-7:30pm

54691	Thu	Jun 27-Jul 25	6:30pm-7:00pm
54423	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54424	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54425	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54426	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
54688	Tue	Jul 30-Aug 27	6:30pm-7:00pm
54690	Wed	Jul 31-Aug 28	6:30pm-7:00pm
54692	Thu	Aug 1-Aug 29	6:30pm-7:00pm
54428	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54429	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54430	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

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

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.

4 Classes	Whitby Civic Rec Complex	\$44.07	
54920	Mon	Jun 24-Jul 22	5:00pm-5:30pm
54922	Mon	Jun 24-Jul 22	6:30pm-7:00pm
54433	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54435	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55771	Sat	Jul 6-Jul 27	9:30am-10:00am
55772	Sat	Jul 6-Jul 27	11:00am-11:30am
55876	Sun	Jul 7-Jul 28	10:00am-10:30am
55877	Sun	Jul 7-Jul 28	11:00am-11:30am
54935	Mon	Jul 29-Aug 26	5:00pm-5:30pm
54938	Mon	Jul 29-Aug 26	6:30pm-7:00pm
55777	Sat	Aug 3-Aug 24	9:30am-10:00am
55778	Sat	Aug 3-Aug 24	11:00am-11:30am
55878	Sun	Aug 4-Aug 25	10:00am-10:30am
55879	Sun	Aug 4-Aug 25	11:00am-11:30am
54449	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54457	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am

5 Classes	Whitby Civic Rec Complex	\$55.09
55126	Tue Jun 25-Jul 23	4:30pm-5:00pm
55127	Tue Jun 25-Jul 23	6:30pm-7:00pm
55388	Wed Jun 26-Jul 24	5:00pm-5:30pm
55573	Thu Jun 27-Jul 25	6:00pm-6:30pm
55687	Fri Jun 28-Jul 26	5:30pm-6:00pm
54445	Mon-Fri Jul 8-Jul 12	9:00am-9:30am
54453	Mon-Fri Jul 8-Jul 12	10:00am-10:30am
54446	Mon-Fri Jul 15-Jul 19	9:00am-9:30am
54454	Mon-Fri Jul 15-Jul 19	10:00am-10:30am
54447	Mon-Fri Jul 22-Jul 26	9:00am-9:30am
54455	Mon-Fri Jul 22-Jul 26	10:00am-10:30am
54448	Mon-Fri Jul 29-Aug 2	9:00am-9:30am
54456	Mon-Fri Jul 29-Aug 2	10:00am-10:30am
55132	Tue Jul 30-Aug 27	4:30pm-
5:00pm 55133	Tue Jul 30-Aug 27	6:30pm-5:30pm
55392	Wed Jul 31-Aug 28	5:00pm-5:30pm
55576	Thu Aug 1-Aug 29	6:00pm-6:30pm
55692	Fri Aug 2-Aug 30	5:30pm-6:00pm
54450	Mon-Fri Aug 12-Aug 16	9:00am-9:30am
54458	Mon-Fri Aug 12-Aug 16	10:00am-10:30am
54451	Mon-Fri Aug 19-Aug 23	9:00am-9:30am
54459	Mon-Fri Aug 19-Aug 23	10:00am-10:30am
54452	Mon-Fri Aug 26-Aug 30	9:00am-9:30am
54460	Mon-Fri Aug 26-Aug 30	10:00am-10:30am

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.

4 Classes	Anne Ottenbrite Pool	\$44.07
54693	Mon Jun 24-Jul 22	7:00pm-7:30pm
54694	Mon Jul 29-Aug 26	7:00pm-7:30pm
54361	Tue-Fri Jul 2-Jul 5	11:00am-11:30am

55207	Sat	Jul 6-Jul 27	10:00am-10:30am
55209	Sun	Jul 7-Jul 28	10:00am-10:30am
55208	Sat	Aug 3-Aug 24	10:00am-10:30am
55210	Sun	Aug 4-Aug 25	10:00am-10:30am
54366	Tue-Fri	Aug 6-Aug 9	11:00am-11:30am
5 Classes	Anne Ottenbrite Pool		\$55.09
54695	Tue	Jun 25-Jul 23	7:00pm-7:30pm
54697	Wed	Jun 26-Jul 24	7:00pm-7:30pm
54699	Thu	Jun 27-Jul 25	7:00pm-7:30pm
54362	Mon-Fri	Jul 9-Jul 12	11:00am-11:30am
54363	Mon-Fri	Jul 15-Jul 19	11:00am-11:30am
54364	Mon-Fri	Jul 22-Jul 26	11:00am-11:30am
54365	Mon-Fri	Jul 29-Aug 2	11:00am-11:30am
54696	Tue	Jul 30-Aug 27	7:00pm-7:30pm
54698	Wed	Jul 31-Aug 28	7:00pm-7:30pm
54700	Thu	Aug 1-Aug 29	7:00pm-7:30pm
54367	Mon-Fri	Aug 12-Aug 16	11:00am-11:30am
54368	Mon-Fri	Aug 19-Aug 23	11:00am-11:30am
54369	Mon-Fri	Aug 26-Aug 30	11:00am-11:30am

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

4 Classes	Whitby Civic Rec Complex		\$44.07
54928	Mon	Jun 24-Jul 22	5:30pm-6:00pm
54434	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
54436	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55773	Sat	Jul 6-Jul 27	10:00am-10:30am
55774	Sat	Jul 6-Jul 27	11:30am-12:00pm
55880	Sun	Jul 7-Jul 28	9:00am-9:30am
55881	Sun	Jul 7-Jul 28	11:30am-12:00pm
54941	Mon	Jul 29-Aug 26	5:30pm-6:00pm

55782	Sat	Aug 3-Aug 24	10:00am-10:30am
55783	Sat	Aug 3-Aug 24	11:30am-12:00pm
55882	Sun	Aug 4-Aug 25	9:00am-9:30am
55883	Sun	Aug 4-Aug 25	11:30am-12:00pm
54465	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54473	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am

5 Classes

Whitby Civic Rec Complex

\$55.09

55128	Tue	Jun 25-Jul 23	5:00pm-5:30pm
55390	Wed	Jun 26-Jul 24	5:30pm-6:00pm
55578	Thu	Jun 27-Jul 25	5:30pm-6:00pm
55689	Fri	Jun 28-Jul 26	4:30pm-5:00pm
55690	Fri	Jun 28-Jul 26	6:30pm-7:00pm
54461	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54469	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54462	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54470	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54463	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54471	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54464	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54472	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55135	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55393	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55580	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55693	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55694	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54466	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54474	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54467	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54475	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54468	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54476	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

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.

4 Classes	Anne Ottenbrite Pool	\$44.07
54701	Mon Jun 24-Jul 22	6:00pm-6:30pm
54702	Mon Jun 24-Jul 22	6:30pm-7:00pm
54703	Mon Jun 24-Jul 22	7:00pm-7:30pm
55215	Sat Jul 6-Jul 27	9:00am-9:30am
55216	Sat Jul 6-Jul 27	10:00am-10:30am
55217	Sat Jul 6-Jul 27	12:00pm-12:30pm
55682	Sun Jul 7-Jul 28	9:00am-9:30am
55683	Sun Jul 7-Jul 28	10:00am-10:30am
55684	Sun Jul 7-Jul 28	10:30am-11:00am
55685	Sun Jul 7-Jul 28	11:00am-11:30am
55686	Sun Jul 7-Jul 28	12:30pm-1:00pm
54707	Mon Jul 29-Aug 26	6:00pm-6:30pm
54708	Mon Jul 29-Aug 26	6:30pm-7:00pm
54709	Mon Jul 29-Aug 26	7:00pm-7:30pm
55218	Sat Aug 3-Aug 24	9:00am-9:30am
55219	Sat Aug 3-Aug 24	10:00am-10:30am
55220	Sat Aug 3-Aug 24	12:00pm-12:30pm
55702	Sun Aug 4-Aug 25	9:00am-9:30am
55704	Sun Aug 4-Aug 25	10:00am-10:30am
55705	Sun Aug 4-Aug 25	10:30am-11:00am
55707	Sun Aug 4-Aug 25	11:00am-11:30am
55709	Sun Aug 4-Aug 25	12:30pm-1:00pm
54145	Tue-Fri Jul 2-Jul 5	9:00am-9:30am
54146	Tue-Fri Jul 2-Jul 5	9:30am-10:00am
54147	Tue-Fri Jul 2-Jul 5	10:30am-11:00am
54148	Tue-Fri Jul 2-Jul 5	11:30am-12:00pm
54172	Tue-Fri Aug 6-Aug 9	9:00am-9:30am

54173	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54174	Tue-Fri	Aug 6-Aug 9	10:30am-11:00am
54175	Tue-Fri	Aug 6-Aug 9	11:30am-12:00pm

5 Classes

Anne Ottenbrite Pool

\$55.09

54704	Tue	Jun 25-Jul 23	6:00pm-6:30pm
54705	Tue	Jun 25-Jul 23	6:30pm-7:00pm
54706	Tue	Jun 25-Jul 23	7:30pm-8:00pm
54713	Wed	Jun 26-Jul 24	6:00pm-6:30pm
54714	Wed	Jun 26-Jul 24	6:30pm-7:00pm
54715	Wed	Jun 26-Jul 24	7:00pm-7:30pm
54719	Thu	Jun 27-Jul 25	6:00pm-6:30pm
54720	Thu	Jun 27-Jul 25	6:30pm-7:00pm
54721	Thu	Jun 27-Jul 25	7:00pm-7:30pm
54156	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54157	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54158	Mon-Fri	Jul 8-Jul 12	10:30am-11:00am
54159	Mon-Fri	Jul 8-Jul 12	11:30am-12:00pm
54162	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54160	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54163	Mon-Fri	Jul 15-Jul 19	10:30am-11:00am
54161	Mon-Fri	Jul 15-Jul 19	11:30am-12:00pm
54164	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54165	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54166	Mon-Fri	Jul 22-Jul 26	10:30am-11:00am
54167	Mon-Fri	Jul 22-Jul 26	11:30am-12:00pm
54168	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54169	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54170	Mon-Fri	Jul 29-Aug 2	10:30am-11:00am
54171	Mon-Fri	Jul 29-Aug 2	11:30am-12:00pm
54710	Tue	Jul 30-Aug 27	6:00pm-6:30pm
54711	Tue	Jul 30-Aug 27	6:30pm-7:00pm
54712	Tue	Jul 30-Aug 27	7:30pm-8:00pm
54716	Wed	Jul 31-Aug 28	6:00pm-6:30pm

54717	Wed	Jul 31-Aug 28	6:30pm-7:00pm
54718	Wed	Jul 31-Aug 28	7:00pm-7:30pm
54722	Thu	Aug 1-Aug 29	6:00pm-6:30pm
54723	Thu	Aug 1-Aug 29	6:30pm-7:00pm
54724	Thu	Aug 1-Aug 29	7:00pm-7:30pm
54176	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54177	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54178	Mon-Fri	Aug 12-Aug 16	10:30am-11:00am
54179	Mon-Fri	Aug 12-Aug 16	11:30am-12:00pm
54180	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54181	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54182	Mon-Fri	Aug 19-Aug 23	10:30am-11:00am
54183	Mon-Fri	Aug 19-Aug 23	11:30am-12:00pm
54184	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54185	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54186	Mon-Fri	Aug 26-Aug 30	10:30am-11:00am
54187	Mon-Fri	Aug 26-Aug 30	11:30am-12:00pm

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.

4 Classes	Whitby Civic Rec Complex		\$44.07
54944	Mon	Jun 24-Jul 22	4:30pm-5:00pm
54955	Mon	Jun 24-Jul 22	4:30pm-5:00pm
54957	Mon	Jun 24-Jul 22	5:00pm-5:30pm
54958	Mon	Jun 24-Jul 22	5:30pm-6:00pm
54959	Mon	Jun 24-Jul 22	6:00pm-6:30pm
54966	Mon	Jun 24-Jul 22	6:30pm-7:00pm
54967	Mon	Jun 24-Jul 22	7:00pm-7:30pm
54477	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
54482	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am

54483	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
54484	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55784	Sat	Jul 6-Jul 27	9:00am-9:30am
55785	Sat	Jul 6-Jul 27	9:00am-9:30am
55786	Sat	Jul 6-Jul 27	9:30am-10:00am
55787	Sat	Jul 6-Jul 27	10:00am-10:30am
55788	Sat	Jul 6-Jul 27	10:00am-10:30am
55789	Sat	Jul 6-Jul 27	10:30am-11:00am
55790	Sat	Jul 6-Jul 27	11:00am-11:30am
55791	Sat	Jul 6-Jul 27	11:00am-11:30am
55792	Sat	Jul 6-Jul 27	11:30am-12:00pm
55884	Sun	Jul 7-Jul 28	9:00am-9:30am
55885	Sun	Jul 7-Jul 28	9:00am-9:30am
55886	Sun	Jul 7-Jul 28	9:30am-10:00am
55887	Sun	Jul 7-Jul 28	10:00am-10:30am
55888	Sun	Jul 7-Jul 28	10:00am-10:30am
55889	Sun	Jul 7-Jul 28	10:30am-11:00am
55890	Sun	Jul 7-Jul 28	11:00am-11:30am
55891	Sun	Jul 7-Jul 28	11:00am-11:30am
55892	Sun	Jul 7-Jul 28	11:30am-12:00pm
55893	Sun	Jul 7-Jul 28	11:30am-12:00pm
54970	Mon	Jul 29-Aug 26	4:30pm-5:00pm
54971	Mon	Jul 29-Aug 26	4:30pm-5:00pm
54972	Mon	Jul 29-Aug 26	5:00pm-5:30pm
54975	Mon	Jul 29-Aug 26	5:30pm-6:00pm
54976	Mon	Jul 29-Aug 26	6:00pm-6:30pm
54977	Mon	Jul 29-Aug 26	6:30pm-7:00pm
54978	Mon	Jul 29-Aug 26	7:00pm-7:30pm
55793	Sat	Aug 3-Aug 24	9:00am-9:30am
55794	Sat	Aug 3-Aug 24	9:00am-9:30am
55795	Sat	Aug 3-Aug 24	9:30am-10:00am
55796	Sat	Aug 3-Aug 24	10:00am-10:30am
55797	Sat	Aug 3-Aug 24	10:00am-10:30am

55799	Sat	Aug 3-Aug 24	10:30am-11:00am
55800	Sat	Aug 3-Aug 24	11:00am-11:30am
55801	Sat	Aug 3-Aug 24	11:00am-11:30am
55802	Sat	Aug 3-Aug 24	11:30am-12:00pm
55894	Sun	Aug 4-Aug 25	9:00am-9:30am
55895	Sun	Aug 4-Aug 25	9:00am-9:30am
55896	Sun	Aug 4-Aug 25	9:30am-10:00am
55897	Sun	Aug 4-Aug 25	10:00am-10:30am
55898	Sun	Aug 4-Aug 25	10:00am-10:30am
55899	Sun	Aug 4-Aug 25	10:30am-11:00am
55900	Sun	Aug 4-Aug 25	11:00am-11:30am
55901	Sun	Aug 4-Aug 25	11:00am-11:30am
55902	Sun	Aug 4-Aug 25	11:30am-12:00pm
55903	Sun	Aug 4-Aug 25	11:30am-12:00pm
54501	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
54502	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54503	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54504	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am

5 Classes

Whitby Civic Rec Complex

\$55.09

55136	Tue	Jun 25-Jul 23	4:30pm-5:00pm
55137	Tue	Jun 25-Jul 23	5:00pm-5:30pm
55138	Tue	Jun 25-Jul 23	5:30pm-6:00pm
55139	Tue	Jun 25-Jul 23	6:00pm-6:30pm
55140	Tue	Jun 25-Jul 23	6:30pm-7:00pm
55398	Wed	Jun 26-Jul 24	4:30pm-5:00pm
55399	Wed	Jun 26-Jul 24	4:30pm-5:00pm
55400	Wed	Jun 26-Jul 24	5:00pm-5:30pm
55401	Wed	Jun 26-Jul 24	5:30pm-6:00pm
55417	Wed	Jun 26-Jul 24	5:30pm-6:00pm
55402	Wed	Jun 26-Jul 24	6:00pm-6:30pm
55403	Wed	Jun 26-Jul 24	6:30pm-7:00pm
55404	Wed	Jun 26-Jul 24	7:00pm-7:30pm
55585	Thu	Jun 27-Jul 25	4:30pm-5:00pm

55587	Thu	Jun 27-Jul 25	4:30pm-5:00pm
55590	Thu	Jun 27-Jul 25	5:00pm-5:30pm
55591	Thu	Jun 27-Jul 25	5:30pm-6:00pm
55592	Thu	Jun 27-Jul 25	6:00pm-6:30pm
55593	Thu	Jun 27-Jul 25	6:00pm-6:30pm
55594	Thu	Jun 27-Jul 25	6:30pm-7:00pm
55695	Fri	Jun 28-Jul 26	4:30pm-5:00pm
55696	Fri	Jun 28-Jul 26	5:00pm-5:30pm
55697	Fri	Jun 28-Jul 26	5:00pm-5:30pm
55698	Fri	Jun 28-Jul 26	5:30pm-6:00pm
55699	Fri	Jun 28-Jul 26	6:00pm-6:30pm
55700	Fri	Jun 28-Jul 26	6:00pm-6:30pm
55701	Fri	Jun 28-Jul 26	6:30pm-7:00pm
54485	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
54486	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54487	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54488	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54489	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am
54490	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54491	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54492	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54493	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54494	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54495	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54496	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54497	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54498	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54499	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54500	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55283	Tue	Jul 30-Aug 27	4:30pm-5:00pm
55284	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55285	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55286	Tue	Jul 30-Aug 27	6:00pm-6:30pm

55287	Tue	Jul 30-Aug 27	6:30pm-7:00pm
55405	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55406	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55408	Wed	Jul 31-Aug 28	5:00pm-5:30pm
55409	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55416	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55411	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55412	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55414	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55596	Thu	Aug 1-Aug 29	4:30pm-5:00pm
55599	Thu	Aug 1-Aug 29	4:30pm-5:00pm
55601	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55602	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55604	Thu	Aug 1-Aug 29	6:00pm-6:30pm
55606	Thu	Aug 1-Aug 29	6:00pm-6:30pm
55608	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55703	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55706	Fri	Aug 2-Aug 30	5:00pm-5:30pm
55708	Fri	Aug 2-Aug 30	5:00pm-5:30pm
55710	Fri	Aug 2-Aug 30	5:30pm-6:00pm
55711	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55712	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55713	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54505	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54506	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54507	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54508	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54509	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54510	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54511	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54512	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54513	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54514	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am

54515	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54516	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

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.

4 Classes	Anne Ottenbrite Pool	\$44.07	
54725	Mon	Jun 24-Jul 22	6:00pm-6:30pm
54726	Mon	Jun 24-Jul 22	6:30pm-7:00pm
54727	Mon	Jun 24-Jul 22	7:00pm-7:30pm
54150	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54188	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
54189	Tue-Fri	Jul 2-Jul 5	10:30am-11:00am
54190	Tue-Fri	Jul 2-Jul 5	11:30am-12:00pm
55221	Sat	Jul 6-Jul 27	9:00am-9:30am
55222	Sat	Jul 6-Jul 27	9:30am-10:00am
55223	Sat	Jul 6-Jul 27	10:30am-11:00am
55912	Sun	Jul 7-Jul 28	9:30am-10:00am
55913	Sun	Jul 7-Jul 28	10:30am-11:00am
54728	Mon	Jul 29-Aug 26	6:00pm-6:30pm
54729	Mon	Jul 29-Aug 26	6:30pm-7:00pm
54730	Mon	Jul 29-Aug 26	7:00pm-7:30pm
55224	Sat	Aug 3-Aug 24	9:00am-9:30am
55225	Sat	Aug 3-Aug 24	9:30am-10:00am
55226	Sat	Aug 3-Aug 24	10:30am-11:00am
55914	Sun	Aug 4-Aug 25	9:30am-10:00am
55915	Sun	Aug 4-Aug 25	10:30am-11:00am
54207	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54208	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
54209	Tue-Fri	Aug 6-Aug 9	10:30am-11:00am
54210	Tue-Fri	Aug 6-Aug 9	11:30am-12:00pm

5 Classes**Anne Ottenbrite Pool****\$55.09**

54731	Tue	Jun 25-Jul 23	6:30pm-7:00pm
54732	Tue	Jun 25-Jul 23	7:00pm-7:30pm
54735	Wed	Jun 26-Jul 24	6:00pm-6:30pm
54736	Wed	Jun 26-Jul 24	6:30pm-7:00pm
54739	Thu	Jun 27-Jul 25	6:00pm-6:30pm
54740	Thu	Jun 27-Jul 25	6:30pm-7:00pm
54741	Thu	Jun 27-Jul 25	7:00pm-7:30pm
54191	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54192	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54193	Mon-Fri	Jul 8-Jul 12	10:30am-11:00am
54194	Mon-Fri	Jul 8-Jul 12	11:30am-12:00pm
56488	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54196	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54197	Mon-Fri	Jul 15-Jul 19	10:30am-11:00am
54198	Mon-Fri	Jul 15-Jul 19	11:30am-12:00pm
54199	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54200	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54201	Mon-Fri	Jul 22-Jul 26	10:30am-11:00am
54202	Mon-Fri	Jul 22-Jul 26	11:30am-12:00pm
54203	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54204	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
54205	Mon-Fri	Jul 29-Aug 2	10:30am-11:00am
54206	Mon-Fri	Jul 29-Aug 2	11:30am-12:00pm
54733	Tue	Jul 30-Aug 27	6:30pm-7:00pm
54734	Tue	Jul 30-Aug 27	7:00pm-7:30pm
54737	Wed	Jul 31-Aug 28	6:00pm-6:30pm
54738	Wed	Jul 31-Aug 28	6:30pm-7:00pm
54742	Thu	Aug 1-Aug 29	6:00pm-6:30pm
54743	Thu	Aug 1-Aug 29	6:30pm-7:00pm
54744	Thu	Aug 1-Aug 29	7:00pm-7:30pm
54211	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54212	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am

54213	Mon-Fri	Aug 12-Aug 16	10:30am-11:00am
54214	Mon-Fri	Aug 12-Aug 16	11:30am-12:00pm
54215	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54216	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54217	Mon-Fri	Aug 19-Aug 23	10:30am-11:00am
54218	Mon-Fri	Aug 19-Aug 23	11:30am-12:00pm
54219	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54220	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am
54221	Mon-Fri	Aug 26-Aug 30	10:30am-11:00am
54222	Mon-Fri	Aug 26-Aug 30	11:30am-12:00pm

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.

4 Classes

Whitby Civic Rec Complex

\$44.07

54980	Mon	Jun 24-Jul 22	4:30pm-5:00pm
54981	Mon	Jun 24-Jul 22	5:00pm-5:30pm
54983	Mon	Jun 24-Jul 22	5:30pm-6:00pm
54985	Mon	Jun 24-Jul 22	6:00pm-6:30pm
54986	Mon	Jun 24-Jul 22	6:30pm-7:00pm
54987	Mon	Jun 24-Jul 22	7:00pm-7:30pm
54478	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
54517	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54518	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
54520	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55803	Sat	Jul 6-Jul 27	9:00am-9:30am
55804	Sat	Jul 6-Jul 27	9:30am-10:00am
55805	Sat	Jul 6-Jul 27	9:30am-10:00am
55806	Sat	Jul 6-Jul 27	10:00am-10:30am
55807	Sat	Jul 6-Jul 27	10:30am-11:00am

<u>55808</u>	Sat	Jul 6-Jul 27	10:30am-11:00am
<u>55809</u>	Sat	Jul 6-Jul 27	11:00am-11:30am
<u>55810</u>	Sat	Jul 6-Jul 27	11:30am-12:00pm
<u>55811</u>	Sat	Jul 6-Jul 27	11:30am-12:00pm
<u>55904</u>	Sun	Jul 7-Jul 28	9:00am-9:30am
<u>55905</u>	Sun	Jul 7-Jul 28	9:30am-10:00am
<u>55906</u>	Sun	Jul 7-Jul 28	9:30am-10:00am
<u>55907</u>	Sun	Jul 7-Jul 28	10:00am-10:30am
<u>55908</u>	Sun	Jul 7-Jul 28	10:30am-11:00am
<u>55909</u>	Sun	Jul 7-Jul 28	10:30am-11:00am
<u>55910</u>	Sun	Jul 7-Jul 28	11:00am-11:30am
<u>55911</u>	Sun	Jul 7-Jul 28	11:30am-12:00pm
<u>54989</u>	Mon	Jul 29-Aug 26	4:30pm-5:00pm
<u>54991</u>	Mon	Jul 29-Aug 26	5:00pm-5:30pm
<u>54993</u>	Mon	Jul 29-Aug 26	5:30pm-6:00pm
<u>54994</u>	Mon	Jul 29-Aug 26	6:00pm-6:30pm
<u>54995</u>	Mon	Jul 29-Aug 26	6:30pm-7:00pm
<u>54998</u>	Mon	Jul 29-Aug 26	7:00pm-7:30pm
<u>55813</u>	Sat	Aug 3-Aug 24	9:00am-9:30am
<u>55814</u>	Sat	Aug 3-Aug 24	9:30am-10:00am
<u>55815</u>	Sat	Aug 3-Aug 24	9:30am-10:00am
<u>55816</u>	Sat	Aug 3-Aug 24	10:00am-10:30am
<u>55817</u>	Sat	Aug 3-Aug 24	10:30am-11:00am
<u>55818</u>	Sat	Aug 3-Aug 24	10:30am-11:00am
<u>55819</u>	Sat	Aug 3-Aug 24	11:00am-11:30am
<u>55820</u>	Sat	Aug 3-Aug 24	11:30am-12:00pm
<u>55821</u>	Sat	Aug 3-Aug 24	11:30am-12:00pm
<u>55916</u>	Sun	Aug 4-Aug 25	9:00am-9:30am
<u>55917</u>	Sun	Aug 4-Aug 25	9:30am-10:00am
<u>55918</u>	Sun	Aug 4-Aug 25	9:30am-10:00am
<u>55919</u>	Sun	Aug 4-Aug 25	10:00am-10:30am
<u>55921</u>	Sun	Aug 4-Aug 25	10:30am-11:00am
<u>55922</u>	Sun	Aug 4-Aug 25	10:30am-11:00am

55924	Sun	Aug 4-Aug 25	11:00am-11:30am
55925	Sun	Aug 4-Aug 25	11:30am-12:00pm
54537	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
54538	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54539	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54540	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am

5 Classes

Whitby Civic Rec Complex

\$55.09

55291	Tue	Jun 25-Jul 23	4:30pm-5:00pm
55293	Tue	Jun 25-Jul 23	5:00pm-5:30pm
55294	Tue	Jun 25-Jul 23	5:30pm-6:00pm
55295	Tue	Jun 25-Jul 23	6:00pm-6:30pm
55296	Tue	Jun 25-Jul 23	6:30pm-7:00pm
55418	Wed	Jun 26-Jul 24	4:30pm-5:00pm
55419	Wed	Jun 26-Jul 24	5:00pm-5:30pm
55420	Wed	Jun 26-Jul 24	5:30pm-6:00pm
55421	Wed	Jun 26-Jul 24	6:00pm-6:30pm
55424	Wed	Jun 26-Jul 24	6:30pm-7:00pm
55610	Thu	Jun 27-Jul 25	4:30pm-5:00pm
55611	Thu	Jun 27-Jul 25	5:00pm-5:30pm
55612	Thu	Jun 27-Jul 25	5:30pm-6:00pm
55613	Thu	Jun 27-Jul 25	5:30pm-6:00pm
55614	Thu	Jun 27-Jul 25	6:00pm-6:30pm
55615	Thu	Jun 27-Jul 25	6:30pm-7:00pm
55716	Fri	Jun 28-Jul 26	4:30pm-5:00pm
55717	Fri	Jun 28-Jul 26	5:00pm-5:30pm
55718	Fri	Jun 28-Jul 26	5:30pm-6:00pm
55719	Fri	Jun 28-Jul 26	6:00pm-6:30pm
55721	Fri	Jun 28-Jul 26	6:30pm-7:00pm
54521	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
54522	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54523	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54524	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54525	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am

54526	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54527	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54528	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54529	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54530	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54531	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54532	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54533	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54534	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54535	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54536	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55298	Tue	Jul 30-Aug 27	4:30pm-5:00pm
55300	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55301	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55302	Tue	Jul 30-Aug 27	6:00pm-6:30pm
55303	Tue	Jul 30-Aug 27	6:30pm-7:00pm
55427	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55428	Wed	Jul 31-Aug 28	5:00pm-5:30pm
55431	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55433	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55436	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55617	Thu	Aug 1-Aug 29	4:30pm-5:00pm
55619	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55621	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55622	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55623	Thu	Aug 1-Aug 29	6:00pm-6:30pm
55624	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55723	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55724	Fri	Aug 2-Aug 30	5:00pm-5:30pm
55725	Fri	Aug 2-Aug 30	5:30pm-6:00pm
55726	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55727	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54541	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am

54542	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54543	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54544	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54545	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54546	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54547	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54548	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54549	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54550	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54551	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54552	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

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.

4 Classes	Anne Ottenbrite Pool	\$44.07
54745	Mon Jun 24-Jul 22	6:00pm-6:30pm
54746	Mon Jun 24-Jul 22	7:00pm-7:30pm
54151	Tue-Fri Jul 2-Jul 5	9:30am-10:00am
54223	Tue-Fri Jul 2-Jul 5	11:00am-11:30am
55227	Sat Jul 6-Jul 27	9:30am-10:00am
55228	Sat Jul 6-Jul 27	10:30am-11:00am
55229	Sat Jul 6-Jul 27	11:30am-12:00pm
55926	Sun Jul 7-Jul 28	9:30am-10:00am
54747	Mon Jul 29-Aug 26	6:00pm-6:30pm
54748	Mon Jul 29-Aug 26	7:00pm-7:30pm
55230	Sat Aug 3-Aug 24	9:30am-10:00am
55231	Sat Aug 3-Aug 24	10:30am-11:00am
55232	Sat Aug 3-Aug 24	11:30am-12:00pm
55927	Sun Aug 4-Aug 25	9:30am-10:00am
54232	Tue-Fri Aug 6-Aug 9	9:30am-10:00am

54233	Tue-Fri	Aug 6-Aug 9	11:00am-11:30am
5 Classes	Anne Ottenbrite Pool		\$55.09
54749	Tue	Jun 25-Jul 23	6:00pm-6:30pm
54750	Tue	Jun 25-Jul 23	7:30pm-8:00pm
54753	Wed	Jun 26-Jul 24	6:00pm-6:30pm
54755	Thu	Jun 27-Jul 25	6:00pm-6:30pm
54756	Thu	Jun 27-Jul 25	7:00pm-7:30pm
54224	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54225	Mon-Fri	Jul 8-Jul 12	11:00am-11:30am
54226	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54227	Mon-Fri	Jul 15-Jul 19	11:00am-11:30am
54228	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54229	Mon-Fri	Jul 22-Jul 26	11:00am-11:30am
54230	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54231	Mon-Fri	Jul 29-Aug 2	11:00am-11:30am
54751	Tue	Jul 30-Aug 27	6:00pm-6:30pm
54752	Tue	Jul 30-Aug 27	7:30pm-8:00pm
54754	Wed	Jul 31-Aug 28	6:00pm-6:30pm
54757	Thu	Aug 1-Aug 29	6:00pm-6:30pm
54758	Thu	Aug 1-Aug 29	7:00pm-7:30pm
54234	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54235	Mon-Fri	Aug 12-Aug 16	11:00am-11:30am
54236	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54237	Mon-Fri	Aug 19-Aug 23	11:00am-11:30am
54238	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54239	Mon-Fri	Aug 26-Aug 30	11:00am-11:30am

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.

4 Classes**Whitby Civic Rec Complex****\$44.07**

55000	Mon	Jun 24-Jul 22	5:00pm-5:30pm
55001	Mon	Jun 24-Jul 22	5:30pm-6:00pm
55018	Mon	Jun 24-Jul 22	6:00pm-6:30pm
55021	Mon	Jun 24-Jul 22	6:30pm-7:00pm
54479	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
54553	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
55822	Sat	Jul 6-Jul 27	9:00am-9:30am
55823	Sat	Jul 6-Jul 27	9:30am-10:00am
55824	Sat	Jul 6-Jul 27	10:00am-10:30am
55825	Sat	Jul 6-Jul 27	10:30am-11:00am
55826	Sat	Jul 6-Jul 27	11:30am-12:00pm
55928	Sun	Jul 7-Jul 28	9:00am-9:30am
55929	Sun	Jul 7-Jul 28	9:30am-10:00am
55930	Sun	Jul 7-Jul 28	10:00am-10:30am
55931	Sun	Jul 7-Jul 28	10:30am-11:00am
55933	Sun	Jul 7-Jul 28	11:00am-11:30am
55934	Sun	Jul 7-Jul 28	11:30am-12:00pm
55022	Mon	Jul 29-Aug 26	5:00pm-5:30pm
55027	Mon	Jul 29-Aug 26	5:30pm-6:00pm
55028	Mon	Jul 29-Aug 26	6:00pm-6:30pm
55029	Mon	Jul 29-Aug 26	6:30pm-7:00pm
55827	Sat	Aug 3-Aug 24	9:00am-9:30am
55828	Sat	Aug 3-Aug 24	9:30am-10:00am
55829	Sat	Aug 3-Aug 24	10:00am-10:30am
55830	Sat	Aug 3-Aug 24	10:30am-11:00am
55831	Sat	Aug 3-Aug 24	11:30am-12:00pm
55936	Sun	Aug 4-Aug 25	9:00am-9:30am
55943	Sun	Aug 4-Aug 25	9:30am-10:00am
55944	Sun	Aug 4-Aug 25	10:00am-10:30am
55945	Sun	Aug 4-Aug 25	10:30am-11:00am
55946	Sun	Aug 4-Aug 25	11:00am-11:30am
55948	Sun	Aug 4-Aug 25	11:30am-12:00pm

54562	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
54563	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
5 Classes	Whitby Civic Rec Complex		\$55.09
55305	Tue	Jun 25-Jul 23	5:00pm-5:30pm
55307	Tue	Jun 25-Jul 23	5:30pm-6:00pm
55308	Tue	Jun 25-Jul 23	6:00pm-6:30pm
55309	Tue	Jun 25-Jul 23	6:30pm-7:00pm
55438	Wed	Jun 26-Jul 24	5:00pm-5:30pm
55443	Wed	Jun 26-Jul 24	6:00pm-6:30pm
55445	Wed	Jun 26-Jul 24	6:30pm-7:00pm
55627	Thu	Jun 27-Jul 25	4:30pm-5:00pm
55629	Thu	Jun 27-Jul 25	5:00pm-5:30pm
55630	Thu	Jun 27-Jul 25	6:00pm-6:30pm
55728	Fri	Jun 28-Jul 26	4:30pm-5:00pm
55729	Fri	Jun 28-Jul 26	5:00pm-5:30pm
55730	Fri	Jun 28-Jul 26	5:30pm-6:00pm
55731	Fri	Jun 28-Jul 26	6:30pm-7:00pm
54554	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
54555	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54556	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am
54557	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54558	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54559	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54560	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54561	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
55310	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55311	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55312	Tue	Jul 30-Aug 27	6:00pm-6:30pm
55313	Tue	Jul 30-Aug 27	6:30pm-7:00pm
55449	Wed	Jul 31-Aug 28	5:00pm-5:30pm
55450	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55451	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55631	Thu	Aug 1-Aug 29	4:30pm-5:00pm

55633	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55635	Thu	Aug 1-Aug 29	6:00pm-6:30pm
55732	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55733	Fri	Aug 2-Aug 30	5:00pm-5:30pm
55734	Fri	Aug 2-Aug 30	5:30pm-6:00pm
55735	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54564	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54565	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54566	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54567	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54568	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54569	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am

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.

4 Classes	Anne Ottenbrite Pool	\$44.07	
54759	Mon	Jun 24-Jul 22	7:30pm-8:00pm
54760	Mon	Jul 29-Aug 26	7:30pm-8:00pm
54152	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55233	Sat	Jul 6-Jul 27	11:00am-11:30am
55937	Sun	Jul 7-Jul 28	10:00am-10:30am
55938	Sun	Jul 7-Jul 28	11:30am-12:00pm
55234	Sat	Aug 3-Aug 24	11:00am-11:30am
55939	Sun	Aug 4-Aug 25	10:00am-10:30am
55940	Sun	Aug 4-Aug 25	11:30am-12:00pm
54332	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
5 Classes	Anne Ottenbrite Pool	\$55.09	
54761	Tue	Jun 25-Jul 23	7:00pm-7:30pm
54763	Wed	Jun 26-Jul 24	7:00pm-7:30pm
54765	Thu	Jun 27-Jul 25	7:30pm-8:00pm
54328	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am

54329	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54330	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54331	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
54762	Tue	Jul 30-Aug 27	7:00pm-7:30pm
54764	Wed	Jul 31-Aug 28	7:00pm-7:30pm
54766	Thu	Aug 1-Aug 29	7:30pm-8:00pm
54333	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54334	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54335	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

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.

4 Classes	Whitby Civic Rec Complex		\$44.07
55036	Mon	Jun 24-Jul 22	4:30pm-5:00pm
55038	Mon	Jun 24-Jul 22	5:00pm-5:30pm
55041	Mon	Jun 24-Jul 22	6:00pm-6:30pm
54480	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54574	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55832	Sat	Jul 6-Jul 27	10:00am-10:30am
55833	Sat	Jul 6-Jul 27	11:00am-11:30am
55951	Sun	Jul 7-Jul 28	9:00am-9:30am
55952	Sun	Jul 7-Jul 28	10:00am-10:30am
55954	Sun	Jul 7-Jul 28	11:00am-11:30am
55043	Mon	Jul 29-Aug 26	4:30pm-5:00pm
55045	Mon	Jul 29-Aug 26	5:00pm-5:30pm
55049	Mon	Jul 29-Aug 26	6:00pm-6:30pm
55834	Sat	Aug 3-Aug 24	10:00am-10:30am
55835	Sat	Aug 3-Aug 24	11:00am-11:30am
55955	Sun	Aug 4-Aug 25	9:00am-9:30am
55956	Sun	Aug 4-Aug 25	10:00am-10:30am
55957	Sun	Aug 4-Aug 25	11:00am-11:30am

54652	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54653	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
5 Classes	Whitby Civic Rec Complex		\$55.09
55315	Tue	Jun 25-Jul 23	4:30pm-5:00pm
55316	Tue	Jun 25-Jul 23	5:00pm-5:30pm
55317	Tue	Jun 25-Jul 23	6:00pm-6:30pm
55452	Wed	Jun 26-Jul 24	4:30pm-5:00pm
55453	Wed	Jun 26-Jul 24	5:00pm-5:30pm
55454	Wed	Jun 26-Jul 24	6:00pm-6:30pm
55455	Wed	Jun 26-Jul 24	7:00pm-7:30pm
55639	Thu	Jun 27-Jul 25	5:00pm-5:30pm
55641	Thu	Jun 27-Jul 25	6:30pm-7:00pm
55736	Fri	Jun 28-Jul 26	5:00pm-5:30pm
54644	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54645	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54646	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54647	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54648	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54649	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54650	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54651	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55318	Tue	Jul 30-Aug 27	4:30pm-5:00pm
55319	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55327	Tue	Jul 30-Aug 27	6:00pm-6:30pm
55456	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55457	Wed	Jul 31-Aug 28	5:00pm-5:30pm
55458	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55459	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55642	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55646	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55737	Fri	Aug 2-Aug 30	5:00pm-5:30pm
54654	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54655	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am

54656	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54657	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54658	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54659	Mon-Fri	Aug 26-Aug 30	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.

4 Classes	Anne Ottenbrite Pool		\$44.07
54767	Mon	Jun 24-Jul 22	8:00pm-8:30pm
55236	Sat	Aug 3-Aug 24	12:00pm-12:30pm
55949	Sun	Aug 4-Aug 25	12:00pm-12:30pm
54340	Tue-Fri	Aug 6-Aug 9	10:30am-11:00am
54153	Tue-Fri	Jul 2-Jul 5	10:30am-11:00am
55235	Sat	Jul 6-Jul 27	12:00pm-12:30pm
55947	Sun	Jul 7-Jul 28	12:00pm-12:30pm
54768	Mon	Jul 29-Aug 26	8:00pm-8:30pm
5 Classes	Anne Ottenbrite Pool		\$55.09
54769	Tue	Jun 25-Jul 23	8:00pm-8:30pm
54772	Wed	Jun 26-Jul 24	7:30pm-8:00pm
54774	Thu	Jun 27-Jul 25	8:00pm-8:30pm
54336	Mon-Fri	Jul 8-Jul 12	10:30am-11:00am
54337	Mon-Fri	Jul 15-Jul 19	10:30am-11:00am
54338	Mon-Fri	Jul 22-Jul 26	10:30am-11:00am
54339	Mon-Fri	Jul 29-Aug 2	10:30am-11:00am
54771	Tue	Jul 30-Aug 27	8:00pm-8:30pm
54773	Wed	Jul 31-Aug 28	7:30pm-8:00pm
54775	Thu	Aug 1-Aug 29	8:00pm-8:30pm
54341	Mon-Fri	Aug 12-Aug 16	10:30am-11:00am
54342	Mon-Fri	Aug 19-Aug 23	10:30am-11:00am
54343	Mon-Fri	Aug 26-Aug 30	10:30am-11:00am

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.

4 Classes	Whitby Civic Rec Complex	\$44.07
55051	Mon Jun 24-Jul 22	5:30pm-6:00pm
54481	Tue-Fri Jul 2-Jul 5	8:30am-9:00am
54660	Tue-Fri Jul 2-Jul 5	9:30am-10:00am
55836	Sat Jul 6-Jul 27	9:30am-10:00am
55837	Sat Jul 6-Jul 27	11:00am-11:30am
55962	Sun Jul 7-Jul 28	9:30am-10:00am
55964	Sun Jul 7-Jul 28	10:30am-11:00am
55065	Mon Jul 29-Aug 26	5:30pm-6:00pm
55838	Sat Aug 3-Aug 24	9:30am-10:00am
55839	Sat Aug 3-Aug 24	11:00am-11:30am
55966	Sun Aug 4-Aug 25	9:30am-10:00am
55968	Sun Aug 4-Aug 25	10:30am-11:00am
54669	Tue-Fri Aug 6-Aug 9	8:30am-9:00am
54670	Tue-Fri Aug 6-Aug 9	9:30am-10:00am
5 Classes	Whitby Civic Rec Complex	\$55.09
55328	Tue Jun 25-Jul 23	4:30pm-5:00pm
55329	Tue Jun 25-Jul 23	5:30pm-6:00pm
55460	Wed Jun 26-Jul 24	4:30pm-5:00pm
55461	Wed Jun 26-Jul 24	5:30pm-6:00pm
55462	Wed Jun 26-Jul 24	7:00pm-7:30pm
55652	Thu Jun 27-Jul 25	5:30pm-6:00pm
55738	Fri Jun 28-Jul 26	5:30pm-6:00pm
54661	Mon-Fri Jul 8-Jul 12	8:30am-9:00am
54662	Mon-Fri Jul 8-Jul 12	9:30am-10:00am
54663	Mon-Fri Jul 15-Jul 19	8:30am-9:00am
54664	Mon-Fri Jul 15-Jul 19	9:30am-10:00am

54665	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54666	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54667	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54668	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
55330	Tue	Jul 30-Aug 27	4:30pm-5:00pm
55331	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55466	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55468	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55473	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55653	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55739	Fri	Aug 2-Aug 30	5:30pm-6:00pm
54671	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54672	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54673	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54674	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54675	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54676	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am

Semi-Private Swimming Lessons

Semi-Private Preschool 1 - AOP (#@)

3-5yrs

These beginner preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. We will assist them as they learn to float and glide on their front and back, learn to get their faces wet and blow bubbles underwater. Ratio 3:1. For more information visit our website.

4 Classes

Anne Ottenbrite Pool

\$89.87

55131	Sat	Jul 6-Jul 27	11:00am-11:30am
55534	Sat	Jul 6-Jul 27	3:30pm-4:00pm
55535	Sat	Jul 6-Jul 27	4:30pm-5:00pm
55536	Sat	Jul 6-Jul 27	6:00pm-6:30pm
55538	Sat	Jul 6-Jul 27	6:30pm-7:00pm
55714	Sun	Jul 7-Jul 28	9:30am-10:00am
55374	Sat	Aug 3-Aug 24	11:00am-11:30am

55539	Sat	Aug 3-Aug 24	3:30pm-4:00pm
55541	Sat	Aug 3-Aug 24	4:30pm-5:00pm
55543	Sat	Aug 3-Aug 24	6:00pm-6:30pm
55545	Sat	Aug 3-Aug 24	6:30pm-7:00pm
55715	Sun	Aug 4-Aug 25	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.

4 Classes	Whitby Civic Rec Complex	\$89.87
56163	Mon Jun 24-Jul 22	4:30pm-5:00pm
56173	Sun Jul 7-Jul 28	12:00pm-12:30pm
56169	Mon Jul 29-Aug 26	4:30pm-
5:00pm 56174	Sun Aug 4-Aug 25	12:00pm-12:30pm
5 Classes	Whitby Civic Rec Complex	\$112.34
56170	Wed Jun 26-Jul 24	4:30pm-5:00pm
56172	Wed Jul 31-Aug 28	4:30pm-5:00pm

Semi-Private Preschool 2 - AOP (#@)

3-5yrs

This level of preschoolers submerge and exhale underwater comfortably. An emphasis will continue to be on front and back glides (assisted and 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. Ratio 3:1. For more information visit our website

4 Classes	Anne Ottenbrite Pool	\$89.87
55375	Sat Jul 6-Jul 27	11:30am-12:00pm
55554	Sat Jul 6-Jul 27	3:30pm-4:00pm
55555	Sat Jul 6-Jul 27	4:30pm-5:00pm
55556	Sat Jul 6-Jul 27	5:00pm-5:30pm
55920	Sun Jul 7-Jul 28	10:30am-11:00am
55379	Sat Aug 3-Aug 24	11:30am-12:00pm
55557	Sat Aug 3-Aug 24	3:30pm-4:00pm
55558	Sat Aug 3-Aug 24	4:30pm-5:00pm

55559	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55923	Sun	Aug 4-Aug 25	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.

4 Classes	Anne Ottenbrite Pool		\$89.87
56164	Mon	Jun 24-Jul 22	5:00pm-5:30pm
56179	Mon	Jul 29-Aug 26	5:00pm-5:30pm

5 Classes	Anne Ottenbrite Pool		\$112.34
56180	Wed	Jun 26-Jul 24	5:00pm-5:30pm
56183	Fri	Jun 28-Jul 26	5:00pm-5:30pm
56182	Wed	Jul 31-Aug 28	5:00pm-5:30pm
56184	Fri	Aug 2-Aug 30	5:00pm-5:30pm

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 is the focus. Deep water entries and exits are introduced. They will recover objects from the bottom in waist-deep water. Ratio 3:1. For more information visit our website.

4 Classes	Anne Ottenbrite Pool		\$89.87
55381	Sat	Jul 6-Jul 27	12:00pm-12:30pm
55560	Sat	Jul 6-Jul 27	4:00pm-4:30pm
55561	Sat	Jul 6-Jul 27	5:00pm-5:30pm
55562	Sat	Jul 6-Jul 27	5:30pm-6:00pm
55932	Sun	Jul 7-Jul 28	11:30am-12:00pm
55385	Sat	Aug 3-Aug 24	12:00pm-12:30pm
55563	Sat	Aug 3-Aug 24	4:00pm-4:30pm
55564	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55565	Sat	Aug 3-Aug 24	5:30pm-6:00pm
55935	Sun	Aug 4-Aug 25	11:30am-12:00pm

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.

4 Classes	Whitby Civic Rec Complex	\$89.87
56165	Mon Jun 24-Jul 22	5:30pm-6:00pm
56185	Mon Jul 29-Aug 26	5:30pm-6:00pm

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.

4 Classes	Anne Ottenbrite Pool	\$89.87
55566	Sat Jul 6-Jul 27	4:00pm-4:30pm
55568	Sat Jul 6-Jul 27	5:30pm-6:00pm
55941	Sun Jul 7-Jul 28	12:00pm-12:30pm
55569	Sat Aug 3-Aug 24	4:00pm-4:30pm
55570	Sat Aug 3-Aug 24	5:30pm-6:00pm
55942	Sun Aug 4-Aug 25	12:00pm-12:30pm

Semi-Private Preschool 5 - AOP (#@)

3-5yrs

These advanced preschoolers are in the final stage before transferring to the swimmer levels. Swimmers continue to develop front and back crawl. Participants will tread water unassisted, learn how to do forward rolls in deep water, and will be introduced to whip kick. Ratio 3:1. For more information visit our website.

4 Classes	Anne Ottenbrite Pool	\$89.87
55572	Sat Jul 6-Jul 27	6:00pm-6:30pm
55574	Sat Jul 6-Jul 27	6:30pm-7:00pm
55950	Sun Jul 7-Jul 28	12:30pm-1:00pm
55575	Sat Aug 3-Aug 24	6:00pm-6:30pm
55577	Sat Aug 3-Aug 24	6:30pm-7:00pm
55953	Sun Aug 4-Aug 25	12:30pm-1:00pm

Children Group Swimming Lessons

Swimmer 1 – AOP 6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$44.07
54918	Mon Jun 24-Jul 22	6:00pm-6:30pm
54919	Mon Jun 24-Jul 22	8:00pm-8:30pm
54154	Tue-Fri Jul 2-Jul 5	9:00am-9:30am
54240	Tue-Fri Jul 2-Jul 5	9:30am-10:00am
54241	Tue-Fri Jul 2-Jul 5	10:00am-10:30am
54242	Tue-Fri Jul 2-Jul 5	11:00am-11:30am
54276	Tue-Fri Jul 2-Jul 5	11:30am-12:00pm
55237	Sat Jul 6-Jul 27	10:00am-10:30am
55238	Sat Jul 6-Jul 27	11:00am-11:30am
55239	Sat Jul 6-Jul 27	12:00pm-12:30pm
55958	Sun Jul 7-Jul 28	9:00am-9:30am
55959	Sun Jul 7-Jul 28	10:00am-10:30am
55960	Sun Jul 7-Jul 28	11:00am-11:30am
55961	Sun Jul 7-Jul 28	12:00pm-12:30pm
55963	Sun Jul 7-Jul 28	12:30pm-1:00pm
54921	Mon Jul 29-Aug 26	6:00pm-6:30pm
54923	Mon Jul 29-Aug 26	8:00pm-8:30pm
55240	Sat Aug 3-Aug 24	10:00am-10:30am
55241	Sat Aug 3-Aug 24	11:00am-11:30am
55242	Sat Aug 3-Aug 24	12:00pm-12:30pm
55965	Sun Aug 4-Aug 25	9:00am-9:30am
55967	Sun Aug 4-Aug 25	10:00am-10:30am
55969	Sun Aug 4-Aug 25	11:00am-11:30am
55970	Sun Aug 4-Aug 25	12:00pm-12:30pm

55971	Sun	Aug 4-Aug 25	12:30pm-1:00pm
54259	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54260	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54261	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
54262	Tue-Fri	Aug 6-Aug 9	11:00am-11:30am
54281	Tue-Fri	Aug 6-Aug 9	11:30am-12:00pm

5 Classes

Anne Ottenbrite Pool

\$55.09

54924	Tue	Jun 25-Jul 23	6:00pm-6:30pm
54925	Tue	Jun 25-Jul 23	7:00pm-7:30pm
54926	Tue	Jun 25-Jul 23	7:30pm-8:00pm
54927	Tue	Jun 25-Jul 23	8:00pm-8:30pm
54934	Wed	Jun 26-Jul 24	6:30pm-7:00pm
54936	Wed	Jun 26-Jul 24	7:30pm-8:00pm
54937	Wed	Jun 26-Jul 24	7:30pm-8:00pm
54943	Thu	Jun 27-Jul 25	6:00pm-6:30pm
54945	Thu	Jun 27-Jul 25	8:00pm-8:30pm
54243	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54244	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54245	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54246	Mon-Fri	Jul 8-Jul 12	11:00am-11:30am
54277	Mon-Fri	Jul 8-Jul 12	11:30am-12:00pm
54247	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54248	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54249	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54250	Mon-Fri	Jul 15-Jul 19	11:00am-11:30am
54278	Mon-Fri	Jul 15-Jul 19	11:30am-12:00pm
54251	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54252	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54253	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54254	Mon-Fri	Jul 22-Jul 26	11:00am-11:30am
54279	Mon-Fri	Jul 22-Jul 26	11:30am-12:00pm
54255	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54256	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am

<u>54257</u>	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
<u>54258</u>	Mon-Fri	Jul 29-Aug 2	11:00am-11:30am
<u>54280</u>	Mon-Fri	Jul 29-Aug 2	11:30am-12:00pm
<u>54929</u>	Tue	Jul 30-Aug 27	6:00pm-6:30pm
<u>54930</u>	Tue	Jul 30-Aug 27	7:00pm-7:30pm
<u>54931</u>	Tue	Jul 30-Aug 27	7:30pm-8:00pm
<u>54933</u>	Tue	Jul 30-Aug 27	8:00pm-8:30pm
<u>54939</u>	Wed	Jul 31-Aug 28	6:30pm-7:00pm
<u>54940</u>	Wed	Jul 31-Aug 28	7:30pm-8:00pm
<u>54942</u>	Wed	Jul 31-Aug 28	7:30pm-8:00pm
<u>54946</u>	Thu	Aug 1-Aug 29	6:00pm-6:30pm
<u>54947</u>	Thu	Aug 1-Aug 29	8:00pm-8:30pm
<u>54263</u>	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
<u>54264</u>	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
<u>54265</u>	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
<u>54266</u>	Mon-Fri	Aug 12-Aug 16	11:00am-11:30am
<u>54282</u>	Mon-Fri	Aug 12-Aug 16	11:30am-12:00pm
<u>54267</u>	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
<u>54268</u>	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
<u>54269</u>	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
<u>54270</u>	Mon-Fri	Aug 19-Aug 23	11:00am-11:30am
<u>54283</u>	Mon-Fri	Aug 19-Aug 23	11:30am-12:00pm
<u>54271</u>	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
<u>54272</u>	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
<u>54273</u>	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am
<u>54274</u>	Mon-Fri	Aug 26-Aug 30	11:00am-11:30am
<u>54275</u>	Mon-Fri	Aug 26-Aug 30	11:30am-12:00pm

Swimmer 1 – CRC 6-14yrs

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.

4 Classes**Whitby Civic Rec Complex****\$44.07**

55068	Mon	Jun 24-Jul 22	4:30pm-5:00pm
55069	Mon	Jun 24-Jul 22	5:00pm-5:30pm
55070	Mon	Jun 24-Jul 22	5:30pm-6:00pm
55071	Mon	Jun 24-Jul 22	6:00pm-6:30pm
55072	Mon	Jun 24-Jul 22	6:30pm-7:00pm
55073	Mon	Jun 24-Jul 22	6:30pm-7:00pm
55074	Mon	Jun 24-Jul 22	7:00pm-7:30pm
54776	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
54778	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54779	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54780	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
54781	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55840	Sat	Jul 6-Jul 27	9:00am-9:30am
55841	Sat	Jul 6-Jul 27	9:00am-9:30am
55842	Sat	Jul 6-Jul 27	9:30am-10:00am
55845	Sat	Jul 6-Jul 27	10:00am-10:30am
55846	Sat	Jul 6-Jul 27	10:30am-11:00am
55847	Sat	Jul 6-Jul 27	11:00am-11:30am
55848	Sat	Jul 6-Jul 27	11:30am-12:00pm
55849	Sat	Jul 6-Jul 27	11:30am-12:00pm
55972	Sun	Jul 7-Jul 28	9:00am-9:30am
55973	Sun	Jul 7-Jul 28	9:30am-10:00am
55975	Sun	Jul 7-Jul 28	10:00am-10:30am
55977	Sun	Jul 7-Jul 28	10:30am-11:00am
55979	Sun	Jul 7-Jul 28	11:00am-11:30am
55982	Sun	Jul 7-Jul 28	11:30am-12:00pm
55983	Sun	Jul 7-Jul 28	11:30am-12:00pm
55075	Mon	Jul 29-Aug 26	4:30pm-5:00pm
55076	Mon	Jul 29-Aug 26	5:00pm-5:30pm
55077	Mon	Jul 29-Aug 26	5:30pm-6:00pm
55078	Mon	Jul 29-Aug 26	6:00pm-6:30pm
55079	Mon	Jul 29-Aug 26	6:30pm-7:00pm

55080	Mon	Jul 29-Aug 26	6:30pm-7:00pm
55081	Mon	Jul 29-Aug 26	7:00pm-7:30pm
55850	Sat	Aug 3-Aug 24	9:00am-9:30am
55851	Sat	Aug 3-Aug 24	9:00am-9:30am
55852	Sat	Aug 3-Aug 24	9:30am-10:00am
55853	Sat	Aug 3-Aug 24	10:00am-10:30am
55854	Sat	Aug 3-Aug 24	10:30am-11:00am
55855	Sat	Aug 3-Aug 24	11:00am-11:30am
55856	Sat	Aug 3-Aug 24	11:30am-12:00pm
55857	Sat	Aug 3-Aug 24	11:30am-12:00pm
55985	Sun	Aug 4-Aug 25	9:00am-9:30am
55987	Sun	Aug 4-Aug 25	9:30am-10:00am
55990	Sun	Aug 4-Aug 25	10:00am-10:30am
55992	Sun	Aug 4-Aug 25	10:30am-11:00am
55993	Sun	Aug 4-Aug 25	11:00am-11:30am
55994	Sun	Aug 4-Aug 25	11:30am-12:00pm
55995	Sun	Aug 4-Aug 25	11:30am-12:00pm
54803	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
54804	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54805	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54806	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54807	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am

5 Classes

Whitby Civic Rec Complex

\$55.09

55332	Tue	Jun 25-Jul 23	4:30pm-5:00pm
55333	Tue	Jun 25-Jul 23	5:00pm-5:30pm
55334	Tue	Jun 25-Jul 23	5:30pm-6:00pm
55335	Tue	Jun 25-Jul 23	6:00pm-6:30pm
55336	Tue	Jun 25-Jul 23	6:30pm-7:00pm
55338	Tue	Jun 25-Jul 23	6:30pm-7:00pm
55480	Wed	Jun 26-Jul 24	4:30pm-5:00pm
55481	Wed	Jun 26-Jul 24	5:00pm-5:30pm
55482	Wed	Jun 26-Jul 24	5:30pm-6:00pm
55485	Wed	Jun 26-Jul 24	5:30pm-6:00pm

55488	Wed	Jun 26-Jul 24	6:00pm-6:30pm
55490	Wed	Jun 26-Jul 24	6:30pm-7:00pm
55493	Wed	Jun 26-Jul 24	6:30pm-7:00pm
55496	Wed	Jun 26-Jul 24	7:00pm-7:30pm
55498	Wed	Jun 26-Jul 24	7:00pm-7:30pm
55654	Thu	Jun 27-Jul 25	4:30pm-5:00pm
55655	Thu	Jun 27-Jul 25	4:30pm-5:00pm
55656	Thu	Jun 27-Jul 25	5:00pm-5:30pm
55657	Thu	Jun 27-Jul 25	5:30pm-6:00pm
55658	Thu	Jun 27-Jul 25	6:00pm-6:30pm
55659	Thu	Jun 27-Jul 25	6:30pm-7:00pm
55660	Thu	Jun 27-Jul 25	6:30pm-7:00pm
55740	Fri	Jun 28-Jul 26	4:30pm-5:00pm
55741	Fri	Jun 28-Jul 26	4:30pm-5:00pm
55742	Fri	Jun 28-Jul 26	5:00pm-5:30pm
55743	Fri	Jun 28-Jul 26	5:30pm-6:00pm
55744	Fri	Jun 28-Jul 26	6:00pm-6:30pm
55745	Fri	Jun 28-Jul 26	6:00pm-6:30pm
55746	Fri	Jun 28-Jul 26	6:30pm-7:00pm
55747	Fri	Jun 28-Jul 26	6:30pm-7:00pm
54782	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
54783	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54784	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54785	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54786	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54787	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am
54788	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54789	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54790	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54791	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54792	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54793	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54794	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am

54796	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54797	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54798	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54799	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54800	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54801	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54802	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55341	Tue	Jul 30-Aug 27	4:30pm-5:00pm
55344	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55346	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55348	Tue	Jul 30-Aug 27	6:00pm-6:30pm
55351	Tue	Jul 30-Aug 27	6:30pm-7:00pm
55354	Tue	Jul 30-Aug 27	6:30pm-7:00pm
55503	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55506	Wed	Jul 31-Aug 28	5:00pm-5:30pm
55509	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55510	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55513	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55516	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55520	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55522	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55526	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55661	Thu	Aug 1-Aug 29	4:30pm-5:00pm
55662	Thu	Aug 1-Aug 29	4:30pm-5:00pm
55663	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55664	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55665	Thu	Aug 1-Aug 29	6:00pm-6:30pm
55666	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55667	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55748	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55749	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55750	Fri	Aug 2-Aug 30	5:00pm-5:30pm
55751	Fri	Aug 2-Aug 30	5:30pm-6:00pm

55752	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55753	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55754	Fri	Aug 2-Aug 30	6:30pm-7:00pm
55755	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54808	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54809	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54810	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54811	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54812	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54813	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54814	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54815	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54816	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54817	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54818	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54819	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54820	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54821	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54822	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

Swimmer 2 – AOP 6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$44.07
54948	Mon	Jun 24-Jul 22
54949	Mon	Jun 24-Jul 22
54155	Tue-Fri	Jul 2-Jul 5
54284	Tue-Fri	Jul 2-Jul 5
54285	Tue-Fri	Jul 2-Jul 5
54286	Tue-Fri	Jul 2-Jul 5
54287	Tue-Fri	Jul 2-Jul 5

55243	Sat	Jul 6-Jul 27	9:00am-9:30am
55244	Sat	Jul 6-Jul 27	10:30am-11:00am
55245	Sat	Jul 6-Jul 27	11:30am-12:00pm
55974	Sun	Jul 7-Jul 28	10:30am-11:00am
55976	Sun	Jul 7-Jul 28	11:00am-11:30am
55978	Sun	Jul 7-Jul 28	11:30am-12:00pm
55980	Sun	Jul 7-Jul 28	12:00pm-12:30pm
55981	Sun	Jul 7-Jul 28	12:30pm-1:00pm
55246	Sat	Aug 3-Aug 24	9:00am-9:30am
55247	Sat	Aug 3-Aug 24	10:30am-11:00am
55248	Sat	Aug 3-Aug 24	11:30am-12:00pm
55984	Sun	Aug 4-Aug 25	10:30am-11:00am
55986	Sun	Aug 4-Aug 25	11:00am-11:30am
55988	Sun	Aug 4-Aug 25	11:30am-12:00pm
55989	Sun	Aug 4-Aug 25	12:00pm-12:30pm
55991	Sun	Aug 4-Aug 25	12:30pm-1:00pm
54308	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54309	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54310	Tue-Fri	Aug 6-Aug 9	10:30am-11:00am
54311	Tue-Fri	Aug 6-Aug 9	11:00am-11:30am
54312	Tue-Fri	Aug 6-Aug 9	11:30am-12:00pm
54950	Mon	Jul 29-Aug 26	6:30pm-7:00pm
54951	Mon	Jul 29-Aug 26	7:30pm-8:00pm
5 Classes	Anne Ottenbrite Pool		\$55.09
54952	Tue	Jun 25-Jul 23	6:30pm-7:00pm
54953	Tue	Jun 25-Jul 23	7:30pm-8:00pm
54954	Tue	Jun 25-Jul 23	8:00pm-8:30pm
54956	Tue	Jun 25-Jul 23	8:00pm-8:30pm
54964	Wed	Jun 26-Jul 24	7:00pm-7:30pm
54965	Wed	Jun 26-Jul 24	7:30pm-8:00pm
54973	Thu	Jun 27-Jul 25	6:30pm-7:00pm
54974	Thu	Jun 27-Jul 25	7:30pm-8:00pm
54288	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am

54289	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54290	Mon-Fri	Jul 8-Jul 12	10:30am-11:00am
54291	Mon-Fri	Jul 8-Jul 12	11:00am-11:30am
54292	Mon-Fri	Jul 8-Jul 12	11:30am-12:00pm
54293	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54294	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54295	Mon-Fri	Jul 15-Jul 19	10:30am-11:00am
54296	Mon-Fri	Jul 15-Jul 19	11:00am-11:30am
54297	Mon-Fri	Jul 15-Jul 19	11:30am-12:00pm
54298	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54299	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54300	Mon-Fri	Jul 22-Jul 26	10:30am-11:00am
54301	Mon-Fri	Jul 22-Jul 26	11:00am-11:30am
54302	Mon-Fri	Jul 22-Jul 26	11:30am-12:00pm
54303	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54304	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54305	Mon-Fri	Jul 29-Aug 2	10:30am-11:00am
54306	Mon-Fri	Jul 29-Aug 2	11:00am-11:30am
54307	Mon-Fri	Jul 29-Aug 2	11:30am-12:00pm
54960	Tue	Jul 30-Aug 27	6:30pm-7:00pm
54961	Tue	Jul 30-Aug 27	7:30pm-8:00pm
54962	Tue	Jul 30-Aug 27	8:00pm-8:30pm
54963	Tue	Jul 30-Aug 27	8:00pm-8:30pm
54968	Wed	Jul 31-Aug 28	7:00pm-7:30pm
54969	Wed	Jul 31-Aug 28	7:30pm-8:00pm
54982	Thu	Aug 1-Aug 29	6:30pm-7:00pm
54984	Thu	Aug 1-Aug 29	7:30pm-8:00pm
54313	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54314	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54315	Mon-Fri	Aug 12-Aug 16	10:30am-11:00am
54316	Mon-Fri	Aug 12-Aug 16	11:00am-11:30am
54317	Mon-Fri	Aug 12-Aug 16	11:30am-12:00pm
54318	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am

54319	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54320	Mon-Fri	Aug 19-Aug 23	10:30am-11:00am
54321	Mon-Fri	Aug 19-Aug 23	11:00am-11:30am
54322	Mon-Fri	Aug 19-Aug 23	11:30am-12:00pm
54323	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54324	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54325	Mon-Fri	Aug 26-Aug 30	10:30am-11:00am
54326	Mon-Fri	Aug 26-Aug 30	11:00am-11:30am
54327	Mon-Fri	Aug 26-Aug 30	11:30am-12:00pm

Swimmer 2 – CRC 6-14yrs

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.

4 Classes	Whitby Civic Rec Complex	\$44.07	
55082	Mon	Jun 24-Jul 22	4:30pm-5:00pm
55083	Mon	Jun 24-Jul 22	5:00pm-5:30pm
55084	Mon	Jun 24-Jul 22	5:30pm-6:00pm
55086	Mon	Jun 24-Jul 22	6:00pm-6:30pm
55089	Mon	Jun 24-Jul 22	6:30pm-7:00pm
55091	Mon	Jun 24-Jul 22	7:00pm-7:30pm
54777	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
54823	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54824	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
54825	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
54826	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55858	Sat	Jul 6-Jul 27	9:00am-9:30am
55859	Sat	Jul 6-Jul 27	9:30am-10:00am
55860	Sat	Jul 6-Jul 27	10:00am-10:30am
55861	Sat	Jul 6-Jul 27	10:30am-11:00am
55862	Sat	Jul 6-Jul 27	10:30am-11:00am
55863	Sat	Jul 6-Jul 27	11:00am-11:30am

55864	Sat	Jul 6-Jul 27	11:30am-12:00pm
55998	Sun	Jul 7-Jul 28	9:00am-9:30am
55999	Sun	Jul 7-Jul 28	9:30am-10:00am
56000	Sun	Jul 7-Jul 28	10:00am-10:30am
56001	Sun	Jul 7-Jul 28	10:30am-11:00am
56002	Sun	Jul 7-Jul 28	11:00am-11:30am
56003	Sun	Jul 7-Jul 28	11:30am-12:00pm
55092	Mon	Jul 29-Aug 26	4:30pm-5:00pm
55093	Mon	Jul 29-Aug 26	5:00pm-5:30pm
55096	Mon	Jul 29-Aug 26	5:30pm-6:00pm
55097	Mon	Jul 29-Aug 26	6:00pm-6:30pm
55099	Mon	Jul 29-Aug 26	6:30pm-7:00pm
55100	Mon	Jul 29-Aug 26	7:00pm-7:30pm
55865	Sat	Aug 3-Aug 24	9:00am-9:30am
55866	Sat	Aug 3-Aug 24	9:30am-10:00am
55867	Sat	Aug 3-Aug 24	10:00am-10:30am
55868	Sat	Aug 3-Aug 24	10:30am-11:00am
55869	Sat	Aug 3-Aug 24	10:30am-11:00am
55870	Sat	Aug 3-Aug 24	11:00am-11:30am
55871	Sat	Aug 3-Aug 24	11:30am-12:00pm
56005	Sun	Aug 4-Aug 25	9:00am-9:30am
56007	Sun	Aug 4-Aug 25	9:30am-10:00am
56008	Sun	Aug 4-Aug 25	10:00am-10:30am
56009	Sun	Aug 4-Aug 25	10:30am-11:00am
56010	Sun	Aug 4-Aug 25	11:00am-11:30am
56011	Sun	Aug 4-Aug 25	11:30am-12:00pm
54847	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
54848	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54849	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54850	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
54852	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
5 Classes	Whitby Civic Rec Complex		\$55.09
55356	Tue	Jun 25-Jul 23	4:30pm-5:00pm

<u>55372</u>	Tue	Jun 25-Jul 23	5:00pm-5:30pm
<u>55373</u>	Tue	Jun 25-Jul 23	5:30pm-6:00pm
<u>55376</u>	Tue	Jun 25-Jul 23	6:00pm-6:30pm
<u>55377</u>	Tue	Jun 25-Jul 23	6:30pm-7:00pm
<u>55530</u>	Wed	Jun 26-Jul 24	4:30pm-5:00pm
<u>55531</u>	Wed	Jun 26-Jul 24	5:00pm-5:30pm
<u>55532</u>	Wed	Jun 26-Jul 24	5:30pm-6:00pm
<u>55533</u>	Wed	Jun 26-Jul 24	6:00pm-6:30pm
<u>55537</u>	Wed	Jun 26-Jul 24	6:30pm-7:00pm
<u>55540</u>	Wed	Jun 26-Jul 24	6:30pm-7:00pm
<u>55542</u>	Wed	Jun 26-Jul 24	7:00pm-7:30pm
<u>55544</u>	Wed	Jun 26-Jul 24	7:00pm-7:30pm
<u>55668</u>	Thu	Jun 27-Jul 25	4:30pm-5:00pm
<u>55669</u>	Thu	Jun 27-Jul 25	5:00pm-5:30pm
<u>55670</u>	Thu	Jun 27-Jul 25	5:30pm-6:00pm
<u>55673</u>	Thu	Jun 27-Jul 25	6:00pm-6:30pm
<u>55674</u>	Thu	Jun 27-Jul 25	6:30pm-7:00pm
<u>55675</u>	Thu	Jun 27-Jul 25	6:30pm-7:00pm
<u>55756</u>	Fri	Jun 28-Jul 26	4:30pm-5:00pm
<u>55757</u>	Fri	Jun 28-Jul 26	5:00pm-5:30pm
<u>55758</u>	Fri	Jun 28-Jul 26	5:30pm-6:00pm
<u>55759</u>	Fri	Jun 28-Jul 26	6:00pm-6:30pm
<u>55760</u>	Fri	Jun 28-Jul 26	6:00pm-6:30pm
<u>55761</u>	Fri	Jun 28-Jul 26	6:30pm-7:00pm
<u>54827</u>	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
<u>54828</u>	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
<u>54829</u>	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
<u>54830</u>	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
<u>54831</u>	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
<u>54832</u>	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am
<u>54833</u>	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
<u>54834</u>	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
<u>54835</u>	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am

54836	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54837	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54838	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54839	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54840	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54841	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54842	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54843	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54844	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54845	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
54846	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55378	Tue	Jul 30-Aug 27	4:30pm-5:00pm
55380	Tue	Jul 30-Aug 27	5:00pm-5:30pm
55382	Tue	Jul 30-Aug 27	5:30pm-6:00pm
55383	Tue	Jul 30-Aug 27	6:00pm-6:30pm
55384	Tue	Jul 30-Aug 27	6:30pm-7:00pm
55546	Wed	Jul 31-Aug 28	4:30pm-5:00pm
55547	Wed	Jul 31-Aug 28	5:00pm-5:30pm
55548	Wed	Jul 31-Aug 28	5:30pm-6:00pm
55549	Wed	Jul 31-Aug 28	6:00pm-6:30pm
55550	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55551	Wed	Jul 31-Aug 28	6:30pm-7:00pm
55552	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55553	Wed	Jul 31-Aug 28	7:00pm-7:30pm
55676	Thu	Aug 1-Aug 29	4:30pm-5:00pm
55677	Thu	Aug 1-Aug 29	5:00pm-5:30pm
55678	Thu	Aug 1-Aug 29	5:30pm-6:00pm
55679	Thu	Aug 1-Aug 29	6:00pm-6:30pm
55680	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55681	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55762	Fri	Aug 2-Aug 30	4:30pm-5:00pm
55763	Fri	Aug 2-Aug 30	5:00pm-5:30pm
55764	Fri	Aug 2-Aug 30	5:30pm-6:00pm

55765	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55766	Fri	Aug 2-Aug 30	6:00pm-6:30pm
55767	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54853	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54854	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54855	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54856	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54858	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54860	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54861	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54862	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54864	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54865	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54866	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54867	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54868	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54869	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am
54877	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

Swimmer 3 – AOP 6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$45.36	
54988	Mon	Jun 24-Jul 22	6:00pm-6:45pm
54990	Mon	Jun 24-Jul 22	6:45pm-7:30pm
54992	Mon	Jun 24-Jul 22	7:30pm-8:15pm
54344	Tue-Fri	Jul 2-Jul 5	9:00am-9:45am
54370	Tue-Fri	Jul 2-Jul 5	9:45am-10:30am
54371	Tue-Fri	Jul 2-Jul 5	10:30am-11:15am
54372	Tue-Fri	Jul 2-Jul 5	11:15am-12:00pm
55249	Sat	Jul 6-Jul 27	9:00am-9:45am

55250	Sat	Jul 6-Jul 27	9:45am-10:30am
55251	Sat	Jul 6-Jul 27	10:30am-11:15am
55252	Sat	Jul 6-Jul 27	11:15am-12:00pm
55253	Sat	Jul 6-Jul 27	12:00pm-12:45pm
56029	Sun	Jul 7-Jul 28	9:00am-9:45am
56030	Sun	Jul 7-Jul 28	9:45am-10:30am
56031	Sun	Jul 7-Jul 28	10:30am-11:15am
56032	Sun	Jul 7-Jul 28	11:15am-12:00pm
56033	Sun	Jul 7-Jul 28	12:00pm-12:45pm
54996	Mon	Jul 29-Aug 26	6:00pm-6:45pm
54997	Mon	Jul 29-Aug 26	6:45pm-7:30pm
54999	Mon	Jul 29-Aug 26	7:30pm-8:15pm
55256	Sat	Aug 3-Aug 24	10:30am-11:15am
55257	Sat	Aug 3-Aug 24	11:15am-12:00pm
55258	Sat	Aug 3-Aug 24	12:00pm-12:45pm
56034	Sun	Aug 4-Aug 25	9:00am-9:45am
56035	Sun	Aug 4-Aug 25	9:45am-10:30am
56036	Sun	Aug 4-Aug 25	10:30am-11:15am
56037	Sun	Aug 4-Aug 25	11:15am-12:00pm
56038	Sun	Aug 4-Aug 25	12:00pm-12:45pm
54388	Tue-Fri	Aug 6-Aug 9	9:00am-9:45am
54389	Tue-Fri	Aug 6-Aug 9	9:45am-10:30am
54390	Tue-Fri	Aug 6-Aug 9	10:30am-11:15am
54391	Tue-Fri	Aug 6-Aug 9	11:15am-12:00pm
55254	Sat	Aug 3-Aug 24	9:00am-9:45am
55255	Sat	Aug 3-Aug 24	9:45am-10:30am

5 Classes

Anne Ottenbrite Pool

\$56.07

55002	Tue	Jun 25-Jul 23	6:00pm-6:45pm
55003	Tue	Jun 25-Jul 23	6:45pm-7:30pm
55004	Tue	Jun 25-Jul 23	7:30pm-8:15pm
55008	Tue	Jun 25-Jul 23	6:00pm-6:45pm
55010	Wed	Jun 26-Jul 24	5:45pm-6:30pm
55011	Wed	Jun 26-Jul 24	5:45pm-6:30pm

55012	Wed	Jun 26-Jul 24	6:30pm-7:15pm
55013	Wed	Jun 26-Jul 24	7:15pm-8:00pm
55019	Thu	Jun 27-Jul 25	6:00pm-6:45pm
55020	Thu	Jun 27-Jul 25	6:45pm-7:30pm
55023	Thu	Jun 27-Jul 25	7:30pm-8:15pm
54373	Mon-Fri	Jul 8-Jul 12	9:00am-9:45am
54374	Mon-Fri	Jul 8-Jul 12	9:45am-10:30am
54375	Mon-Fri	Jul 8-Jul 12	10:30am-11:15am
54376	Mon-Fri	Jul 8-Jul 12	11:15am-12:00pm
54377	Mon-Fri	Jul 15-Jul 19	9:00am-9:45am
54378	Mon-Fri	Jul 15-Jul 19	9:45am-10:30am
54379	Mon-Fri	Jul 15-Jul 19	10:30am-11:15am
54380	Mon-Fri	Jul 15-Jul 19	11:15am-12:00pm
54381	Mon-Fri	Jul 22-Jul 26	9:00am-9:45am
54382	Mon-Fri	Jul 22-Jul 26	9:45am-10:30am
54383	Mon-Fri	Jul 22-Jul 26	10:30am-11:15am
54384	Mon-Fri	Jul 22-Jul 26	11:15am-12:00pm
54385	Mon-Fri	Jul 29-Aug 2	9:00am-9:45am
54386	Mon-Fri	Jul 29-Aug 2	9:45am-10:30am
54387	Mon-Fri	Jul 29-Aug 2	10:30am-11:15am
54404	Mon-Fri	Jul 29-Aug 2	11:15am-12:00pm
55005	Tue	Jul 30-Aug 27	6:00pm-6:45pm
55006	Tue	Jul 30-Aug 27	6:45pm-7:30pm
55007	Tue	Jul 30-Aug 27	7:30pm-8:15pm
55009	Tue	Jul 30-Aug 27	6:00pm-6:45pm
55014	Wed	Jul 31-Aug 28	5:45pm-6:30pm
55015	Wed	Jul 31-Aug 28	6:30pm-7:15pm
55016	Wed	Jul 31-Aug 28	7:15pm-8:00pm
55017	Wed	Jul 31-Aug 28	5:45pm-6:30pm
55024	Thu	Aug 1-Aug 29	6:00pm-6:45pm
55025	Thu	Aug 1-Aug 29	6:45pm-7:30pm
55026	Thu	Aug 1-Aug 29	7:30pm-8:15pm
54392	Mon-Fri	Aug 12-Aug 16	9:00am-9:45am

54393	Mon-Fri	Aug 12-Aug 16	9:45am-10:30am
54394	Mon-Fri	Aug 12-Aug 16	10:30am-11:15am
54395	Mon-Fri	Aug 12-Aug 16	11:15am-12:00pm
54396	Mon-Fri	Aug 19-Aug 23	9:00am-9:45am
54397	Mon-Fri	Aug 19-Aug 23	9:45am-10:30am
54398	Mon-Fri	Aug 19-Aug 23	10:30am-11:15am
54399	Mon-Fri	Aug 19-Aug 23	11:15am-12:00pm
54400	Mon-Fri	Aug 26-Aug 30	9:00am-9:45am
54401	Mon-Fri	Aug 26-Aug 30	9:45am-10:30am
54402	Mon-Fri	Aug 26-Aug 30	10:30am-11:15am
54403	Mon-Fri	Aug 26-Aug 30	11:15am-12:00pm

Swimmer 4 – AOP 6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$45.36
55030	Mon Jun 24-Jul 22	6:00pm-6:45pm
55031	Mon Jun 24-Jul 22	6:45pm-7:30pm
55032	Mon Jun 24-Jul 22	7:30pm-8:15pm
54345	Tue-Fri Jul 2-Jul 5	9:00am-9:45am
54405	Tue-Fri Jul 2-Jul 5	9:45am-10:30am
54406	Tue-Fri Jul 2-Jul 5	10:30am-11:15am
54407	Tue-Fri Jul 2-Jul 5	11:15am-12:00pm
55259	Sat Jul 6-Jul 27	9:00am-9:45am
55260	Sat Jul 6-Jul 27	9:45am-10:30am
55261	Sat Jul 6-Jul 27	10:30am-11:15am
55262	Sat Jul 6-Jul 27	11:15am-12:00pm
55263	Sat Jul 6-Jul 27	12:00pm-12:45pm
56039	Sun Jul 7-Jul 28	9:00am-9:45am
56040	Sun Jul 7-Jul 28	9:45am-10:30am
56041	Sun Jul 7-Jul 28	10:30am-11:15am

56042	Sun	Jul 7-Jul 28	11:15am-12:00pm
56043	Sun	Jul 7-Jul 28	12:00pm-12:45pm
55033	Mon	Jul 29-Aug 26	6:00pm-6:45pm
55034	Mon	Jul 29-Aug 26	6:45pm-7:30pm
55035	Mon	Jul 29-Aug 26	7:30pm-8:15pm
55264	Sat	Aug 3-Aug 24	9:00am-9:45am
55265	Sat	Aug 3-Aug 24	9:45am-10:30am
55266	Sat	Aug 3-Aug 24	10:30am-11:15am
55267	Sat	Aug 3-Aug 24	11:15am-12:00pm
55268	Sat	Aug 3-Aug 24	12:00pm-12:45pm
56044	Sun	Aug 4-Aug 25	9:00am-9:45am
56045	Sun	Aug 4-Aug 25	9:45am-10:30am
56046	Sun	Aug 4-Aug 25	10:30am-11:15am
56047	Sun	Aug 4-Aug 25	11:15am-12:00pm
56048	Sun	Aug 4-Aug 25	12:00pm-12:45pm
54586	Tue-Fri	Aug 6-Aug 9	9:00am-9:45am
54587	Tue-Fri	Aug 6-Aug 9	9:45am-10:30am
54588	Tue-Fri	Aug 6-Aug 9	10:30am-11:15am
54589	Tue-Fri	Aug 6-Aug 9	11:15am-12:00pm

5 Classes

Anne Ottenbrite Pool

\$56.70

55037	Tue	Jun 25-Jul 23	6:00pm-6:45pm
55039	Tue	Jun 25-Jul 23	6:45pm-7:30pm
55040	Tue	Jun 25-Jul 23	6:45pm-7:30pm
55042	Tue	Jun 25-Jul 23	7:30pm-8:15pm
55050	Wed	Jun 26-Jul 24	5:45pm-6:30pm
55052	Wed	Jun 26-Jul 24	6:30pm-7:15pm
55053	Wed	Jun 26-Jul 24	6:30pm-7:15pm
55054	Wed	Jun 26-Jul 24	7:15pm-8:00pm
55059	Thu	Jun 27-Jul 25	6:00pm-6:45pm
55060	Thu	Jun 27-Jul 25	6:45pm-7:30pm
55061	Thu	Jun 27-Jul 25	7:30pm-8:15pm
54408	Mon-Fri	Jul 8-Jul 12	9:00am-9:45am
54572	Mon-Fri	Jul 8-Jul 12	9:45am-10:30am

54573	Mon-Fri	Jul 8-Jul 12	10:30am-11:15am
54575	Mon-Fri	Jul 8-Jul 12	11:15am-12:00pm
54570	Mon-Fri	Jul 15-Jul 19	9:00am-9:45am
54576	Mon-Fri	Jul 15-Jul 19	9:45am-10:30am
54577	Mon-Fri	Jul 15-Jul 19	10:30am-11:15am
54578	Mon-Fri	Jul 15-Jul 19	11:15am-12:00pm
54571	Mon-Fri	Jul 22-Jul 26	9:00am-9:45am
54579	Mon-Fri	Jul 22-Jul 26	9:45am-10:30am
54580	Mon-Fri	Jul 22-Jul 26	10:30am-11:15am
54581	Mon-Fri	Jul 22-Jul 26	11:15am-12:00pm
54582	Mon-Fri	Jul 29-Aug 2	9:00am-9:45am
54583	Mon-Fri	Jul 29-Aug 2	9:45am-10:30am
54584	Mon-Fri	Jul 29-Aug 2	10:30am-11:15am
54585	Mon-Fri	Jul 29-Aug 2	11:15am-12:00pm
55044	Tue	Jul 30-Aug 27	6:00pm-6:45pm
55046	Tue	Jul 30-Aug 27	6:45pm-7:30pm
55047	Tue	Jul 30-Aug 27	6:45pm-7:30pm
55048	Tue	Jul 30-Aug 27	7:30pm-8:15pm
55055	Wed	Jul 31-Aug 28	5:45pm-6:30pm
55056	Wed	Jul 31-Aug 28	6:30pm-7:15pm
55057	Wed	Jul 31-Aug 28	6:30pm-7:15pm
55058	Wed	Jul 31-Aug 28	7:15pm-8:00pm
55062	Thu	Aug 1-Aug 29	6:00pm-6:45pm
55063	Thu	Aug 1-Aug 29	6:45pm-7:30pm
55064	Thu	Aug 1-Aug 29	7:30pm-8:15pm
54590	Mon-Fri	Aug 12-Aug 16	9:00am-9:45am
54591	Mon-Fri	Aug 12-Aug 16	9:45am-10:30am
54592	Mon-Fri	Aug 12-Aug 16	10:30am-11:15am
54593	Mon-Fri	Aug 12-Aug 16	11:15am-12:00pm
54594	Mon-Fri	Aug 19-Aug 23	9:00am-9:45am
54595	Mon-Fri	Aug 19-Aug 23	9:45am-10:30am
54596	Mon-Fri	Aug 19-Aug 23	10:30am-11:15am
54597	Mon-Fri	Aug 19-Aug 23	11:15am-12:00pm

54598	Mon-Fri	Aug 26-Aug 30	9:00am-9:45am
54599	Mon-Fri	Aug 26-Aug 30	9:45am-10:30am
54600	Mon-Fri	Aug 26-Aug 30	10:30am-11:15am
54601	Mon-Fri	Aug 26-Aug 30	11:15am-12:00pm

Swimmer 5 – AOP 6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$45.36	
55085	Mon	Jun 24-Jul 22	6:00pm-6:45pm
55087	Mon	Jun 24-Jul 22	7:30pm-8:15pm
54346	Tue-Fri	Jul 2-Jul 5	9:00am-9:45am
54602	Tue-Fri	Jul 2-Jul 5	11:15am-12:00pm
55269	Sat	Jul 6-Jul 27	9:00am-9:45am
55270	Sat	Jul 6-Jul 27	10:30am-11:15am
55271	Sat	Jul 6-Jul 27	12:00pm-12:45pm
56049	Sun	Jul 7-Jul 28	9:00am-9:45am
56050	Sun	Jul 7-Jul 28	10:30am-11:15am
56051	Sun	Jul 7-Jul 28	11:15am-12:00pm
55088	Mon	Jul 29-Aug 26	6:00pm-6:45pm
55090	Mon	Jul 29-Aug 26	7:30pm-8:15pm
55272	Sat	Aug 3-Aug 24	9:00am-9:45am
55273	Sat	Aug 3-Aug 24	10:30am-11:15am
55274	Sat	Aug 3-Aug 24	12:00pm-12:45pm
56052	Sun	Aug 4-Aug 25	9:00am-9:45am
56053	Sun	Aug 4-Aug 25	10:30am-11:15am
56054	Sun	Aug 4-Aug 25	11:15am-12:00pm
54611	Tue-Fri	Aug 6-Aug 9	9:00am-9:45am
54612	Tue-Fri	Aug 6-Aug 9	11:15am-12:00pm

5 Classes**Anne Ottenbrite Pool****\$56.70**

55094	Tue	Jun 25-Jul 23	6:00pm-6:45pm
55095	Tue	Jun 25-Jul 23	7:30pm-8:15pm
55102	Wed	Jun 26-Jul 24	5:45pm-6:30pm
55103	Wed	Jun 26-Jul 24	7:15pm-8:00pm
55106	Thu	Jun 27-Jul 25	6:00pm-6:45pm
55107	Thu	Jun 27-Jul 25	7:30pm-8:15pm

54603	Mon-Fri	Jul 8-Jul 12	9:00am-9:45am
54604	Mon-Fri	Jul 8-Jul 12	11:15am-12:00pm
54605	Mon-Fri	Jul 15-Jul 19	9:00am-9:45am
54606	Mon-Fri	Jul 15-Jul 19	11:15am-12:00pm
54607	Mon-Fri	Jul 22-Jul 26	9:00am-9:45am
54608	Mon-Fri	Jul 22-Jul 26	11:15am-12:00pm
54609	Mon-Fri	Jul 29-Aug 2	9:00am-9:45am
54610	Mon-Fri	Jul 29-Aug 2	11:15am-12:00pm

55098	Tue	Jul 30-Aug 27	6:00pm-6:45pm
55101	Tue	Jul 30-Aug 27	7:30pm-8:15pm
55104	Wed	Jul 31-Aug 28	5:45pm-6:30pm
55105	Wed	Jul 31-Aug 28	7:15pm-8:00pm
55108	Thu	Aug 1-Aug 29	6:00pm-6:45pm
55109	Thu	Aug 1-Aug 29	7:30pm-8:15pm

54613	Mon-Fri	Aug 12-Aug 16	9:00am-9:45am
54614	Mon-Fri	Aug 12-Aug 16	11:15am-12:00pm
54615	Mon-Fri	Aug 19-Aug 23	9:00am-9:45am
54616	Mon-Fri	Aug 19-Aug 23	11:15am-12:00pm
54617	Mon-Fri	Aug 26-Aug 30	9:00am-9:45am
54618	Mon-Fri	Aug 26-Aug 30	11:15am-12:00pm

Swimmer 6 – AOP

6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$45.36
55111	Mon Jun 24-Jul 22	6:45pm-7:30pm
54347	Tue-Fri Jul 2-Jul 5	9:45am-10:30am
55275	Sat Jul 6-Jul 27	9:45am-10:30am
55276	Sat Jul 6-Jul 27	11:15am-12:00pm
56055	Sun Jul 7-Jul 28	9:45am-10:30am
56056	Sun Jul 7-Jul 28	12:00pm-12:45pm
55112	Mon Jul 29-Aug 26	6:45pm-7:30pm
55277	Sat Aug 3-Aug 24	9:45am-10:30am
55278	Sat Aug 3-Aug 24	11:15am-12:00pm
56057	Sun Aug 4-Aug 25	9:45am-10:30am
56058	Sun Aug 4-Aug 25	12:00pm-12:45pm
54619	Tue-Fri Jul 2-Jul 5	10:30am-11:15am
54626	Tue-Fri Aug 6-Aug 9	9:45am-10:30am
54627	Tue-Fri Aug 6-Aug 9	10:30am-11:15am
5 Classes	Anne Ottenbrite Pool	\$56.70
55113	Tue Jun 25-Jul 23	6:45pm-7:30pm
55114	Tue Jun 25-Jul 23	7:30pm-8:15pm
55117	Wed Jun 26-Jul 24	6:30pm-7:15pm
55118	Wed Jun 26-Jul 24	7:15pm-8:00pm
55121	Thu Jun 27-Jul 25	6:45pm-7:30pm
54620	Mon-Fri Jul 8-Jul 12	9:45am-10:30am
54621	Mon-Fri Jul 8-Jul 12	10:30am-11:15am
54622	Mon-Fri Jul 22-Jul 26	9:45am-10:30am
54623	Mon-Fri Jul 22-Jul 26	10:30am-11:15am
54624	Mon-Fri Jul 29-Aug 2	9:45am-10:30am
54625	Mon-Fri Jul 29-Aug 2	10:30am-11:15am
55115	Tue Jul 30-Aug 27	6:45pm-7:30pm

55116	Tue	Jul 30-Aug 27	7:30pm-8:15pm
55119	Wed	Jul 31-Aug 28	6:30pm-7:15pm
55120	Wed	Jul 31-Aug 28	7:15pm-8:00pm
55122	Thu	Aug 1-Aug 29	6:45pm-7:30pm
54628	Mon-Fri	Aug 12-Aug 16	9:45am-10:30am
54629	Mon-Fri	Aug 12-Aug 16	10:30am-11:15am
54631	Mon-Fri	Aug 19-Aug 23	9:45am-10:30am
54632	Mon-Fri	Aug 19-Aug 23	10:30am-11:15am
54633	Mon-Fri	Aug 26-Aug 30	9:45am-10:30am
54634	Mon-Fri	Aug 26-Aug 30	10:30am-11:15am

Private Swimming Lessons

Private Swimming Lessons- AOP (#@)

3-14yrs

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

4 Classes

Anne Ottenbrite Pool

\$147.11

55124	Mon	Jun 24-Jul 22	6:30pm-7:00pm
55146	Mon	Jun 24-Jul 22	7:30pm-8:00pm
55155	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
55156	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
55157	Tue-Fri	Jul 2-Jul 5	10:30am-11:00am
55158	Tue-Fri	Jul 2-Jul 5	11:00am-11:30am
55163	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
55337	Sat	Jul 6-Jul 27	9:30am-10:00am
55339	Sat	Jul 6-Jul 27	10:00am-10:30am
55340	Sat	Jul 6-Jul 27	10:30am-11:00am
55342	Sat	Jul 6-Jul 27	11:00am-11:30am
55343	Sat	Jul 6-Jul 27	11:30am-12:00pm
55345	Sat	Jul 6-Jul 27	12:00pm-12:30pm
55422	Sat	Jul 6-Jul 27	3:30pm-4:00pm
55423	Sat	Jul 6-Jul 27	3:30pm-4:00pm

55425	Sat	Jul 6-Jul 27	3:30pm-4:00pm
55426	Sat	Jul 6-Jul 27	3:30pm-4:00pm
55429	Sat	Jul 6-Jul 27	4:00pm-4:30pm
55430	Sat	Jul 6-Jul 27	4:00pm-4:30pm
55432	Sat	Jul 6-Jul 27	4:30pm-5:00pm
55434	Sat	Jul 6-Jul 27	4:30pm-5:00pm
55435	Sat	Jul 6-Jul 27	4:30pm-5:00pm
55437	Sat	Jul 6-Jul 27	4:30pm-5:00pm
55439	Sat	Jul 6-Jul 27	5:00pm-5:30pm
55440	Sat	Jul 6-Jul 27	5:00pm-5:30pm
55441	Sat	Jul 6-Jul 27	5:00pm-5:30pm
55442	Sat	Jul 6-Jul 27	5:00pm-5:30pm
55444	Sat	Jul 6-Jul 27	5:30pm-6:00pm
55446	Sat	Jul 6-Jul 27	5:30pm-6:00pm
55447	Sat	Jul 6-Jul 27	5:30pm-6:00pm
55448	Sat	Jul 6-Jul 27	5:30pm-6:00pm
55463	Sat	Jul 6-Jul 27	6:00pm-6:30pm
55464	Sat	Jul 6-Jul 27	6:00pm-6:30pm
55465	Sat	Jul 6-Jul 27	6:00pm-6:30pm
55467	Sat	Jul 6-Jul 27	6:00pm-6:30pm
55469	Sat	Jul 6-Jul 27	6:30pm-7:00pm
55470	Sat	Jul 6-Jul 27	6:30pm-7:00pm
55471	Sat	Jul 6-Jul 27	6:30pm-7:00pm
55472	Sat	Jul 6-Jul 27	6:30pm-7:00pm
55474	Sat	Jul 6-Jul 27	7:00pm-7:30pm
55475	Sat	Jul 6-Jul 27	7:00pm-7:30pm
55476	Sat	Jul 6-Jul 27	7:00pm-7:30pm
55477	Sat	Jul 6-Jul 27	7:00pm-7:30pm
55478	Sat	Jul 6-Jul 27	7:00pm-7:30pm
55479	Sat	Jul 6-Jul 27	7:00pm-7:30pm
56018	Sun	Jul 7-Jul 28	9:00am-9:30am
56019	Sun	Jul 7-Jul 28	11:00am-11:30am
56020	Sun	Jul 7-Jul 28	11:30am-12:00pm

56021	Sun	Jul 7-Jul 28	12:00pm-12:30pm
56022	Sun	Jul 7-Jul 28	12:30pm-1:00pm
55147	Mon	Jul 29-Aug 26	6:30pm-7:00pm
55148	Mon	Jul 29-Aug 26	7:30pm-8:00pm
55347	Sat	Aug 3-Aug 24	9:30am-10:00am
55349	Sat	Aug 3-Aug 24	10:00am-10:30am
55350	Sat	Aug 3-Aug 24	10:30am-11:00am
55352	Sat	Aug 3-Aug 24	11:00am-11:30am
55353	Sat	Aug 3-Aug 24	11:30am-12:00pm
55355	Sat	Aug 3-Aug 24	12:00pm-12:30pm
55483	Sat	Aug 3-Aug 24	3:30pm-4:00pm
55484	Sat	Aug 3-Aug 24	3:30pm-4:00pm
55486	Sat	Aug 3-Aug 24	3:30pm-4:00pm
55487	Sat	Aug 3-Aug 24	3:30pm-4:00pm
55489	Sat	Aug 3-Aug 24	4:00pm-4:30pm
55491	Sat	Aug 3-Aug 24	4:00pm-4:30pm
55492	Sat	Aug 3-Aug 24	4:30pm-5:00pm
55494	Sat	Aug 3-Aug 24	4:30pm-5:00pm
55495	Sat	Aug 3-Aug 24	4:30pm-5:00pm
55497	Sat	Aug 3-Aug 24	4:30pm-5:00pm
55499	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55500	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55501	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55502	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55504	Sat	Aug 3-Aug 24	5:30pm-6:00pm
55505	Sat	Aug 3-Aug 24	5:30pm-6:00pm
55507	Sat	Aug 3-Aug 24	5:30pm-6:00pm
55508	Sat	Aug 3-Aug 24	5:30pm-6:00pm
55511	Sat	Aug 3-Aug 24	6:00pm-6:30pm
55512	Sat	Aug 3-Aug 24	6:00pm-6:30pm
55514	Sat	Aug 3-Aug 24	6:00pm-6:30pm
55515	Sat	Aug 3-Aug 24	6:00pm-6:30pm
55517	Sat	Aug 3-Aug 24	6:30pm-7:00pm

55518	Sat	Aug 3-Aug 24	6:30pm-7:00pm
55519	Sat	Aug 3-Aug 24	6:30pm-7:00pm
55521	Sat	Aug 3-Aug 24	6:30pm-7:00pm
55523	Sat	Aug 3-Aug 24	7:00pm-7:30pm
55524	Sat	Aug 3-Aug 24	7:00pm-7:30pm
55525	Sat	Aug 3-Aug 24	7:00pm-7:30pm
55527	Sat	Aug 3-Aug 24	7:00pm-7:30pm
55528	Sat	Aug 3-Aug 24	7:00pm-7:30pm
55529	Sat	Aug 3-Aug 24	7:00pm-7:30pm
56024	Sun	Aug 4-Aug 25	9:00am-9:30am
56025	Sun	Aug 4-Aug 25	11:00am-11:30am
56026	Sun	Aug 4-Aug 25	11:30am-12:00pm
56027	Sun	Aug 4-Aug 25	12:00pm-12:30pm
56028	Sun	Aug 4-Aug 25	12:30pm-1:00pm
55179	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
55180	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
55181	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am
55182	Tue-Fri	Aug 6-Aug 9	10:30am-11:00am
55183	Tue-Fri	Aug 6-Aug 9	11:00am-11:30am

5 Classes

Anne Ottenbrite Pool

\$183.89

55281	Thu	Jun 27-Jul 25	6:30pm-7:00pm
55282	Thu	Jun 27-Jul 25	7:30pm-8:00pm
55159	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
55160	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
56489	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
55161	Mon-Fri	Jul 8-Jul 12	10:30am-11:00am
55162	Mon-Fri	Jul 8-Jul 12	11:00am-11:30am
55164	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
55165	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
55166	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
55167	Mon-Fri	Jul 15-Jul 19	10:30am-11:00am
55168	Mon-Fri	Jul 15-Jul 19	11:00am-11:30am
55169	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am

55170	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
55171	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
55172	Mon-Fri	Jul 22-Jul 26	10:30am-11:00am
55173	Mon-Fri	Jul 22-Jul 26	11:00am-11:30am
55174	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
55175	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
55176	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
55177	Mon-Fri	Jul 29-Aug 2	10:30am-11:00am
55178	Mon-Fri	Jul 29-Aug 2	11:00am-11:30am
55289	Thu	Aug 1-Aug 29	6:30pm-7:00pm
55290	Thu	Aug 1-Aug 29	7:30pm-8:00pm
55184	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
55185	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
55186	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
55187	Mon-Fri	Aug 12-Aug 16	10:30am-11:00am
55188	Mon-Fri	Aug 12-Aug 16	11:00am-11:30am
55189	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
55190	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
55191	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
55192	Mon-Fri	Aug 19-Aug 23	10:30am-11:00am
55193	Mon-Fri	Aug 19-Aug 23	11:00am-11:30am
55194	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
55195	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
55196	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am
55197	Mon-Fri	Aug 26-Aug 30	10:30am-11:00am
55198	Mon-Fri	Aug 26-Aug 30	11:00am-11:30am

Private Swimming Lessons- CRC (#@)

3-14yrs

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

4 Classes

Whitby Civic Rec Complex

\$147.11

[55110](#)

Mon

Jun 24-Jul 22

4:00pm-4:30pm

56084	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56085	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56086	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56087	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56088	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56089	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56090	Mon	Jun 24-Jul 22	4:00pm-4:30pm
56091	Mon	Jun 24-Jul 22	4:30pm-5:00pm
56092	Mon	Jun 24-Jul 22	7:00pm-7:30pm
56093	Mon	Jun 24-Jul 22	7:00pm-7:30pm
56094	Mon	Jun 24-Jul 22	7:00pm-
7:30pm54879	Tue-Fri	Jul 2-Jul 5	8:30am-9:00am
54882	Tue-Fri	Jul 2-Jul 5	9:00am-9:30am
54883	Tue-Fri	Jul 2-Jul 5	9:30am-10:00am
54884	Tue-Fri	Jul 2-Jul 5	10:00am-10:30am
56149	Sun	Jul 7-Jul 28	12:00pm-12:30pm
56151	Sun	Jul 7-Jul 28	12:00pm-12:30pm
56150	Sat	Jul 7-Jul 28	12:00pm-12:30pm
56152	Sun	Jul 7-Jul 28	12:30pm-1:00pm
56153	Sun	Jul 7-Jul 28	12:30pm-1:00pm
56154	Sun	Jul 7-Jul 28	12:30pm-1:00pm
56155	Sun	Jul 7-Jul 28	12:30pm-1:00pm
56095	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56096	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56097	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56098	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56099	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56100	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56101	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56102	Mon	Jul 29-Aug 26	4:00pm-4:30pm
56103	Mon	Jul 29-Aug 26	4:30pm-5:00pm
56104	Mon	Jul 29-Aug 26	7:00pm-7:30pm
56105	Mon	Jul 29-Aug 26	7:00pm-7:30pm

56106	Mon	Jul 29-Aug 26	7:00pm-7:30pm
56156	Sun	Aug 4-Aug 25	12:00pm-12:30pm
56157	Sun	Aug 4-Aug 25	12:00pm-12:30pm
56158	Sun	Aug 4-Aug 25	12:00pm-12:30pm
56159	Sun	Aug 4-Aug 25	12:30pm-1:00pm
56160	Sun	Aug 4-Aug 25	12:30pm-1:00pm
56161	Sun	Aug 4-Aug 25	12:30pm-1:00pm
56162	Sun	Aug 4-Aug 25	12:30pm-1:00pm
54901	Tue-Fri	Aug 6-Aug 9	8:30am-9:00am
54902	Tue-Fri	Aug 6-Aug 9	9:00am-9:30am
54903	Tue-Fri	Aug 6-Aug 9	9:30am-10:00am
54904	Tue-Fri	Aug 6-Aug 9	10:00am-10:30am

5 Classes

Whitby Civic Rec Complex

\$183.89

56107	Tue	Jun 25-Jul 23	4:30pm-5:00pm
56108	Tue	Jun 25-Jul 23	5:00pm-5:30pm
56109	Tue	Jun 25-Jul 23	5:30pm-6:00pm
56110	Tue	Jun 25-Jul 23	6:00pm-6:30pm
56111	Tue	Jun 25-Jul 23	6:30pm-7:00pm
56117	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56118	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56119	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56120	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56121	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56122	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56123	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56124	Wed	Jun 26-Jul 24	4:00pm-4:30pm
56133	Thu	Jun 27-Jul 25	4:30pm-5:00pm
56134	Thu	Jun 27-Jul 25	5:00pm-5:30pm
56135	Thu	Jun 27-Jul 25	5:30pm-6:00pm
56136	Thu	Jun 27-Jul 25	6:00pm-6:30pm
56137	Thu	Jun 27-Jul 25	6:30pm-7:00pm
56143	Fri	Jun 28-Aug 23	4:30pm-5:00pm
56144	Fri	Jun 28-Aug 23	5:30pm-6:00pm

56145	Fri	Jun 28-Aug 23	6:30pm-7:00pm
54885	Mon-Fri	Jul 8-Jul 12	8:30am-9:00am
54886	Mon-Fri	Jul 8-Jul 12	9:00am-9:30am
54887	Mon-Fri	Jul 8-Jul 12	9:30am-10:00am
54888	Mon-Fri	Jul 8-Jul 12	10:00am-10:30am
54889	Mon-Fri	Jul 15-Jul 19	8:30am-9:00am
54890	Mon-Fri	Jul 15-Jul 19	9:00am-9:30am
54891	Mon-Fri	Jul 15-Jul 19	9:30am-10:00am
54892	Mon-Fri	Jul 15-Jul 19	10:00am-10:30am
54893	Mon-Fri	Jul 22-Jul 26	8:30am-9:00am
54894	Mon-Fri	Jul 22-Jul 26	9:00am-9:30am
54895	Mon-Fri	Jul 22-Jul 26	9:30am-10:00am
54896	Mon-Fri	Jul 22-Jul 26	10:00am-10:30am
54897	Mon-Fri	Jul 29-Aug 2	8:30am-9:00am
54898	Mon-Fri	Jul 29-Aug 2	9:00am-9:30am
54899	Mon-Fri	Jul 29-Aug 2	9:30am-10:00am
54900	Mon-Fri	Jul 29-Aug 2	10:00am-10:30am
56112	Tue	Jul 30-Aug 27	4:30pm-5:00pm
56113	Tue	Jul 30-Aug 27	5:00pm-5:30pm
56114	Tue	Jul 30-Aug 27	5:30pm-6:00pm
56115	Tue	Jul 30-Aug 27	6:00pm-6:30pm
56116	Tue	Jul 30-Aug 27	6:30pm-7:00pm
56125	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56127	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56128	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56129	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56130	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56131	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56132	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56126	Wed	Jul 31-Aug 28	4:00pm-4:30pm
56138	Thu	Aug 1-Aug 29	4:30pm-5:00pm
56139	Thu	Aug 1-Aug 29	5:00pm-5:30pm
56140	Thu	Aug 1-Aug 29	5:30pm-6:00pm

56141	Thu	Aug 1-Aug 29	6:00pm-6:30pm
56142	Thu	Aug 1-Aug 29	6:30pm-7:00pm
56146	Fri	Aug 2-Aug 30	4:30pm-5:00pm
56147	Fri	Aug 2-Aug 30	5:30pm-6:00pm
56148	Fri	Aug 2-Aug 30	6:30pm-7:00pm
54905	Mon-Fri	Aug 12-Aug 16	8:30am-9:00am
54906	Mon-Fri	Aug 12-Aug 16	9:00am-9:30am
54907	Mon-Fri	Aug 12-Aug 16	9:30am-10:00am
54908	Mon-Fri	Aug 12-Aug 16	10:00am-10:30am
54909	Mon-Fri	Aug 19-Aug 23	8:30am-9:00am
54910	Mon-Fri	Aug 19-Aug 23	9:00am-9:30am
54911	Mon-Fri	Aug 19-Aug 23	9:30am-10:00am
54912	Mon-Fri	Aug 19-Aug 23	10:00am-10:30am
54913	Mon-Fri	Aug 26-Aug 30	8:30am-9:00am
54914	Mon-Fri	Aug 26-Aug 30	9:00am-9:30am
54915	Mon-Fri	Aug 26-Aug 30	9:30am-10:00am
54916	Mon-Fri	Aug 26-Aug 30	10:00am-10:30am

Semi-Private Swimming Lessons

Semi-Private Swimmer 1 - AOP (#@)

6-14yrs

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.

4 Classes

Anne Ottenbrite Pool

\$89.87

55142	Mon	Jun 24-Jul 22	7:30pm-8:00pm
55279	Sat	Jul 6-Jul 27	9:00am-9:30am
55579	Sat	Jul 6-Jul 27	3:30pm-4:00pm
55581	Sat	Jul 6-Jul 27	4:00pm-4:30pm
55582	Sat	Jul 6-Jul 27	4:30pm-5:00pm
55583	Sat	Jul 6-Jul 27	6:00pm-6:30pm
55720	Sun	Jul 7-Jul 28	9:00am-9:30am

55143	Mon	Jul 29-Aug 26	7:30pm-8:00pm
55280	Sat	Aug 3-Aug 24	9:00am-9:30am
55584	Sat	Aug 3-Aug 24	3:30pm-4:00pm
55586	Sat	Aug 3-Aug 24	4:00pm-4:30pm
55588	Sat	Aug 3-Aug 24	4:30pm-5:00pm
55589	Sat	Aug 3-Aug 24	6:00pm-6:30pm
55722	Sun	Aug 4-Aug 25	9:00am-9:30am
5 Classes	Anne Ottenbrite Pool		\$112.34
55306	Thu	Aug 1-Aug 29	7:30pm-8:00pm
55292	Thu	Jun 27-Jul 25	7:30pm-8:00pm

Semi-Private Swimmer 1 - CRC (#@)

6-14yrs

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.

4 Classes	Whitby Civic Rec Complex		\$89.87
56186	Mon	Jun 24-Jul 22	7:00pm-7:30pm
56166	Mon	Jun 24-Jul 22	6:00pm-6:30pm
56193	Sun	Jul 7-Jul 28	12:00pm-12:30pm
56187	Mon	Jul 29-Aug 26	6:00pm-6:30pm
56188	Mon	Jul 29-Aug 26	7:00pm-7:30pm
56194	Sun	Aug 4-Aug 25	12:00pm-12:30pm
5 Classes	Whitby Civic Rec Complex		\$112.34
56189v	Wed	Jun 26-Jul 24	6:00pm-6:30pm
56190	Wed	Jun 26-Jul 24	7:00pm-7:30pm
56191	Wed	Jul 31-Aug 28	6:00pm-6:30pm
56192	Wed	Jul 31-Aug 28	7:00pm-7:30pm

Semi-Private Swimmer 2 - AOP (#@)

6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$89.87
55134	Mon Jun 24-Jul 22	8:00pm-8:30pm
55386	Sat Jul 6-Jul 27	9:30am-10:00am
55595	Sat Jul 6-Jul 27	3:30pm-4:00pm
55597	Sat Jul 6-Jul 27	4:00pm-4:30pm
55598	Sat Jul 6-Jul 27	4:30pm-5:00pm
55600	Sat Jul 6-Jul 27	5:00pm-5:30pm
55996	Sun Jul 7-Jul 28	9:30am-10:00am
55141	Mon Jul 29-Aug 26	8:00pm-8:30pm
55387	Sat Aug 3-Aug 24	9:30am-10:00am
55603	Sat Aug 3-Aug 24	3:30pm-4:00pm
55605	Sat Aug 3-Aug 24	4:00pm-4:30pm
55607	Sat Aug 3-Aug 24	4:30pm-5:00pm
55609	Sat Aug 3-Aug 24	5:00pm-5:30pm
55997	Sun Aug 4-Aug 25	9:30am-10:00am
5 Classes	Anne Ottenbrite Pool	\$112.34
55297	Thu Jun 27-Jul 25	8:00pm-8:30pm
55304	Thu Aug 1-Aug 29	8:00pm-8:30pm

Semi-Private Swimmer 2 - CRC (#@) 6-14yrs

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

4 Classes	Whitby Civic Rec Complex	\$89.87
56167	Mon Jun 24-Jul 22	6:30pm-7:00pm
56200	Sun Jul 7-Jul 28	12:30pm-1:00pm
56195	Mon Jul 29-Aug 26	6:30pm-7:00pm
56201	Sun Aug 4-Aug 25	12:30pm-1:00pm
5 Classes	Whitby Civic Rec Complex	\$112.34
56196	Wed Jun 26-Jul 24	6:30pm-7:00pm

56198	Fri	Jun 28-Jul 26	6:00pm-6:30pm
56197	Wed	Jul 31-Aug 28	6:30pm-7:00pm
56199	Fri	Aug 2-Aug 30	6:00pm-6:30pm

Semi-Private Swimmer 3 - AOP (#@)

6-14yrs

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.

4 Classes	Anne Ottenbrite Pool		\$89.87
55144	Mon	Jun 24-Jul 22	7:00pm-7:30pm
55394	Sat	Jul 6-Jul 27	10:00am-10:30am
55616	Sat	Jul 6-Jul 27	4:00pm-4:30pm
55618	Sat	Jul 6-Jul 27	5:00pm-5:30pm
55620	Sat	Jul 6-Jul 27	5:30pm-6:00pm
56004	Sun	Jul 7-Jul 28	10:00am-10:30am
55145	Mon	Jul 29-Aug 26	7:00pm-7:30pm
55395	Sat	Aug 3-Aug 24	10:00am-10:30am
55625	Sat	Aug 3-Aug 24	4:00pm-4:30pm
55626	Sat	Aug 3-Aug 24	5:00pm-5:30pm
55628	Sat	Aug 3-Aug 24	5:30pm-6:00pm
56006	Sun	Aug 4-Aug 25	10:00am-10:30am
5 Classes	Anne Ottenbrite Pool		\$112.34
55314	Thu	Jun 27-Jul 25	7:00pm-7:30pm
55320	Thu	Aug 1-Aug 29	7:00pm-7:30pm

Semi-Private Swimmer 4 - AOP (#@)

6-14yrs

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.

4 Classes	Anne Ottenbrite Pool		\$89.87
55149	Mon	Jun 24-Jul 22	7:30pm-8:00pm
55396	Sat	Jul 6-Jul 27	10:30am-11:00am

55632	Sat	Jul 6-Jul 27	4:00pm-4:30pm
55634	Sat	Jul 6-Jul 27	5:30pm-6:00pm
55636	Sat	Jul 6-Jul 27	6:00pm-6:30pm
56012	Sun	Jul 7-Jul 28	10:30am-11:00am
55150	Mon	Jul 29-Aug 26	7:30pm-8:00pm
55397	Sat	Aug 3-Aug 24	10:30am-11:00am
55637	Sat	Aug 3-Aug 24	4:00pm-4:30pm
55638	Sat	Aug 3-Aug 24	5:30pm-6:00pm
55640	Sat	Aug 3-Aug 24	6:00pm-6:30pm
56013	Sun	Aug 4-Aug 25	10:30am-11:00am

5 Classes Anne Ottenbrite Pool \$112.34

55321	Thu	Jun 27-Jul 25	7:30pm-8:00pm
55322	Thu	Aug 1-Aug 29	7:30pm-8:00pm

Semi-Private Swimmer 5- AOP (#@) 6-14yrs

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.

4 Classes Anne Ottenbrite Pool \$89.87

55151	Mon	Jun 24-Jul 22	8:00pm-8:30pm
55407	Sat	Jul 6-Jul 27	11:00am-11:30am
55643	Sat	Jul 6-Jul 27	6:30pm-7:00pm
55644	Sat	Jul 6-Jul 27	7:00pm-7:30pm
56014	Sun	Jul 7-Jul 28	11:00am-11:30am
55152	Mon	Jul 29-Aug 26	8:00pm-8:30pm
55410	Sat	Aug 3-Aug 24	11:00am-11:30am
55645	Sat	Aug 3-Aug 24	6:30pm-7:00pm
55647	Sat	Aug 3-Aug 24	7:00pm-7:30pm
56015	Sun	Aug 4-Aug 25	11:00am-11:30am

5 Classes Anne Ottenbrite Pool \$112.34

55323	Thu	Jun 27-Jul 25	8:00pm-8:30pm
55324	Thu	Aug 1-Aug 29	8:00pm-8:30pm

Semi-Private Swimmer 6 - AOP (#@)

6-14yrs

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.

4 Classes	Anne Ottenbrite Pool	\$89.87
55153	Mon Jun 24-Jul 22	8:00pm-8:30pm
55413	Sat Jul 6-Jul 27	11:30am-12:00pm
55648	Sat Jul 6-Jul 27	6:30pm-7:00pm
55649	Sat Jul 6-Jul 27	7:00pm-7:30pm
56016	Sun Jul 7-Jul 28	11:30am-12:00pm
55154	Mon Jul 29-Aug 26	8:00pm-8:30pm
55415	Sat Aug 3-Aug 24	11:30am-12:00pm
55650	Sat Aug 3-Aug 24	6:30pm-7:00pm ⁸⁷
55651	Sat Aug 3-Aug 24	7:00pm-7:30pm
56017	Sun Aug 4-Aug 25	11:30am-12:00pm
5 Classes	Anne Ottenbrite Pool	\$112.34
55325	Thu Jun 27-Jul 25	8:00pm-8:30pm
55326	Thu Aug 1-Aug 29	8:00pm-8:30pm

Youth Group Swimming Lessons

Teen Swimmer 1- Beginner – CRC

14-18yrs

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

4 Classes	Whitby Civic Rec Complex	\$47.60
56400	Sat Jul 6-Jul 27	12:00pm-1:00pm
56404	Sat Jul 6-Jul 27	12:00pm-1:00pm
56401	Sat Aug 3-Aug 24	12:00pm-1:00pm
56402	Sat Aug 3-Aug 24	12:00pm-1:00pm

Teen Swimmer 1- Beginner- AOP

14-18yrs

These entry level teens are working towards being comfortable in the water and learn the basic mechanics of swimming. Swimmers will learn how to submerge and exhale underwater. Participants will learn floats, glides, and develop basic kicking techniques on 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.

4 Classes	Anne Ottenbrite Pool		\$47.60
56390	Mon	Jun 24-Jul 22	8:30pm-9:30pm
56397	Mon	Jul 29-Aug 26	8:30pm-9:30pm

Teen Swimmer 2- Intermediate – CRC

14-18yrs

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

4 Classes	Whitby Civic Rec Complex		\$47.60
56391	Sat	Jul 6-Jul 27	12:00pm-1:00pm
56403	Sat	Aug 3-Aug 24	12:00pm-1:00pm

Teen Swimmer 2- Intermediate- AOP

14-18yrs

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

4 Classes	Anne Ottenbrite Pool		\$47.60
56395	Mon	Jun 24-Jul 22	8:30pm-9:30pm
56398	Mon	Jul 29-Aug 26	8:30pm-9:30pm

Teen Swimmer 3- Advanced – CRC

14-18yrs

These advanced swimmers will refine their front crawl, back crawl, and breaststroke techniques and complete a 300-metre (12 length) workout. Upon completion, swimmers that are interested, are ready for the next step which is Aquatic Leadership. This level of

swimming lessons is equivalent to Swimmer 5 and 6 of the Swim for Life Program. For more information visit our website.

4 Classes	Whitby Civic Rec Complex	\$47.60
56405	Sat Jul 6-Jul 27	12:00pm-1:00pm
56406	Sat Aug 3-Aug 24	12:00pm-1:00pm

Teen Swimmer 3- Advanced- AOP 14-18yrs

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

4 Classes	Anne Ottenbrite Pool	\$47.60
56396	Mon Jun 24-Jul 22	8:30pm-9:30pm
56399	Mon Jul 29-Aug 26	8:30pm-9:30pm

Private Swimming Lessons

Private Teen Swimmer – CRC 14-18yrs

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

4 Classes	Whitby Civic Rec Complex	\$147.11
56407	Sat Jul 6-Jul 27	12:00pm-12:30pm
56408	Sat Jul 6-Jul 27	12:00pm-12:30pm
56409	Sat Jul 6-Jul 27	12:00pm-12:30pm
56410	Sat Jul 6-Jul 27	12:00pm-12:30pm
56411	Sat Jul 6-Jul 27	12:30pm-1:00pm
56412	Sat Jul 6-Jul 27	12:30pm-1:00pm
56413	Sat Jul 6-Jul 27	12:30pm-1:00pm
56414	Sat Jul 6-Jul 27	12:30pm-1:00pm
56415	Sat Aug 3-Aug 24	12:00pm-12:30pm
56416	Sat Aug 3-Aug 24	12:00pm-12:30pm
56417	Sat Aug 3-Aug 24	12:00pm-12:30pm
56418	Sat Aug 3-Aug 24	12:00pm-12:30pm

56419	Sat	Aug 3-Aug 24	12:30pm-1:00pm
56420	Sat	Aug 3-Aug 24	12:30pm-1:00pm
56421	Sat	Aug 3-Aug 24	12:30pm-1:00pm
56422	Sat	Aug 3-Aug 24	12:30pm-1:00pm

Leadership

Canadian Swim Patrol 1- Rookie

8-12yrs

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.

4 Classes	Anne Ottenbrite Pool		\$106.77
54348	Tue-Fri	Jul 2-Jul 5	11:30am-1:30pm
54635	Tue-Fri	Aug 6-Aug 9	11:30am-1:30pm

Canadian Swim Patrol 2- Ranger

8-12yrs

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.

5 Classes	Anne Ottenbrite Pool		\$118.63
54637	Mon-Fri	Aug 12-Aug 16	11:30am-1:30pm
54350	Mon-Fri	Jul 8-Jul 12	11:30am-1:30pm

Canadian Swim Patrol 3- Star 8-12 yrs

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.

5 Classes	Anne Ottenbrite Pool	\$118.63
54639	Mon-Fri Aug 19-Aug 23	11:30am-1:30pm
54351	Mon-Fri Jul 15-Jul 19	11:30am-1:30pm

Bronze Star 10-13yrs

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.

5 Classes	Anne Ottenbrite Pool	\$118.63
54640	Mon-Fri Jul 22-Jul 26	11:30am-1:30pm
54641	Mon-Fri Jul 29-Aug 2	11:30am-1:30pm

Bronze Medallion 13+yrs

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.

4 Classes	Anne Ottenbrite Pool	\$190.44
54349	Tue-Fri Jul 2-Jul 5	4:30pm-10:00pm
54642	Tue-Fri Aug 6-Aug 9	4:30pm-10:00pm

Bronze Cross and Emergency First Aid 14+yrs

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.

5 Classes	Anne Ottenbrite Pool	\$220.30
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54857	Mon-Fri	Jul 22-Jul 26	4:00pm-10:00pm
54863	Mon-Fri	Aug 12-Aug 16	4:00pm-10:00pm

NLS & Standard First Aid & CPR 'C' 15+ yrs

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.

5 Classes	Anne Ottenbrite Pool		\$362.76
55201	Mon-Fri	Jul 15-Jul 19	1:00pm-10:00pm
55202	Mon-Fri	Aug 19-Aug 23	1:00pm-10:00pm

NLS & Standard First Aid & CPR C Recertification 16+yrs

Recertification to maintain a current certification, NLS award holders recertify within 2 years by successfully retaking the practical examination at this level. Standard First Aid certification holders recertify within 3 years by successfully completing the examination process.

1 Class	Anne Ottenbrite Pool		\$180.81
56423	Sat	Jun 22-Jun 22	9:00am-5:00pm

Swim for Life & Lifesaving & Emergency First Aid Instructor 15+yrs

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.

5 Classes	Anne Ottenbrite Pool		\$435.01
55199	Mon-Fri	Jul 8-Jul 12	9:00am-6:00pm
55200	Mon-Fri	Jul 29-Aug 2	9:00am-6:00pm

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

56202	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	10:15am-11:10am	\$96.31
56203	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	10:15am-11:10am	\$96.31

Basics of Barbell Training

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

56204	14 yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Aug 24-Sep 14	10:00am-11:30am	\$63.24

Basics of Barbell Training

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

56205	14 yrs+	Whitby Civic Rec Complex	4 weeks
Sat	Jul 20-Aug 10	10:00am-11:30am	\$63.24

Beginner Dance

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

56206	14 yrs+	Brooklin CC&L	11 weeks
Wed	Jul 10-Sep 25	7:30pm-8:25pm	\$96.31

Beginner Jazz

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

56207	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	11:15am-12:10pm	\$96.31

Body Barre

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

56209	14 yrs+	Brooklin CC&L	10 weeks
Mon	Jul 8-Sep 23	6:00pm-6:55pm	\$87.50
56208	14 yrs+	Brooklin CC&L	11 weeks
Thu	Jul 11-Sep 26	6:00pm-6:55pm	\$96.31

Bollywood Choreography

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

56210	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	5:00pm-5:45pm	\$96.31

Boot Camp

Don't let the name scare you! Boot Camp is a great way to kick start your fitness routine, increase your muscular strength and improve your cardiovascular efficiency. Drill work, circuit training, obstacle courses, use of med balls and free weights along with total body functional exercises are just a few of the highlights in this workout. Guaranteed to keep your body guessing and help you reach your fitness goals. All fitness levels are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56214	14 yrs+	Brooklin CC&L	11 weeks
Wed	Jul 10-Sep 18	5:30pm-6:25pm	\$96.31

Boot Camp

Don't let the name scare you! Boot Camp is a great way to kick start your fitness routine, increase your muscular strength and improve your cardiovascular efficiency. Drill work, circuit training, obstacle courses, use of med balls and free weights along with total body functional exercises are just a few of the highlights in this workout. Guaranteed to keep your body guessing and help you reach your fitness goals. All fitness levels are welcome. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56212	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	5:30pm-6:25pm	\$96.31
56213	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	7:30pm-8:25pm	\$96.31
56211	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	10:15am-11:10am	\$96.31

Circuit Training

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

56215	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	9:00am-9:55am	\$96.31

Dance Fit

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

56216	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	11:15am-12:10pm	\$96.31

Dance Fit

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

56217	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	12:15pm-1:10pm	\$96.31

Full Body Fitness

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

56218	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	6:15am-7:10am	\$96.31

56219	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	6:15am-7:10am	\$96.31

Gentle Yoga

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

56222	14 yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jul 8-Sep 16	6:30pm-7:25pm	\$87.50

56224	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	6:30pm-7:25pm	\$96.31
56221	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	6:30pm-7:25pm	\$96.31

Gentle Yoga

Highly recommended for all ages. Explore up to 60 different postures and breathing techniques. Postures will be broken down, the use of muscle groups identified and the benefits and reasons “why” explained. Handouts of the postures will be provided which you can take home and study. Learn about the history of yoga, how it improves your way of life and some Sanskrit along the way. Namasta (is a sanskrit word) - meaning: a respectful greeting of one another. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56223	14 yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jul 8-Sep 16	9:00am-9:55am	\$87.50
56220	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	9:00am-9:55am	\$96.31

Kettlebell Conditioning

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

56225	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	5:30pm-6:25pm	\$96.31

Latin Dance Fit

56226	14 yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jul 8-Sep 16	7:30pm-8:25pm	\$87.50

Latin Dance Fit

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

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

56229	14 yrs+	Brooklin CC&L	11 weeks
Wed	Jul 10-Sep 18	6:30pm-7:25pm	\$96.31
56227	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	7:30pm-8:25pm	\$96.31
56228	14 yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	10:30am-11:25am	\$96.31

Low Impact

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

56230	14 yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 8-Sep 16	10:15am-11:10am	\$78.80

Mom and Baby Fitness

This small group training fitness and mobility workout is specifically designed for post natal women and their fitness needs. Babies (non crawling) are welcome to attend this class with mom as she works on strength, sculpt, core, posture and mobility. Taught by a Pre and Post Natal Personal Trainer Specialist, this class caters to all fitness levels and abilities. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56231	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	11:15am-12:10pm	\$96.31

Pilates

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

56232	14 yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 8-Sep 16	11:15am-12:10pm	\$78.80

Power Yoga

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

56234	14 yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jul 8-Sep 16	12:30pm-1:25pm	\$87.50
56233	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	7:30pm-8:25pm	\$96.31

Restorative Yoga

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

56235	14 yrs+	Brooklin CC&L	9 weeks
Mon	Jul 8-Sep 16	8:00pm-8:55pm	\$78.80

Rock Body

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

56237	14 yrs+	Brooklin CC&L	10 weeks
Tue	Jul 9-Sep 17	6:00pm-6:55pm	\$87.50
56236	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	5:30pm-6:25pm	\$96.31

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

56238	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	1:30pm-2:25pm	\$96.31

Spinning

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

56239	14 yrs+	Whitby Civic Rec Complex	9 weeks
Mon	Jul 8-Sep 16	5:30pm-6:15pm	\$78.80
56240	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	5:30pm-6:15pm	\$96.31
56241	14 yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	8:00am-8:55am	\$96.31

Step and Sculpt

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

56244	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	6:30pm-7:25pm	\$96.31
56243	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	9:00am-9:55am	\$96.31
56245	14 yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	9:00am-9:55am	\$96.31

Step and Sculpt

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

56242	14 yrs+	Whitby Civic Rec Complex	11 weeks
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Thu	Jul 11-Sep 19	6:30pm-7:25pm	\$96.31
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Strength & Conditioning

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

56247	14 yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	11:30am-12:25pm	\$96.31

Strength & Conditioning

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

56246	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	7:30pm-8:25pm	\$96.31

Strength & Core

A full-body workout using dumbbells, kettlebells, resistance bands and bench combined with bodyweight exercises that target the major muscle groups to strengthen the upper body, lower body and core. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56248	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	6:15am-7:10am	\$96.31

Strength & Stretch

A full-body workout using bodyweight and various equipment 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, followed by a longer, relaxing stretch. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56249	14 yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jul 8-Sep 16	9:00am-9:55am	\$87.50

Stretch and Myofascial Release (SMR)

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

56251	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	12:15pm-1:10pm	\$96.31
56250	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	10:15am-11:10am	\$96.31
56252	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	12:15pm-1:10pm	\$96.31
56253	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	1:30pm-2:25pm	\$96.31

Tai Chi - Beginner with Mary Grace & Rick

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56257	14 yrs+	Whitby 55+ Recreation Centre	9 weeks
Tue	Jul 2-Aug 27	6:00pm-6:55pm	\$78.80
56258	14 yrs+	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	6:30pm-7:25pm	\$78.80

Tai Chi - Level 2 with Mary Grace & Rick

Often referred to as “moving meditation”, Tai Chi helps people become stronger, more flexible, have better balance and more confidence and stamina. All of the movements can be modified to accommodate any limitations a person may have, including doing the movements from a chair. Please note* Must have completed Beginner's level previously. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56259	14 yrs+	Whitby 55+ Recreation Centre	9 weeks
Tue	Jul 2-Aug 27	7:00pm-7:55pm	\$78.80

Women on Weights

New to weight machines or the gym? This program takes place in the Whitby Civic Rec Complex Health Club. Women On Weights is a program that has been designed to engage and teach women of all ages and abilities the importance of exercise, specifically that of Resistance Training. This 10-week program will teach participants proper technique for exercises and the benefits of weight training. Throughout this program participants will learn about gym etiquette, aerobic conditioning, specific resistance training techniques and more importantly you will learn about your body and yourself. It is our goal, that by the end of this program you feel strong and powerful and armed with the knowledge to confidently exercise within the gym setting. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56261	14 yrs+	Whitby Civic Rec Complex	11 weeks
Sat	Jul 13-Sep 21	11:45am-12:45pm	\$96.31

Xpress ABT-Abs/Butt/Thighs

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

56262	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	4:30pm-5:15pm	\$96.31

Xpress Circuit

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

56263	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	4:30pm-5:15pm	\$96.31

Xpress Dance Fit

Sweat and groove to the flavourful Latin rhythms of Salsa, Reggaeton, Samba and more! This 45 minute fun and exciting high energy workout will burn calories, strengthen

and tone your body while energizing your body and mind. suitable for all fitness levels. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56264	14 yrs+	Whitby Civic Rec Complex	10 weeks
Mon	Jul 8-Sep 16	4:30pm-5:15pm	\$\$87.50
56265	14 yrs+	Whitby Civic Rec Complex	11 weeks
Fri	Jul 12-Sep 20	4:30pm-5:15pm	\$96.31

Xpress Spin – 45

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

56267	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	4:30pm-5:15pm	\$96.31

Yoga Flow

Wind down, reduce stress and improve flexibility. Yoga improves your way of life, by achieving health in body, mind and spirit. This class starts with pranayama, A and B Sun Salutations and standing asanas to promote strength and flexibility. We will then move towards grounding yin postures, ending with restorative and relaxation postures and finally savasana. More advanced asanas will be introduced depending on the level of participation. See you on the Mat! Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56269	14 yrs+	Whitby Civic Rec Complex	11 weeks
Tue	Jul 9-Sep 17	5:00pm-5:55pm	\$96.31
56268	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	12:30pm-1:25pm	\$96.31

Zumba Fit

Zumba Fit is a dynamic and exciting high energy workout set to a musical fusion of Latin and International rhythms. One of the most popular group exercise classes in the world, Zumba Fit is an interval workout that alternates between high intensity and low intensity dance moves, guaranteed to burn calories. Easy to learn choreographed dance

routines will elevate your heart rate and boost your cardiovascular endurance. You are invited to “Join the Party”! No rhythm required, just enjoy the music, move and have fun. Participants 14-17yrs and 55+yrs receive 50% discount pricing.

56272	14 yrs+	Whitby Civic Rec Complex	11 weeks
Wed	Jul 10-Sep 18	6:30pm-7:25pm	\$96.31
56273	14 yrs+	Whitby Civic Rec Complex	11 weeks
Thu	Jul 11-Sep 19	11:15am-12:10pm	\$96.31

Leagues and Sporting Groups

Badminton – Adult

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

56063	15 yrs+	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	8:30pm-9:55pm	\$78.80

Pickleball - Adult Advanced

This program is designed for players with advanced level experience and skill. No 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.

56082	16 yrs+	Brooklin CC&L	7 weeks
Mon	Jul 8-Aug 26	7:00pm-7:55pm	\$61.29

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.

56080	16 yrs+	Brooklin CC&L	7 weeks
Mon	Jul 8-Aug 26	8:00pm-8:55pm	\$61.29

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.

56081	16 yrs+	Brooklin CC&L	7 weeks
Mon	Jul 8-Aug 26	9:00pm-9:55pm	\$61.29

All Ages Programs

Fitness

Taekwondo 12+ YRS

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

56254	12 yrs+	Whitby Civic Rec Complex	11 weeks
Sun	Jul 14-Sep 22	12:00pm-12:55pm	\$78.92

55+ Programs

Online Virtual Programs

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

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

55288	55+	Online-Virtual Program	8 weeks
Wed	Jul 3-Aug 28	10:00am-11:00am	\$32.48

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

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

55299	55+	Online-Virtual Program	8 weeks
Thu	Jul 4-Aug 29	9:00am-10:00am	\$32.48

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 "intermediate or 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.

54049	55+	Whitby 55+ Rec Centre	9 weeks
Wed	Jul 3-Aug 28	10:00am-12:00pm	\$49.05

Nature Art with Acrylic Paints with David (%)

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

54111	55+	Whitby 55+ Rec Centre	1 day
Tue	Jul 9-Jul 9	9:30am-11:30am	\$30.90
54112	55+	Whitby 55+ Rec Centre	1 day

Tue	Aug 27-Aug 27	9:30am-11:30am	\$30.90
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Open Art Studio (%)

Spend some creative time with friends as you work on your current project. This time is for anyone wishing to use the arts room to paint, draw and create your masterpiece. No instructor will be present, just an opportunity to be amongst your peers. Bring in your coffee, your current project and all the supplies you need, including a garbage bag or plastic cloth to cover your work area.

54131	55+	Whitby 55+ Rec Centre	8 weeks
Thu	Jul 4-Aug 22	10:00am-12:00pm	\$16.00

Pen and Ink Summer Flowers with Watercolour with Chrissie(%)

Learn how to create contrast and interest using varied line weights and values with pen and ink. Using different sized nibs, you will create the look of bold shadows and edges to delicate veins. Finish your floral artwork with a splash of colour! All materials are provided by the instructor.

54047	55+	Whitby 55+ Rec Centre	1 day
Tue	Jul 16-Jul 16	10:00am-12:00pm	\$30.90

Pen and Ink with Watercolour Warbler with Chrissie(%)

Bring this special bird 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.

54048	55+	Whitby 55+ Rec Centre	1 day
Tue	Aug 6-Aug 6	10:00am-12:00pm	\$30.90

Woodcarving - Open Studio (%)

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

53999	55+	Brooklin CC&L	10 weeks
Fri	Jun 28-Aug 30	1:00pm-3:00pm	\$20.00

Dance

Cardio Dance with Shari (%) NEW

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

54110	55+	Whitby 55+ Rec Centre	6 weeks
Wed	Jul 24-Aug 28	1:00pm-2:00pm	\$24.36

Fitness

Arthritis Exercise with Lynn (%)

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.

53988	55+	Brooklin CC&L	4 weeks
Mon	Jun 24-Jul 22	9:00am-10:00am	\$16.24

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.

54107	55+	Whitby 55+ Rec Centre	4 weeks
Tue	Aug 6-Aug 27	9:15am-10:15am	\$16.24
54106	55+	Whitby 55+ Rec Centre	4 weeks
Wed	Aug 7-Aug 28	10:30am-11:30am	\$16.24

Build Your Own Bones with Josh (%)

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

54038	55+	Brooklin CC&L	9 weeks
Tue	Jul 2-Aug 27	11:10am-12:10pm	\$36.54

Build Your Own Bones with Tracy (%)

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

54054	55+	Brooklin CC&L	4 weeks
Mon	Jul 29-Aug 26	10:15am-11:15am	\$16.24

Cardio and Core with Deb (%) -NEW

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.

56456	55+	Centennial Building	7 weeks
Mon	Jul 8- Aug 26	10:15 AM - 11:15 AM	\$28.42

Chair Body Conditioning with Nicole A. (%)

Improve the strength in your core, arms, 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.

54082	55+	Centennial Building	6 weeks
Wed	Jul 10-Aug 21	9:00am-10:00am	\$24.36

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.

54139	55+	Whitby 55+ Rec Centre	5 weeks
Wed	Jul 3-Jul 31	2:00pm-3:00pm	\$20.30
54137	55+	Whitby 55+ Rec Centre	7 weeks
Mon	Jul 8-Aug 26	11:30am-12:30pm	\$28.42

Dance Fitness with Shari (%)

Join Shari for an exciting workout which incorporates dance and resistance training in a fun and creative format. Class will consist of dance/movement to keep your heart rate up along with resistance training utilized in various different styles. Do circuit training, super sets and interval training plus more. Dance to your favourite tunes while increasing your cardio capacity and strength. No experience is necessary. All fitness levels welcome!!

54083	55+	Centennial Building	7 weeks
Tue	Jul 16-Aug 27	3:15pm-4:15pm	\$28.42

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.

54086	55+	Centennial Building	6 weeks
Wed	Jul 3-Aug 21	10:15am-11:15am	\$24.36

Light and Lively - Level 1 with Karen (%)

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

54006	55+	Whitby 55+ Rec Centre	7 weeks
Wed	Jul 3-Aug 21	1:15pm-2:15pm	\$28.42

Light and Lively - Level 2 with Karen (%)

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

54007	55+	Whitby 55+ Rec Centre	7 weeks
Wed	Jul 3-Aug 21	12:00pm-1:00pm	\$28.42

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.

54087	55+	Centennial Building	6 weeks
Thu	Jul 4-Aug 22	11:30am-12:30pm	\$24.36

Morning Energizer with Kathy (%) NEW

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.

54138	55+	Whitby 55+ Rec Centre	7 weeks
Mon	Jul 8-Aug 26	9:00am-10:00am	\$28.42

Morning Fitness Energizer with Kathy (%) NEW

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

54034	55+	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	8:30am-9:30am	\$36.54

Pilates - Level 1 with Karen (%)

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

54008	55+	Whitby 55+ Rec Centre	7 weeks
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Tue	Jul 2-Aug 20	9:00am-10:00am	\$28.42
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Pilates - Level 1 with Lynn (%)

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

53939	55+	Brooklin CC&L	8 weeks
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Thu	Jul 4-Aug 22	10:00am-11:00am	\$32.48
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Pilates - Level 2 with Karen (%)

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

54009	55+	Whitby 55+ Rec Centre	7 weeks
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Fri	Jul 5-Aug 23	2:30pm-3:30pm	\$28.42
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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.

54141	55+	Whitby 55+ Rec Centre	5 weeks
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Wed	Jul 3-Jul 31	12:45pm-1:45pm	\$20.30
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Total Body Stretch with Kathy (%)

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!

54036	55+	Brooklin CC&L	8 weeks
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Fri	Jul 5-Aug 23	10:00am-11:00am	\$32.48
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Total Body Workout with Josh (%)

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

54039	55+	Brooklin CC&L	9 weeks
Tue	Jul 2-Aug 27	12:20pm-1:20pm	\$36.54

Total Body Workout with Lynn (%)

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.

53938	55+	Brooklin CC&L	8 weeks
Thu	Jul 4-Aug 22	8:45am-9:45am	\$32.48

Total Body Workout with Rose (%)

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

54409	55+	Whitby 55+ Rec Centre	9 weeks
Wed	Jul 3-Aug 28	5:00pm-6:00pm	\$36.54

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.

54051	55+	Brooklin CC&L	4 weeks
Mon	Jul 29-Aug 26	9:00am-10:00am	\$16.24
54108	55+	Whitby 55+ Rec Centre	4 weeks
Tue	Aug 6-Aug 27	10:30am-11:30am	\$16.24

Twenty, Twenty, Twenty with Josh (%)

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

54035	55+	Brooklin CC&L	9 weeks
Tue	Jul 2-Aug 27	10:00am-11:00am	\$36.54

Twenty, Twenty, Twenty with Kathy (%) NEW

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.

54140	55+	Whitby 55+ Rec Centre	9 weeks
Wed	Jul 3-Aug 28	11:30am-12:30pm	\$36.54
54134	55+	Whitby 55+ Rec Centre	7 weeks
Mon	Jul 8-Aug 26	10:15am-11:15am	\$28.42

Twenty, Twenty, Twenty with Lynn (%)

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.

53945	55+	Brooklin CC&L	8 weeks
Thu	Jul 4-Aug 22	11:15am-12:15pm	\$32.48

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

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.

54033	55+	Brooklin CC&L	9 weeks
Wed	Jul 3-Aug 28	9:45am-10:45am	\$36.54

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.

54115	55+	Brooklin CC&L	4 weeks
Mon	Jul 29-Aug 26	11:30am-12:30pm	\$16.24

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.

54109	55+	Whitby 55+ Rec Centre	4 weeks
Wed	Aug 7-Aug 28	9:15am-10:15am	\$16.24

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.

54098	55+	Centennial Building	9 weeks
Tue	Jul 2-Aug 27	12:45pm-1:45pm	\$36.54
54097	55+	Centennial Building	9 weeks
Thu	Jul 4-Aug 29	9:00am-10:00am	\$36.54

Yoga - Deep Relaxation with Nancy (%)

This yoga practice will let you take a vacation from every day stresses and experience an hour of deep relaxation and rejuvenation. Participants report experiencing better sleep, improved memory and an overall sense of well-being. Please bring a yoga mat, small cushion and blanket along with socks and a sweater for warmth and comfort.

54055	55+	Whitby 55+ Rec Centre	8 weeks
Wed	Jul 3-Aug 21	7:15pm-8:15pm	\$32.48

Yoga - Mid Morning with Donna (%)

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

54412	55+	Brooklin CC&L	7 weeks
Wed	Jul 3-Aug 14	11:00am-12:00pm	\$28.42

Yoga - Relax and Restore with Deb (%)

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

54045	55+	Brooklin CC&L	8 weeks
Mon	Jun 24-Aug 26	7:15pm-8:15pm	\$32.48

Yoga - Relax and Restore with Lynn (%)

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

53940	55+	Brooklin CC&L	8 weeks
Thu	Jul 4-Aug 22	12:30pm-1:30pm	\$32.48

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.

54099	55+	Centennial Building	9 weeks
Thu	Jul 4-Aug 29	10:15am-11:15am	\$36.54

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.

54100	55+	Centennial Building	7 weeks
Thu	Jul 11-Aug 29	2:15pm-3:15pm	\$28.42

Yoga Flow with Deb (%) NEW

Challenge yourself in a yoga practice. This class is designed to benefit the already active individual who is looking for a class that will help maintain or increase strength, flexibility, balance and a positive well-being. If you are looking for a relaxing, yet

powerful yoga class to help deepen your practice, this is it. Some yoga experience is required.

54130	55+	Whitby 55+ Rec Centre	8 weeks
Tue	Jul 2-Aug 27	11:45am-12:45pm	\$32.48
56457	55+	Centennial	8
weeks			
Wed	Jul 3-Aug 26	11:45 AM - 12:45 PM	\$32.48

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.

54052	55+	Whitby 55+ Rec Centre	9 weeks
Tue	Jul 2-Aug 27	11:15am-12:15pm	\$36.54

Yoga with Lynn (%)

If you would like to experience renewed physical, emotional, and mental well being then this class is for you! This class 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.

54050	55+	Brooklin CC&L	4 weeks
Mon	Jun 24-Jul 22	10:15am-11:15am	\$16.24

Yoga with Nancy (%)

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

54056	55+	Whitby 55+ Rec Centre	8 weeks
Wed	Jul 3-Aug 21	6:00pm-7:00pm	\$32.48

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.

54044	55+	Brooklin CC&L	8 weeks
Mon	Jun 24-Aug 26	6:00pm-7:00pm	\$32.48
54053	55+	Whitby 55+ Rec Centre	8 weeks
Thu	Jul 4-Aug 29	11:45am-12:45pm	\$32.48

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.

54129	55+	Whitby 55+ Rec Centre	2 weeks
Wed	Aug 7-Aug 21	1:00pm-3:30pm	\$12.00

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.

54071	55+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 4-Aug 29	3:30pm-4:30pm	\$36.54

Qigong with Dave (%)

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

54011	55+	Whitby 55+ Rec Centre	7 weeks
Tue	Jul 2-Aug 13	4:00pm-5:30pm	\$36.82
54010	55+	Whitby 55+ Rec Centre	7 weeks
Fri	Jul 5-Aug 16	9:30am-11:00am	\$36.82

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.

54012	55+	Whitby 55+ Rec Centre	5 weeks
Mon	Jul 8-Aug 12	9:00am-10:00am	\$20.30
54013	55+	Whitby 55+ Rec Centre	5 weeks
Mon	Jul 8-Aug 12	10:15am-11:15am	\$20.30

Leagues and Sporting Groups

Badminton League (%)

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

53894	55+	Brooklin CC&L	10 weeks
Tue	Jun 25-Aug 27	9:00am-11:30am	\$23.60

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.

53911	55+	Brooklin CC&L	5 weeks
Wed	Jun 26-Jul 24	9:00am-11:15am	\$13.30
53912	55+	Brooklin CC&L	5 weeks
Wed	Jul 31-Aug 28	9:00am-11:15am	\$13.30

Pickleball - Learn to Play Beginners (%)

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

55671	55+	Heydenshore Pavilion	4 weeks
Thu	Jul 4-Jul 25	9:00am-11:30am	\$27.40
54088	55+	Heydenshore Pavilion	4 weeks
Wed	Aug 7-Aug 28	9:30am-11:30am	\$21.92

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.

54090	55+	Heydenshore Pavilion	9 weeks
	Wed	Jul 3-Aug 28	1:00pm-
3:00pm	\$21.54		
54089	55+	Heydenshore Pavilion	7 weeks
Mon	Jul 8-Aug 26	9:30am-11:30am	\$17.42

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.

54091	55+	Heydenshore Pavilion	9 weeks
Tue	Jul 2-Aug 27	6:00pm-8:00pm	\$21.54
54092	55+	Heydenshore Pavilion	7 weeks
Mon	Jul 8-Aug 26	1:00pm-3:00pm	\$17.42

Pickleball - Level 2 (%)

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

53909	55+	Brooklin CC&L	10 weeks
Wed	Jun 26-Aug 28	3:00pm-5:15pm	\$23.60
54094	55+	Heydenshore Pavilion	9 weeks
Tue	Jul 2-Aug 27	1:00pm-3:00pm	\$21.54
54093	55+	Heydenshore Pavilion	8 weeks
Fri	Jul 5-Aug 30	9:30am-12:00pm	\$19.48

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.

54095	55+	Heydenshore Pavilion	9 weeks
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Tue	Jul 2-Aug 27	9:00am-11:30am	\$21.54
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Pickleball - Level 3 (%)

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

53908	55+	Brooklin CC&L	10 weeks
Wed	Jun 26-Aug 28	12:30pm-2:45pm	\$23.60

Pickleball Drills (%)

During one-hour sessions for 4 consecutive weeks, you will be doing pickleball drills. Participants must have their own paddles and have played pickleball for a minimum of 6 months. Come ready to drill, drill, drill. Registration limited to 10 pickleballers.

54096	55+	Heydenshore Pavilion	4 weeks
Fri	Jul 5-Jul 26	12:30pm-1:30pm	\$16.24

Leisure Programs

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!

53956	55+	Brooklin CC&L	1 day
Mon	Jul 15-Jul 15	1:30pm-3:30pm	\$1.00
54000	55+	Brooklin CC&L	1 day
Mon	Jul 29-Jul 29	1:30pm-3:30pm	\$1.00
53957	55+	Brooklin CC&L	1 day
Mon	Aug 12-Aug 12	1:30pm-3:30pm	\$1.00
54001	55+	Brooklin CC&L	1 day
Mon	Aug 26-Aug 26	1:30pm-3:30pm	\$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.

54069	55+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 4-Aug 29	1:00pm-2:00pm	\$36.54

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.

54070	55+	Whitby 55+ Rec Centre	9 weeks
Thu	Jul 4-Aug 29	2:15pm-3:15pm	\$36.54

Special Events

Catch a Flick - Our (Almost Completely True) Love Story (%)

Join your friends for a movie and snacks. Closed captioning available. This movie is about finding true love in Hollywood and this has always been challenging; it's even more difficult when you're no longer a young starlet, no matter how many movie-star friends you have or how many "Gunsmoke" episodes you did.

53969	55+	Brooklin CC&L	1 day
Mon	Jul 22-Jul 22	1:30pm-3:30pm	\$3.00

Catch a Flick – Priscilla (%)

Join your friends for a movie and snacks. Closed captioning available. Through Priscilla's eyes, Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla's long courtship and turbulent marriage, from a German army base to his dream-world estate at Graceland, in this deeply felt and ravishingly detailed portrait of love, fantasy, and fame.

53970	55+	Brooklin CC&L	1 day
Mon	Aug 19-Aug 19	1:30pm-3:30pm	\$3.00

Wellness and Lifestyle

Wellness for Weight Loss Program with Sylvia Emmorey (%)

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

55672	55+	Whitby 55+ Rec Centre	8 weeks
Thu	Jul 4-Aug 22	1:30pm-2:30pm	\$50.00

Wellness: Caregiver Stress Seminar

56274	55+	Whitby 55+ Rec Centre	1 day
Wed	Jul 24-Jul 24	10:00am-11:30am	Free